

Southwest Baptist University

QUARTERBACKS



Players Manual

«Name»

-SBU FOOTBALL-

QUARTERBACK PHILOSOPHY

- A quarterback's passion, his deep love in life ... besides his faith and family ... has to be football.
- I want the quarterback's work ethic to outlast his teammates. He will outwork them. His motivation and desire will never let him give up or give in.
- Keep on working hard ... keep on trying your best ... keep on trying to get better ... and keep on trying to get rid of mistakes.
- I want you to be the hardest worker and be the leader on the field. I want you to be able to respond well to pressure.
- Do things right in practice. I don't want to see the same mistakes over and over ... **FIX THEM!**
- The QB should lead by his actions, following his own advice, and doing whatever he would ask of others. He leads from way out front!
- A quarterback's good decision-making and leadership are essential to the success of the team.
- The quarterback has to know every player's responsibility to get a clearer picture.
- Don't ever lose HEART! You have to have a passion for football and playing quarterback.

MAKEUP OF A QUARTERBACK

PROPER MENTAL ATTITUDE: The proper mental attitude is the most powerful factor in success. A Quarterback that has a great attitude, hard work ethic and is a self-starter ... will always have a better opportunity to be successful. Strong thoughts generate strong actions ... weak thoughts generate weak actions. Who we are and what we become is a direct result of our own thoughts. A man can only rise, conquer and achieve by lifting up his thoughts. Likewise, hard work, effort, time, practice and sacrifice are all simply forms of investment. Life is so much about sacrifices, investments, and commitments. The more we sacrifice ... the more we have to invest ...the more we invest ... the greater the return will be. We must always remember that life is what we make it. The only reward for “taking the easy path” ... is that “it’s easy”.

LEADERSHIP: Leadership is the most important factor in the development of a championship team. Leadership is one of those skills that is possessed by all ... but, used by only a few. Furthermore, leadership can be learned by anyone, taught to everyone ... and, denied to no one. It is important to note that the most powerful way to lead is through example. Coaches would rather watch a leader than hear one any day. The leader always does the right thing ... on and off the field, in and out of the classroom, and on and off the campus. Good strong thoughts will generate good, strong actions. What one does always comes after what one thinks. The successful leader will always take a stand for the best interest of the team.

LOYALTY: There are “no secrets to success” ... don’t waste time looking for them. Success is the result of a hard-work ethic, being a self-starter, pursuing perfection, learning from failure, persistence and having loyalty to those for whom you play or work for. Loyalty is the one thing a leader cannot do without. Everything that you say, everything that you do ... should be based on how you think it’s going to impact the football program. You must be and remain faithful to the cause.

DECISION MAKING: Life is very consequential. The power to make a choice is the most powerful gift we have. To change the action ... you must change the thinking ... to change the thinking you must change what goes into your head. We must have the guts to overcome the storms in our life ... peer pressure. Stick to principle ... stick to doing the right thing.

