



QUARTERBACKS MASTER GUIDE



THE PERSONALITY OF A GREAT QUARTERBACK

- Self-motivated and self-directed
- Positive, but realistic
- Emotionally controlled
- Calm, cool, collected under fire
- Always ready for action
- Determined
- Mentally alert and focused
- Self-confident
- Fully responsible



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THE SKILLSET OF A GREAT QUARTERBACK

- Good technique, fundamentally sound
- Pocket awareness & mobility
- Accuracy
- Knowledge of line protection
- Defensive alignment & play recognition
- Focus & intensity



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THE SKILLSET OF A GREAT QUARTERBACK

- Be yourself
- Relentless commitment
- Comprehension of the offensive scheme
- Understanding the role of being QB
- Student of the game: learns by watching others



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THE WORK ETHIC OF A GREAT QUARTERBACK

- Visualizes success before achieving success
- Hardest worker on the team
- Advances strengths, develops weaknesses
- Tirelessly studies the opponent
- Develops trust with his offensive teammates throughout the year
- Loves competition



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GOALS AT FOOTBALL UNIVERSITY

- Improve throwing ability
- Enhance footwork and ball skills
- Identify weaknesses, and begin improvements
- Begin understanding of leadership
- Develop an accurate knowledge of abilities
- Know what it means to be a quarterback



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MOVEMENT PREP / WARM-UP

Long arm skip (forward & backward) – 20 yards

Lateral overhead skip – 2 sets, 20 yards

Carioca – 2 sets, 20 yards

Tapioca – 2 sets, 10 yards

Snapioca – 2 sets, 20 yards

High-knees – 2 sets, 10 yards

Butt kicks – 2 sets, 10 yards

Leg cradle – 2 sets, 10 yards

Forward lunge – 2 sets, 10 yards

Forward lunge (with twist) – 2 sets, 10 yards

Backward lunge (with twist) – 2 sets, 10 yards

Forward lunge (elbow to instep) – 2 sets, 10 yards

Hand walks – 4 sets, 10 yards

Hamstring march – 2 sets, 15 yards

Hamstring skip – 2 sets, 15 yards

Lateral lunge – 2 sets, 10 yards

Drop-step lunge – 2 sets, 10 yards

Linear skip (forward & backward) – 15 yards

Lateral skip – 2 sets, 10 yards



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RESISTANCE DRILLS / JANUARY - JUNE

- Regular Drop - bungee resistance from front
 - 3-step, 5-step, 7-step
- Overspeed Drop - pull from behind
 - Purpose: decelerating quickly
 - 3-step, 5-step, 7-step
- Side Resistance - pull from side
 - Core stability
 - Sprint out both directions



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SHOULDER ROUTINE / JANUARY - JUNE

“Prone Alphabet”

Postural work for shoulders and spine

- Y’s
 - Thumbs up, work lower trap area.
- T’s
 - Keep arms long, palms toward the floor.
- W’s
 - Shoulder blades back and down. Stable posture position, put your shoulder blades in your back pocket.
- U’s
 - Arms up. Wrists outside the elbows, elbows tight to the body. Press overhead, swim out and back.



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THERABAND ROUTINE / JANUARY - JUNE

Performed immediately after the Prone Alphabet

- Low Row - 2 Sets, 15 Reps
 - Shoulder blades back and down.
- Low Row - 1 Set, 15 Reps
 - Pull hands in further on the band.
- Internal Rotation - 3 Sets, 15 Reps
 - Elbow tight to body, 90-degree angle, forearm parallel to floor. Start with fist pointing away from body, and rotate arm inward toward abdomen.
- Resistive Adduction - 3 Sets, 15 Reps
 - Arm out at 60 degrees, pull in toward hip.
- External Rotation
 - Elbow tight to body, 90-degree angle, forearm parallel to floor. Start with fist against abdomen, and rotate arm outward.



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PLYOMETRIC ROUTINE / JANUARY - JUNE

Linear – [Monday & Thursday]

- Linear Bound - 3 Sets, 8 Reps
- Box Jump - 5 Sets, 10 Reps
- Vertical Pop - 3 Sets, 8 Reps
- Hurdle Jump - 3 Sets, 8 Reps
- Wall Squat - 3 Sets, 30 Seconds Each Set
- Single Leg Squat - 3 Sets, 8 Reps Each Leg

Multi-Directional – [Tuesday & Friday]

- Lateral Bound - 3 Sets, 8 Reps
- Lateral Box Hops - 5 Sets, 10 Reps
- 180-Degree Box Jumps - 3 Sets, 8 Reps
- Lateral Shuffle: 6 Cones - 4 Sets



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WORDS OF WISDOM

The journey of a thousand miles starts with a single step. Football success is a long road, walked one day at a time.

Bounce up every time you are knocked down. Get up and get some more. It's not where you are, it's where you are going.

Be overprepared for the opportunity you wish to receive -- whatever it may be (starting, playing, etc.) it may come just once in your career. Be ready.

“My height doesn't define my skill set. To be a great quarterback, you have to have great leadership, great attention to detail and a relentless competitive nature - and I try to bring that on a daily basis.” - Russell Wilson



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