



Quarterback Skills And Drills Checklist

Daily Drills	Pass Drop Drills	Throws	Run Game Skills	Miscellaneous
Receive Snap	Shot Gun Three Step	Spot Throws	Option Pitch	
QB/Center exchange	Shot Gun Five Step	Three Step Throws	Option Read	Agility Footwork
Receiving Shot Gun Snaps	Shot Gun Bad Snap	Hitch, Slant, Fade Throws	Run Game Footwork	
	Five Step Stick	Speed Out Throws	Toss Pitch	Weekly Checks
Sitting Throws	Five Step Crow Hop	Dig Throws	Stretch Footwork	QB Sneak
Kneeling Throws	Boot Drops	Post/Flag Throws	Power	Hard Count
Parallel Throws	Play Action Drops	Curl/Flat Throws	Trap	
On Target Line	Screen Pass Drops	Drag Throws	Chase	
Wrong Shoulder		Comeback Throws	Gut	Defensive Recognition
Clock Throws	Cross Over Drill	Deep Out Throws	Counter	
	Reach Step Drill	Arrows Throws	Flip	Reading Coverages
Three Step Drop	Pocket Movement Drill	Scrabble Throws	Dive	
Five Step Drop		Scrabble Throws Away	Sprint Draw	Huddle Leadership
Sprint Out Drops	Scramble Ball Security	Screen Pass Throws	Veer	
			Jet Sweep	Signals
			Mash	
			Comp	
			Freeze	

Date: _____ Opponent: _____

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