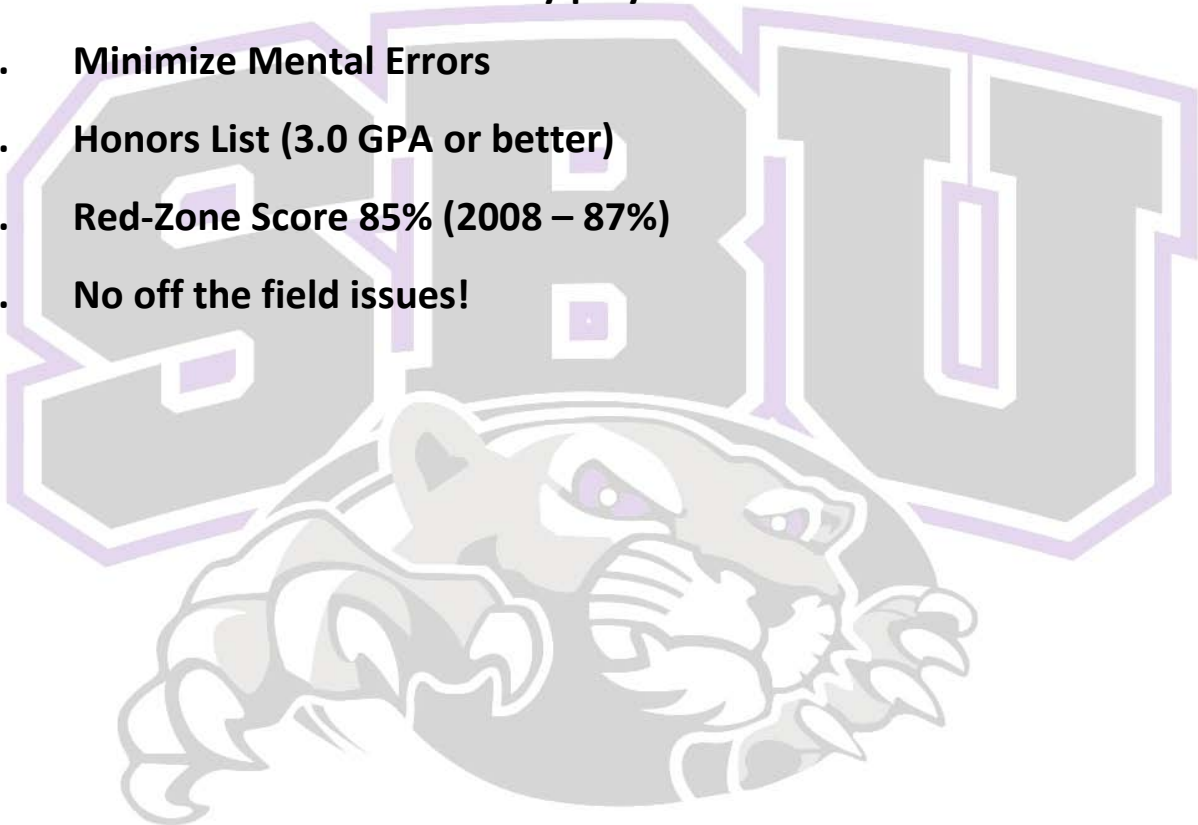
PLAYER TYPE

A quarterback for SBU must:

- 1. Be the mentally toughest and hardest working player on the team.**
- 2. He should have his head screwed on straight enough to handle the pressure and scrutiny to which all QB's are subjected.**
- 3. Make the right decisions and make them fast. If he does dumb things with the ball, he can't play. We need to differentiate between the different levels of intelligence. Just because a person is smart, does not necessarily mean that they can make quick decisions under pressure.**
- 4. Throw accurate passes that can be caught by our team. Pretty spirals don't count if they land out of bounds, or even worse, if the defense can put their hands on the ball. The word "accurate" means that if the ball is supposed to be thrown to the receiver's right number--that is where the ball gets thrown.**
- 5. Have leadership qualities - whether by example, work ethic or your presence.**

