

**The Art
Of
Passing &
QB
Basics
By Paul
Lemoine**



As always, it is best to start at the beginning.

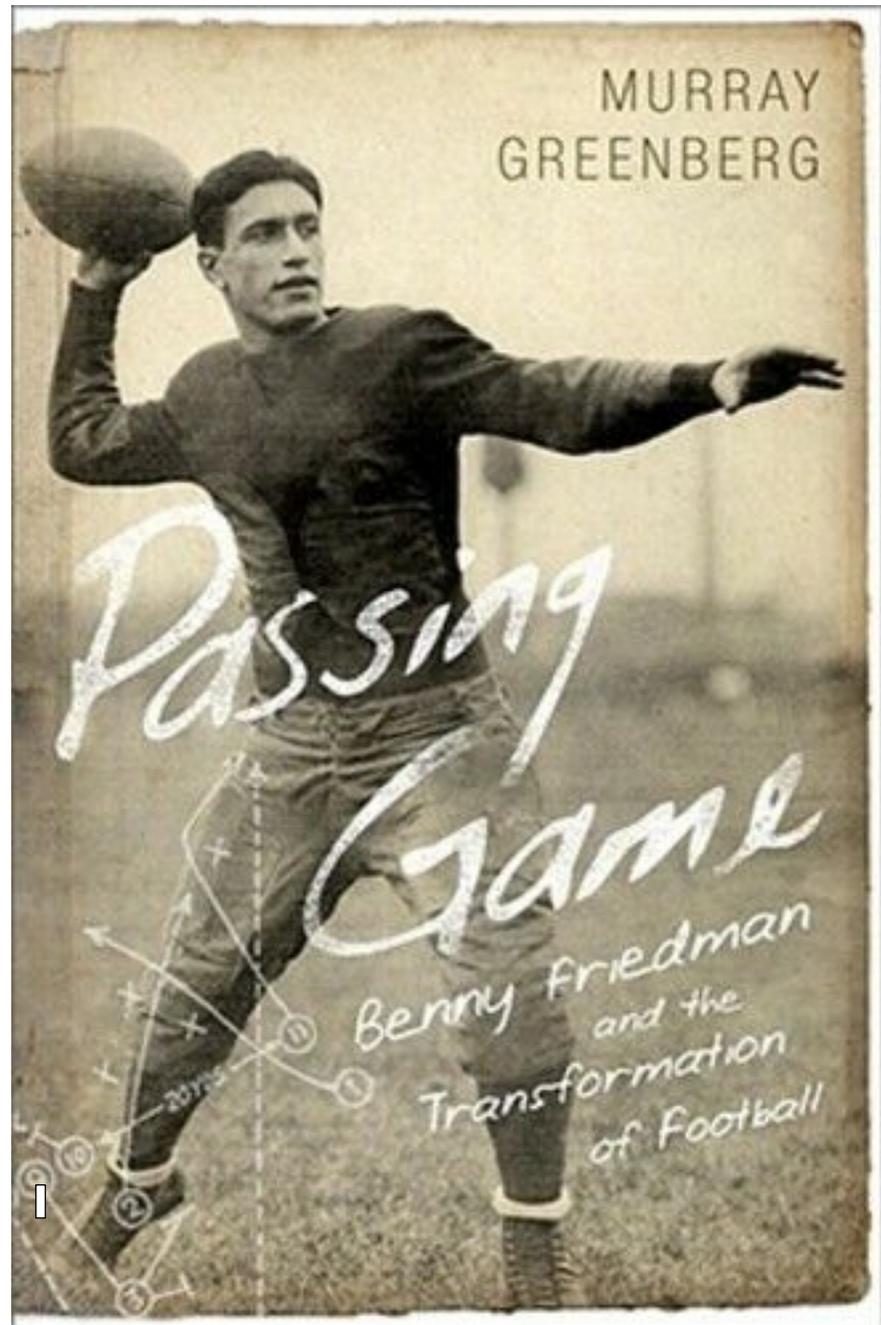


fig 1

This Is Benny Friedman, the player who changed football forever by developing the forward pass into the most effective offensive weapon the game

