

# CONNECTICUT FOOTBALL DRILL OF THE WEEK

**Title:** *Quarterback Avoid Drill*

**Objective of Drill:**

Develop footwork and ball control while in the pocket. This drill is designed to work on feeling the pressure and keeping eyes down field.

**Description:**

Form 3 lines about 4 yards apart, facing the quarterback. QB must begin drill by taking a 5-step or 7-step drop.

The coach (standing behind QB) will then point at one of the lines, sending them at the quarterback. Then point at the next line, and then the next. Defenders are rushing full speed trying to knock the ball out of the QB's hands.

The defenders try to get a good piece of the quarterback and then continue on past the QB. Send 3 defenders at the quarterback, one from each angle.

Repeat drill.

**Coaching Points:**

The QB must maintain feet moving, two hands on ball.

The QB can step up in pocket when outside shoulder is rushed, dip shoulder to protect ball, inside pressure bounce outside, and can also reverse out, pull it back and roll out.

Later, you can add receivers.



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