GOALS 2009

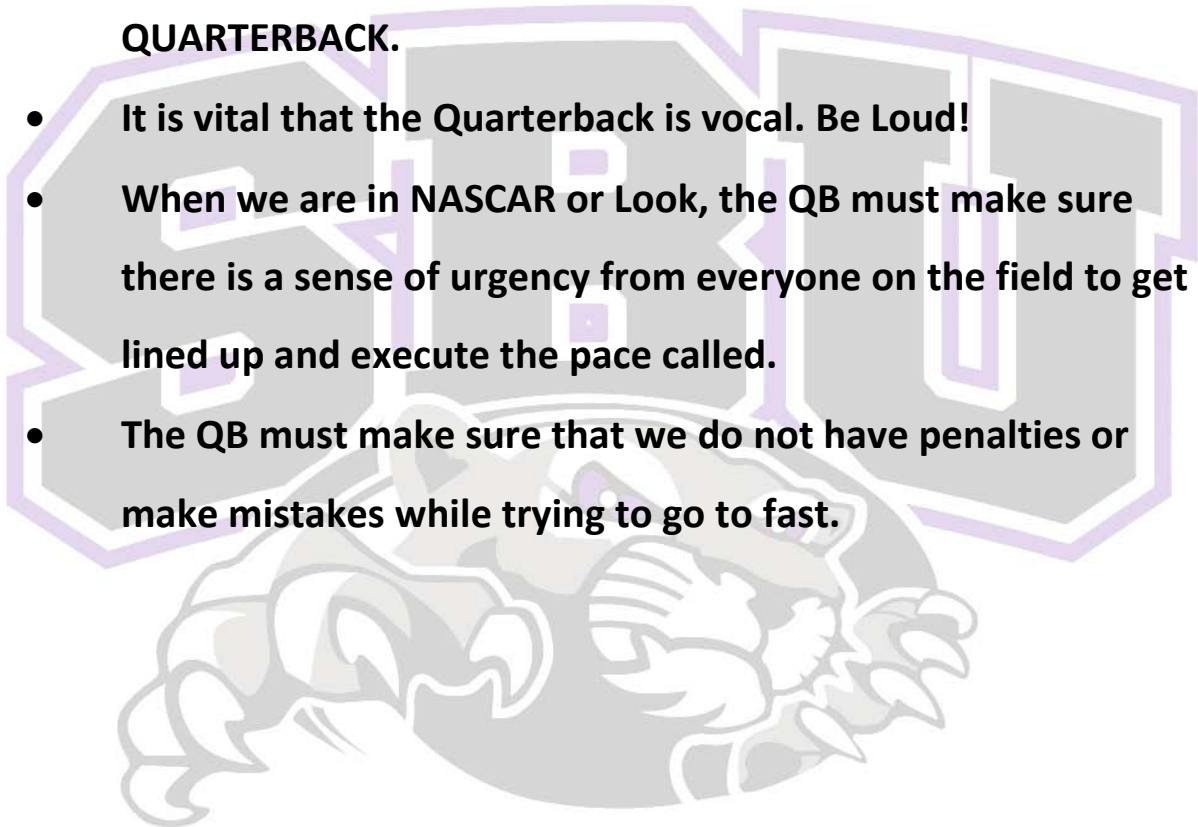
1. **Score enough to win!**
2. **Complete 65% of Passes (2008 – 60.2)**
3. **Eliminate Turnovers (None) (2008 – 24 = 13 Interceptions, 11 Fumbles Lost)**
4. **Grade 100% on effort every play**
5. **Minimize Mental Errors**
6. **Honors List (3.0 GPA or better)**
7. **Red-Zone Score 85% (2008 – 87%)**
8. **No off the field issues!**



PACE

There are three paces in which we play offense @ SBU. All three of which are intended to control the pace of the game and the pace at which the defense plays.

- **The Quarterback is solely responsible for the pace at which we play. If we are too slow it is one person's fault. THE QUARTERBACK.**
- **It is vital that the Quarterback is vocal. Be Loud!**
- **When we are in NASCAR or Look, the QB must make sure there is a sense of urgency from everyone on the field to get lined up and execute the pace called.**
- **The QB must make sure that we do not have penalties or make mistakes while trying to go too fast.**