had ever seen. His book is still available on line. Benny developed the mechanics of passing a football, and discovered that by using a set of techniques he perfected, he could control the flight of the football and that increased his passing accuracy to a point that a passing game had to be incorporated into every teams offensive playbooks if they wanted to win games. The old Single Wing offense was transformed forever, and the value of having a passing Quarterback became paramount to having a successful team. I was fortunate to attend Benny Friedman's first west coast Quarterback camp in Ojai, California, in 1966, and was taught these techniques along with others including Jim Fassel, who like myself took the training to heart and we vastly improved our QB play. I went from Orange High school in California, to Orange Coast JC where I was team captain, most valuable player, first team all-South Coast Conference, and Honorable Mention All-American at QB. Jim Fassel went on to a successful college career and a coaching career at Stanford under Bill Walsh

where he tutored John Elway to his success at Stanford, and later with Phil Simms while coaching with the New York Giants. After college I coached in California at Orange Coast JC, Orange high school, and several years in the 80's at Crescent Valley High School in Corvallis, Oregon. I had the opportunity to work with Roman Gabriel of the L.A. Rams, Rudy Bukitch of the Chicago Bears, and many others at QB camps around the country. The information in this booklet will introduce every young QB, at whatever level you are at, to the basic techniques that spawned the QB revolution back then, and are as relevant and useful today as they were when they were first developed and remain responsible for what every QB camp and coach teaches to this day. Included will be information on the most common hand position used to grip the football, QB footwork, and the best body position for the release of the football when passing, and the all-important follow-through. Look closely at the included photo's of QB's who have mastered these techniques.

This is a Photo of me with Benny Friedman at his QB camp in Ojai California in the summer of 1966.

All-American Gives Advice To Youngsters

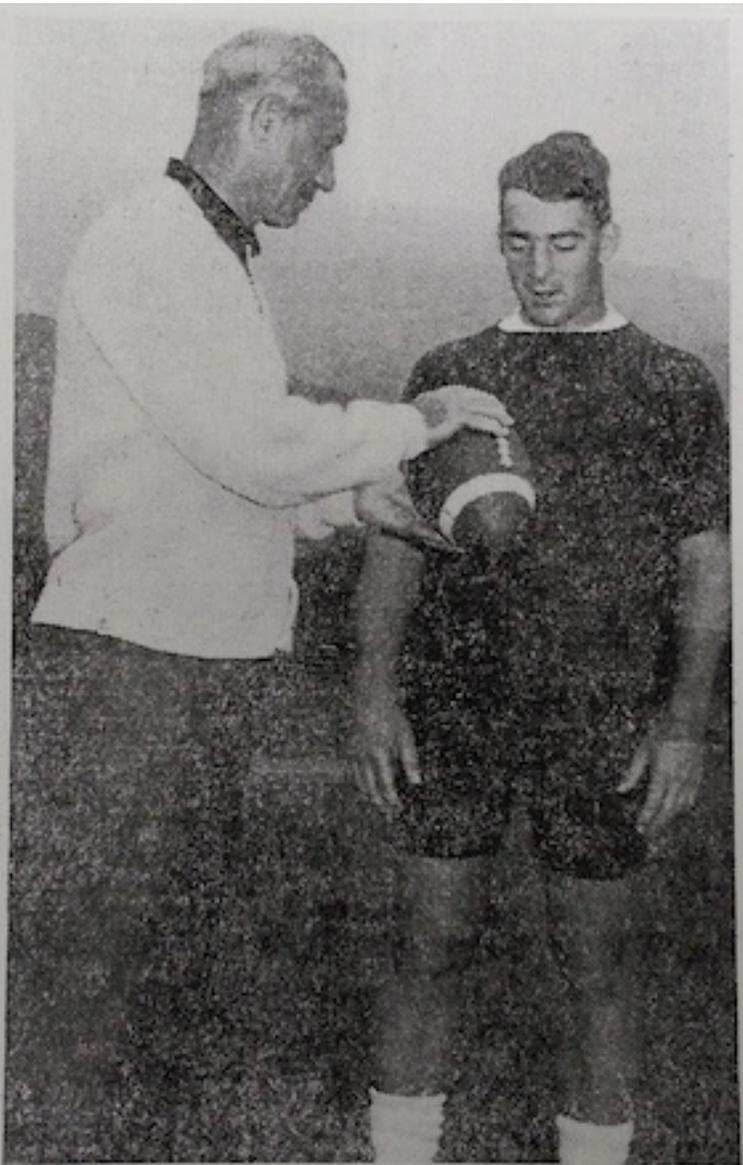
John Labate and Paul Lemoine of Orange High School were among forty youngsters who received expert coaching from two-time Michigan All American Benny Friedman at his first Quarterback Camp on the West Coast.

