

QB High Release

Start with a QB on each side of the goalpost
(soccer net, high fence)
5 yards away from the goalpost.

QB will step and throw, trying to get as close
as possible to the crossbar
and trying hit the other QB in the chest.

The ball should not loop over the crossbar.

Try to move as close as possible to the
goalpost and still getting it over on a line.

Can also incorporate a five step drop in to it.

