

QUARTERBACK SKILLS

Name: _____

BASIC SKILLS

Before competing at the varsity level, the quarterback must be able to:

- ☐ Assume a correct stance and secure the snap.
- ☐ Correctly call the cadence and snap of the ball (both under center and in the shot-gun).
- ☐ Execute a hand-off properly.
- ☐ Execute a pitchout properly.
- ☐ Execute a 1-, 3- or 5-step drop.
- ☐ Properly throw (pass) a football with the following 7-step throwing technique.
 - ☐ Firm wrist.
 - ☐ Coordinate shoulder turn.
 - ☐ Elbows at shoulder level.
 - ☐ Straight-arm follow through.
 - ☐ Head over front foot.
 - ☐ Air under heel (up on toes).
 - ☐ Head still and vertical.
- ☐ Know the pass tree routes.
- ☐ Execute the fake.
- ☐ Know quarterback's assignments on each and every play.
- ☐ Learn to control the huddle and properly call the play.
- ☐ Protect the football while running.

ADVANCED SKILLS

To succeed at the varsity level, the quarterback must be able to:

- ☐ Successfully execute basic skills 10 out of every 10 plays.
- ☐ Know each player's responsibility on every play.
- ☐ Lead in the huddle and at the line of scrimmage.
- ☐ Direct the attack so the offense can either run or pass the ball for positive yardage 9 out of every 10 plays.
- ☐ Execute the option correctly 9 out of every 10 plays.
- ☐ Correctly read and identify pass coverages 8 out of every 10 plays.
- ☐ Read receiver adjustments to defensive coverages correctly at least 8 out of every 10 plays.
- ☐ Complete 6 out of every 10 pass attempts.
- ☐ Identify and call an audible "Hot" correctly at least 9 out of every 10 plays.
- ☐ Know the opposition's strong and weak points based upon the scouting report.

NOTES: _____

