

Quarterback Drills

3 basic QB drills

First, let's focus on becoming comfortable receiving a snap from the center and perfecting your throwing form. By practicing these drills ahead of time, quarterbacks and centers can find the right snapping rhythm for [each play](#).

1. Underneath snap drill

For this QB drill, the quarterback should be lined up directly behind the center, with knees bent and hands open. Upon hike, the center carries the ball through their legs and firmly places the ball within the quarterback's waiting hands. There should be no tossing between the center and quarterback—just a strong ball placement.

2. Shotgun snap drill

The shotgun snap is a little more advanced for both the center and quarterback. For this youth QB drill, the quarterback is positioned around five yards directly behind the center, with their knees bent and hands open ready to receive the ball. Upon hike, the center looks between their legs at the quarterback and strongly shoots the ball, like a shotgun, back. This technique can take some time to perfect, so practice ahead of time to determine the strength of snap needed for various distances.

3. Properly releasing the ball

Your throwing form should slightly alter depending on the type of throw you're performing. Need to make a quick pass to an open receiver at a short distance? Your form needs more of a follow-through to increase speed and solidify its direction.

Throwing a Hail Mary into the end zone? Release the ball a little farther back behind your head, giving it the arch it needs to go a long distance.

Take some time to feel out where the proper release point is for each kind of throw. As you complete these youth QB drills and gain more experience, these various release points will become second nature to your [gameplay](#).

Best QB drills to improve in-game technique

The center snaps the ball and it's in your hands—now what? Do you run three steps to the right and throw it? Or is the defense coming in hot and you need a quick release?

Here are a few different techniques and strategies quarterbacks can utilize and adapt during gameplay. We recommend practicing these QB throwing drills ahead of time, so you feel more confident no matter what situation you're thrown into. (Pun intended.)

1-step drill

Setup: To set up for this QB drill, the quarterback lines up directly behind the center, with their knees bent and their hands positioned correctly underneath.

Directions: After the center hands off the ball, take one step backward to survey the field and find an open receiver. Once you find a receiver, open up, point your shoulders, take a step, and release the ball.

Tips: Practice running this youth quarterback drill quickly, with several balls back-to-back. This will help you make game-time decisions quicker and more confidently during a game.

3-step drop drill

Setup: To do this drill properly, the quarterback is positioned right behind the center, with their knees bent and hands open directly underneath.

Direction: After receiving the ball upon hike, quickly shuffle backward or at a slight angle, distancing yourself from the line of scrimmage. Determine your intended receiver, correctly open and line up your shoulders, and step into a throw. When running this quarterback drill, take a special focus on shuffling at different angles. This movement needs to be quick and second-natured.

Tips: Use this quarterback drill to practice different types of fake outs. For example, try locking eyes with one receiver, but then quickly shifting your eyeline and throwing to another receiver. Also, we recommend using various levels of pump fakes. To do a pump fake, motion that you are throwing the ball to one receiver, but then throw to another. Various techniques like these can help you catch the defense off guard, leading to more openings for throws—and more touchdowns!

5-step drill

Setup: To set up for this QB training, the quarterback is positioned directly behind the center, with knees bent and hands placed underneath, anticipating the snap.

Directions: After calling hike and firmly receiving the ball from the center, briskly shuffle back five paces, either straight backward or on a slight angle. This shuffle provides additional distance between you and the incoming defense, allowing you more time to find an open receiver and complete a throw. Once you locate an open receiver, square your shoulders in the correct direction, step into

and release a throw. Make sure that your shuffling is quick during this quarterback footwork drill, as it will be essential during gameplay.

Tips: This distanced shuffling will give you more time to connect with a receiver, but it can also give the defense more time to cover the complete offensive line. To combat this, practice doing different kinds of pump fakes. From near full-arm extensions to simply bobbing the ball in the opposite direction, these movements can fake out the defense, making it easier to complete a throw.

3-step roll out drill

Setup: For this setup, the quarterback should be located close behind the center, with knees bent and hands wide open underneath ready for the football.

Directions: Upon hike, take a three-step shuffle on a rounded angle backward and to a side, creating the roll out. Continue shuffling sideways until you locate an open receiver, then square off your shoulders and throw the ball. Make sure to practice this quarterback drill by rolling out to both sides. When shuffling in the opposite direction of your throwing arm, focus on shifting your hips and squaring your shoulders in the direction of the receiver. This motion may feel unnatural at first, but it makes it easier to complete these more difficult throws quickly.

Tips: Continuing to run to the side after rolling out can buy you extra time to find a receiver or accentuate a strong side of your offensive line.

Shotgun roll out drill

Setup: To set up this quarterback drill, the quarterback should be standing about three to five yards directly behind the center, with both arms prepped to receive the snap.

Directions: After the center performs a shotgun snap, shuffle back on a rounded angle to distance yourself from the line of scrimmage and the defense. If you're being pressured by a defensive rusher, you can continue to run or shuffle to the side until you complete the throw.

Tips: While shotgun snaps can provide you more time to complete the throw, they are trickier to master. Make sure to link up with your center ahead of time and practice all types of snaps. You'll thank us in your next game when you have no fumbles, we promise.