Quarterback Drills
Quarterback Footwork

“The Importance of Developing Footwork”
“5 Quarterback Footwork Drills”

The development of young quarterbacks footwork is key for the quarterback to be successful. Good footwork can ensure that the upper body will move fast during its movement to throw the football. We want the upper body and lower body to work independently until the time of the release. At that moment we want the upper body to use the lower bodies energy to move the upper body fast to increase velocity.

Some keys to understanding throwing mechanics:
1. Use the energy created by your legs to move your upper body fast
2. Balance point and proper bend in ankles, knees, and hips are crucial
3. End of drop-back knee is inside your foot (ensures bend that will create force)
4. Small front step (4-6 inches), finish at parallel

5 Footwork Drills
1. Ladder Drills with ball in carriage position
2. Down the Line Drops-Drop, backpeddle, over
3. Down the line Drops-Drop and settle
4. OTL’s (Over the Lines)
5. Pocket movement drills

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