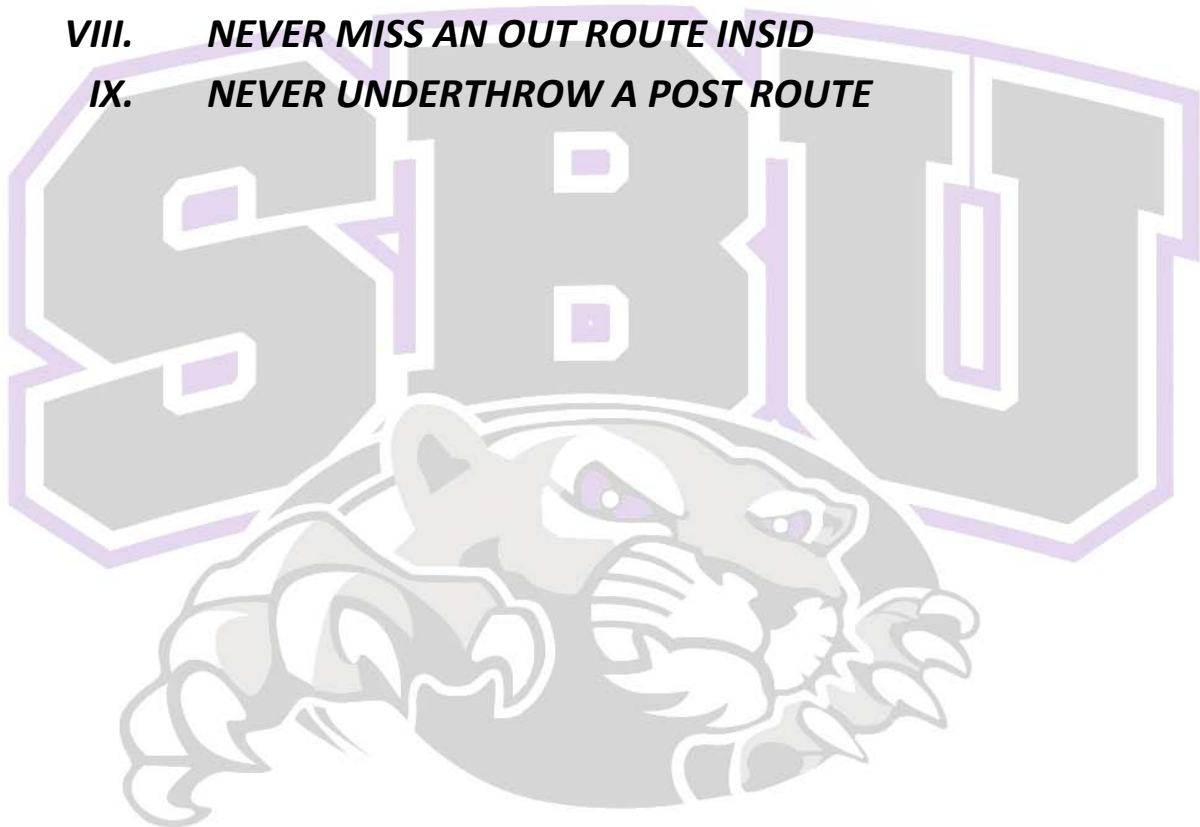


FUNDAMENTALS

1. **First and foremost we must always know our reads. We must be able to progress 1-5 in all of our decisions.**
2. **We must know our hot reads.**
3. **We must know our protection and never panic unnecessarily.**
4. **Stance – Our feet are shoulder width apart, our hands are in front of our body prepared for the snap, and our knees are bent almost in triple threat.**
5. **After we successfully take the snap, we take our prescribed drop, after our drop as we progress through the reads, our feet become like typewriters. If we experience pressure from the defense we make minute adjustments in the pocket, not drastic ones. For example we slide up and find a running back instead of panicking and darting out of the pocket only to get our brains knocked in.**
6. **WHEN IN TROUBLE FIND A BACK**
7. **We are not paid to throw every ball, catch every ball, and run every ball. We are paid to distribute the ball to those who get paid to catch and run. Running is not sin by a QB, but we must strategically pick the right time.**

8. WE NEVER....

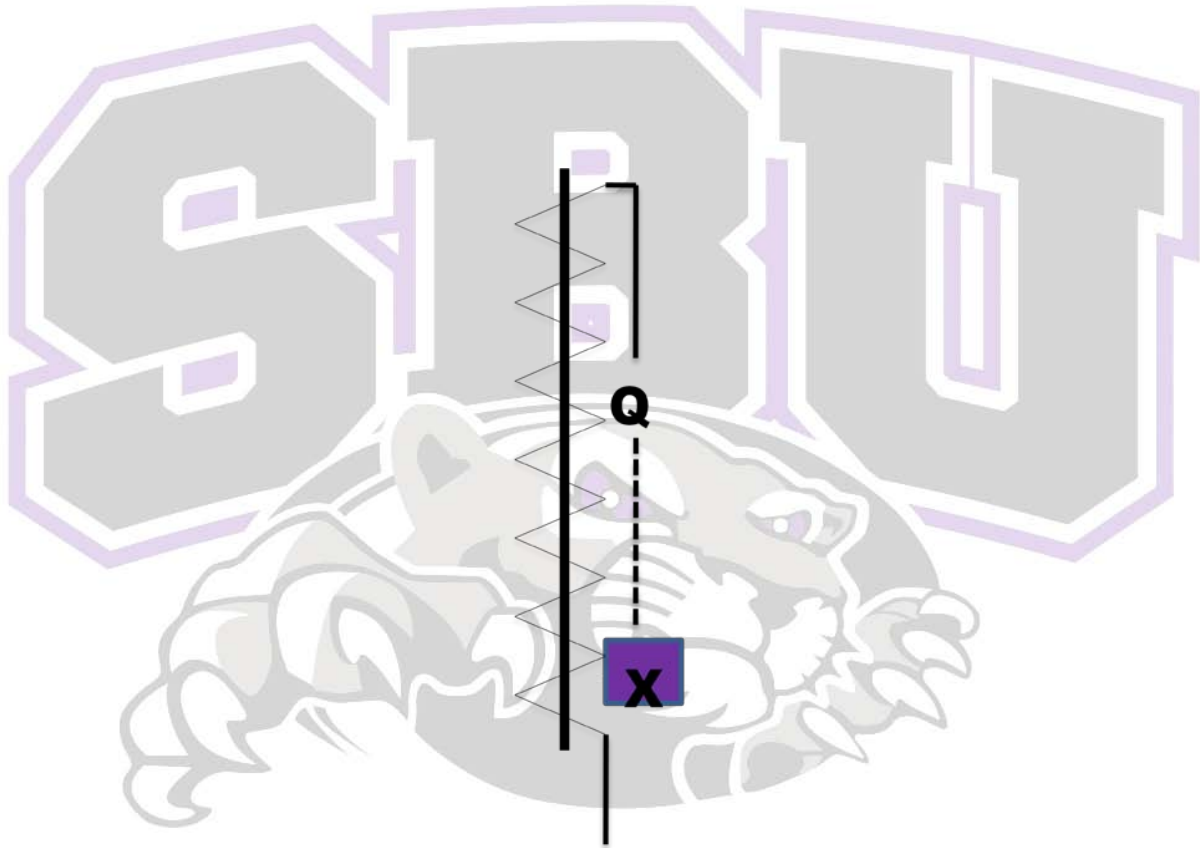
- I. NEVER THROW LATE OVER THE MIDDLE**
- II. NEVER THROW BLINDLY**
- III. NEVER THROW OVER A SINKING DEFENSE**
- IV. NEVER PASS UP THE OPEN RECEIVER**
- V. NEVER GO BACK TO A PRIOR READ**
- VI. NEVER THROW BACK ACROSS THE FIELD**
- VII. NEVER THROW ACROSS YOUR BODY**
- VIII. NEVER MISS AN OUT ROUTE INSID**
- IX. NEVER UNDERTHROW A POST ROUTE**



