

QUARTERBACK DRILL & TECHNIQUE CHECKLIST

WEEKS OF: _____

Drill	1	2	3	4	5	6	7	8	9	10
Stance/Snap										
Stance										
Snap										
Cadence										
Ball Handling										
Hand-off										
Pitch out										
Fakes										
Over bags										
Passing										
Kneeling warm-up										
Single knee warm-up										
1-step drop										
3-step drop										
5-step drop										
7-step throwing technique										
Rollout										
Bootleg										
Throwing Drills										
Throw over goal post										
Hitch drill										
Long-pass drills										
Down-the-line drill										
Circle drill										
Quick-release drill										
Pass with a purpose										
Pass on the run drill										

NOTES: _____
