



***Ryan Williams – Offensive Coord***  
***QB Drills, Technique & Ball Security***



**High & Tight** = Carry the ball using four points of pressure

1. Fingers of the hand splitting the nose of the football
2. Belly of the ball tight to the forearm
3. Opposite nose of the football squeezed into the bicep
4. Opposite belly of the football tightly squeezed on the ball carriers chest

**Points of Emphasis**

1. Make Sure the wrist is **ABOVE** the elbow
2. Never Switch hands between the tackles, that is where additional body parts are to knock the ball out.
3. Only switch hands when trying to get the ball to the outside away from defenders in open field
4. Cover the football with opposite arm when bracing for contact
5. Treat the ball as if there was a Million dollars inside the football!

# **QB Drills, Technique & Ball Security Outline**

## **A. Warrior Ball Security & Drills**

## **B. Throwing Drills & Mechanics**

- **2 Knee 3 Piece**
- **1 Knee 3 Piece PP**
- **Quick Toss**
- **Toe the Line**
- **Throwing Arm In**
- **Tight Rope**
- **Wrong Foot**
- **Pulley Toss**
- **Rip Cord**





**FOOTBALL**

# Midland QB Drills



**FOOTBALL**

## C. Drop Footwork Drills

- 1 Step & Throw
- 1 Step & Scan
- Smooth 3 & Throw
- Smooth 3 & Scan
- Mini 3 & Throw

### Line Circuit

- Rhythm Drops
- High Karaoka
- Mini Karaoka
- Lunge Drops
- Drop Flip
- Drop Push
- Speed Drop Now

### Hash Circuit

- Hash Weave Run
- Hash Weave Now
- Hash Weave Escape

## D. Pocket Movement Drills & Ball Security

- Wave Slide
- Wave Shuffle
- Wave Run
- Bag Hop Shuffle
- 4 Cone Figure 8
- 4 Cone Box Drill
- 5 Star Reaction Drill
- Scan & Fire
- Bag Avoid
- Bag Avoid Escape
- Blind Run
- Blind Redirect
- 2 Cone Hip Turn
- Ladder Drills
- Bad Snap Drill
- Rapid Bubble
- Ball Security Tunnel
- Handwork Technique

# *Midland QB Drills*



**2 Knee**  
**3 Piece**

# *Midland QB Drills*



***1 Knee***  
***3 Piece Push Pull***

# *Midland QB Drills*



## *Quick Toss*

# *Midland QB Drills*



***Toe the line***



# *Midland QB Drills*

## *Throwing Arm In*



**WARRIORS**  
MIDLAND



**FOOTBALL**

# **Midland QB Drills**



**FOOTBALL**

## ***Tight Rope***



# *Midland QB Drills*

## *Wrong Foot Forward*



# *Midland QB Drills*

## *Pulley Toss*

**WARRIORS**  
MIDLAND

# ***Midland QB Drills***

## ***Rip Cord***



# *Midland QB Drills*



## *Drop Footwork Drills*

# *Midland QB Drills*

## *1 Step & Throw*



# *Midland QB Drills*

The Warriors Midland logo is centered on a large, semi-transparent orange football. It features a blue and white warrior's head with a white horn, looking to the right. Below the head, the word 'WARRIORS' is written in a large, blue, blocky font with a white outline. Underneath that, the word 'MIDLAND' is written in a smaller, white, blocky font with a blue outline, all contained within a white oval shape.

## *1 Step & Scan*



# *Midland QB Drills*

## *Smooth 3 & Throw*



# *Midland QB Drills*

## *Smooth 3 & Scan*



# *Midland QB Drills*

## *Mini 3 & Throw*





## ***Drop Footwork Drills*** ***(Line Circuit)***

# *Midland QB Drills*



## *Rhythm Drops*

# *Midland QB Drills*



## *High Karaoka*

# *Midland QB Drills*



## *Mini Karaoka*

# *Midland QB Drills*

The logo features a stylized blue and white warrior's head with a large white horn, set against a yellow and orange background. Below the head, the word 'WARRIORS' is written in a bold, blue, sans-serif font, and 'MIDLAND' is written in a smaller, white, sans-serif font on a yellow oval background.

## *Lunge Drops*



# *Midland QB Drills*

## *Drop Flip*



# *Midland QB Drills*



## *Drop Push*

# *Midland QB Drills*

***Speed Drop Now***

**WARRIORS**  
MIDLAND

# *Midland QB Drills*

The logo features a stylized blue and white warrior's head with a white horn, set against a circular orange and yellow background. Below the head, the word 'WARRIORS' is written in a large, blue, blocky font with a white outline, and 'MIDLAND' is written in a smaller, white, blocky font on a yellow oval background.

## *Hash Weave Run*

# *Midland QB Drills*

***Hash Weave Now***



# *Midland QB Drills*

## *Hash Weave Escape*



# *Midland QB Drills*



# *Pocket Movement Drills*

*(Ball Security Mix)*

**WARRIORS**  
**MIDLAND**

# *Midland QB Drills*

## *Wave Slide*





# *Midland QB Drills*



## *Wave Shuffle*

**WARRIORS**  
MIDLAND

# *Midland QB Drills*



## *Wave Run*

**WARRIORS**  
MIDLAND

# *Midland QB Drills*

## *Bag Hop Shuffle*



# *Midland QB Drills*

## *4 Cone Figure 8*



# *Midland QB Drills*



## *4 Cone Box*

# *Midland QB Drills*



## *5 Star Reaction*

# *Midland QB Drills*



## *Scan & Fire*

# *Midland QB Drills*

The background of the slide is a large, faded version of the Warriors Midland logo. It features a blue and white warrior's head with a large white horn, set against a yellow and orange circular background. Below the head, the word 'WARRIORS' is written in a large, blue, blocky font, and 'MIDLAND' is written in a smaller, white font on a yellow banner below it.

## *Bag Avoid*



# *Midland QB Drills*



## *Bag Avoid Escape*

# *Midland QB Drills*



## *Blind Run*

**WARRIORS**  
MIDLAND

# *Midland QB Drills*



## *Blind Redirect*

# *Midland QB Drills*

## *2 Cone Hip Turn*



# *Midland QB Drills*



## *Warriors*

**WARRIORS**  
MIDLAND

# *Midland QB Drills*



## *Bad Snap Drill*

# *Midland QB Drills*



## *Rapid Bubble*

# *Midland QB Drills*



## *Ball Security Tunnel*

**WARRIORS**  
MIDLAND



# *Midland QB Drills*



## *Hand Work Technique*