QUARTERBACK FOOTWORK DRILLS

Quarterback Drill Number One- The Board Drill

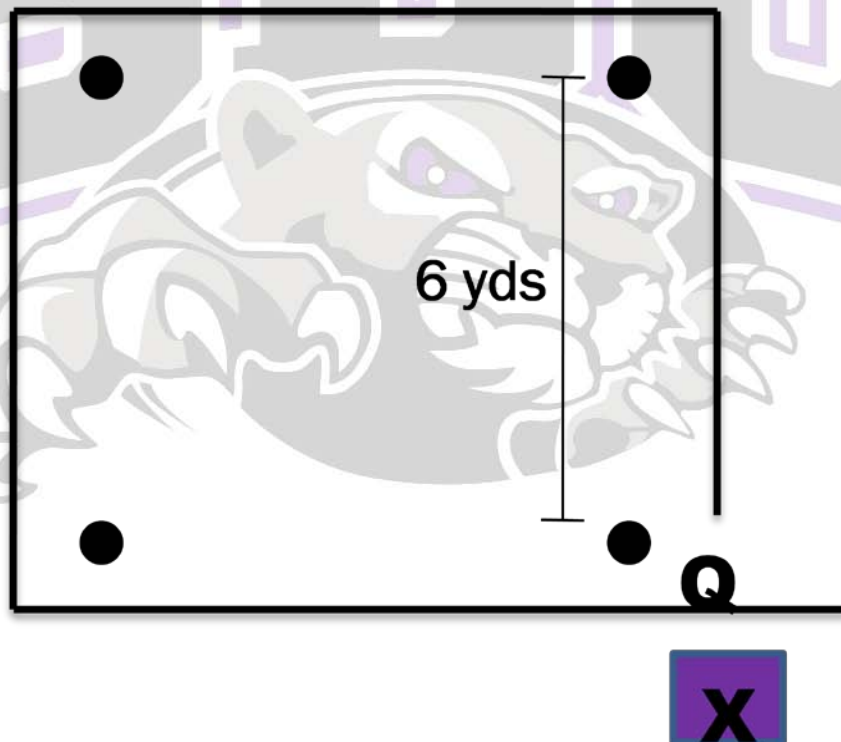
We will do this drill to learn to move their feet in a tight space. The quarterback takes his pass drop and then sets up using the board to shuffle over. Do not take big steps. Quick feet steps while staying on your toes. Make sure that your eyes are downfield at all time.



