

CONNECTICUT FOOTBALL DRILL OF THE WEEK

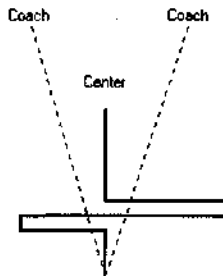
Title: Scramble Drill

Procedure:

QB starts under center, drops straight back seven steps, stops and sets up. Then he scrambles at a 90 degree angle to his right for about 5-7 yards, stops and sets up. Then he turns and does the same to his left. He does a three step drop back and throws the ball at the target down field.

Coaching Points:

QB should use his elbows to help him run faster. He must keep the ball in close to his chest with 2 hands on the ball at all times - eyes down field.



Objective:

This drill will improve the QB's ability to move in the pocket while still looking down field.



UCONN FOOTBALL
505 Stadium Road, Unit 3204
Storrs, CT 06269-3204