

QB Drills - Summer Manual 2010

Quick Feet

Two Cone Lateral Weave
Cones = 2 yds apart



Ball high at the throat level...QB posture
Eyes downfield ↓

QB starts in the middle and moves forward with shuffle type steps. Go to the right side of the cone. Shuffle around the cone then backwards and around the second cone. Complete five round trips.

Two Cone Tight Weave
Cones = 1 yd apart



Ball high at the throat level...QB posture
Eyes downfield ↓

Essentially the same as above, but the tighter alignment with the cones results in more lateral footwork. Complete five round trips.

Lateral Hat Dance - near foot lead
1 indoor 12" (typically green) hurdle needed
or
a 12" cone



Ball high at the throat level...QB posture
Eyes downfield ↓

Lead with the front foot over the hurdle. Bring the back foot over and touch the ground. The back foot is now the near which which is used to lead back over. Complete five rounds...then take a five step drop.

Lateral Hat Dance - crossover lead
1 indoor 12" (typically green) hurdle needed
or
a 12" cone



Ball high at the throat level...QB posture
Eyes downfield ↓

Lead with the far foot over the hurdle... which is a crossover step. Bring the other foot over and touch the ground. Lead with the far foot to crossover and get back. Complete five rounds...then take a five step drop.

Straight Line Hat Dance
1 indoor 12" (typically green) hurdle needed
or
a 12" cone



Feet are close together and side by side...perpendicular to the hurdle or cone. Ball high at the throat level. Look down at the hurdle. Lead with either foot over the hurdle. Bring the back foot over to the ground. Lead with either foot back over the hurdle and follow with the other foot. Complete five rounds...then take a five step drop.

Quick Feet

Three Hurdle Agility - Lateral Shuffle

3 indoor 12" (typically green) hurdles needed



Begin in front of the hurdles...good QB posture with the ball high.

or

3 12" cones



Lead back through with the foot closest to the hurdle. Bring the second foot and touch the ground... both feet in the hole or space between the cones. Plant one foot outside the end cones. Two round trips.



Three Hurdle Agility - Lateral Crossover

3 indoor 12" (typically green) hurdles needed



Begin in front of the hurdles...good QB posture with the ball high.

or

3 12" cones



Lead back through with the foot farthest from the hurdle. Bring the second foot (crossover) and touch the ground...both feet in the hole or space between the cones. Both feet will touch the ground outside of the end hurdles. Two round trips.