QUARTERBACK FOOTWORK DRILLS

Quarterback Drill Number Two- Six Yard Square Drill

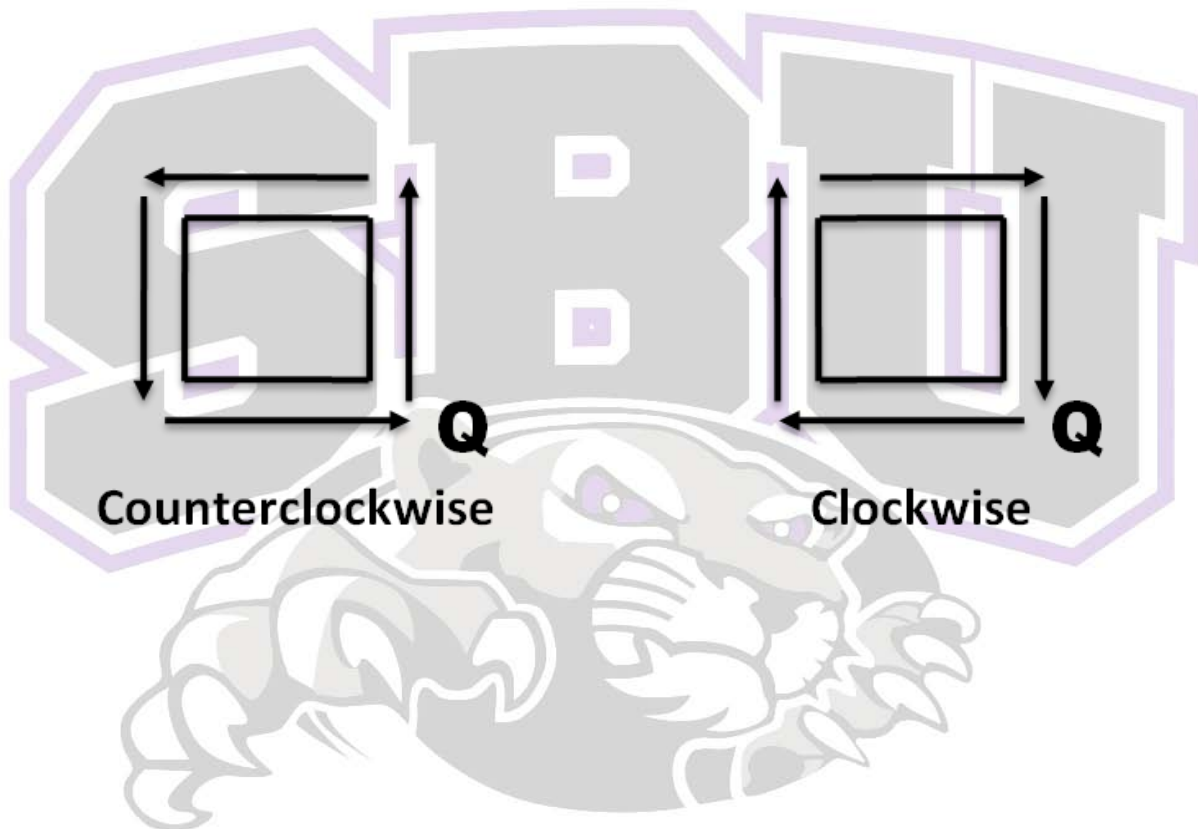
This drill is a five step drop drill. You want to spend as much time as you can on individual drills, working on dropping and moving on the run. The drill is to have 4 cones setup in a square. The first time through, the QB does a 5 step drop then runs to his right for 6 yards then forward for 6 yards, then to his left for six yards. Make sure during the drill your eyes are up and looking downfield. Be on your toes, not your heels. Start on the other side of the cones next time.



QUARTERBACK FOOTWORK DRILLS

Quarterback Drill Number Three- The Box Drill

With the football in a pocket position, jump in a clockwise motion in a one yard box. Do this drill 5 times. You can change the drill and make it more challenging by doing cross jumps instead of a box.



QUARTERBACK FOOTWORK DRILLS

Quarterback Drill Number Four- Line Drill and Board Drill

Use a football field line jump over it back and forth as fast as you can for 20 seconds with two feet. Then do the same drill with left foot only and then right foot only. We will also use a board to working on staying on our toes and getting over the line while keeping our eyes down field. Work on quickness. Move over the line as fast as possible.