The grid clinic was held at Villanova Prep School at Ojai and attracted quarterbacks from as far away as Colorado and Utah.

Friedman, a seven year pro-standout, and later a coach at Yale, CCNY and Brandeis University, worked with each boy personally, teaching passing as well as the principles of offensive strategy and field generalship.

During the week-long session, safety and protection against injury were stressed by both Friedman and Dr Will Hayes, former Dean of Men at UCSB, who assisted him.

Plans are underway for a West Coast high school coaches clinic early next year.



RECEIVES COACHING — Benny Friedman, two-time Michigan All-American discusses passing with Paul Lemoine of Orange High School at the first Quarterback Camp on the West Coast recently.

To become a successful Quarterback being able to pass the ball and run your offence is a given, but you must also develop a mental toughness and even temperament that allows you to handle stressful and changing situations you will most certainly find yourself in, and, to show confidence and resolve to your team-mates who will be looking to you for leadership. You can show this quality by being the first one out to practice, and the last one to leave the field. Always choose encouragement instead of criticism, approach practice with a strong and positive work ethic, always give your best and acknowledge your team-mates efforts, respect your coaches and listen to their advice. Showing these qualities will certainly earn you your coaches and team-mates respect, and they will follow your lead and trust in your ability and effort to find a path to victory.

For younger players, I think it is very important to have someone there to assist them in some of the fundamentals that

are necessary to become a successful QB and move up to the next level of competition. This is even true at the professional level as some of the most proficient QB's need reminding from time to time they have drifted a bit from the fundamentals and need to move back to the basic skills they practiced so long and hard to develop.



Fig 2

Brady is a study in how to do it right. Left arm moving close to the body, shoulders and waist open toward his target, ball is being delivered high-and-away from his body. His consistency in good fundamentals leads to his accuracy and high completion percentages.

The following is a quote from Bill Walsh, former head coach for Stanford University, and the San Francisco 49ers, and recognized as one of the best QB coaches during his coaching career.

"STUDY THE POSITION:"

"I think it's key for young quarterbacks today to watch other quarterbacks play. They should observe all the high school, college, and professional players they can and try to make a study of the position on their own so they can appreciate it and understand what these players do. Study them rather than just watch the game as a fan. Then read books like this one, and throw and catch the ball a lot. Maybe you'll hook up with someone who knows the game and who is a teacher rather than a blustering coach. Make a science of the position. Make a study of it as you observe other quarterbacks pass the football. And do a lot of throwing, all kinds of throwing: long, short, running right And left, throwing accurately. Accuracy is by far the most important factor for the young QB. It's certainly not how hard you throw the ball. The way you build accuracy is by playing a lot catch and throwing to a target that is moving, and stationary. In addition to drills that help reinforce good mechanics. " fig 9

Good mechanics start with the 'Grip'. The most common grip is the 2 & 5. This grip gives the most control over the flight of the football, and is why you see most of the successful quarterbacks using it.



This is the basic grip you will see most QB's using. It's called the two & five. You will see this in most of the pictures throughout this booklet. The fingers grip the tightest to ball. When learning to find this grip, practice spinning the ball in your hands, and finding your grip as quickly as you can, or tossing the ball up and catching it and again finding your grip quickly. The more you practice this, the faster and more comfortable you will get finding your grip.



Notice the 180' angle across my little finger and my thumb, and the 90'angle of my thumb and forefinger. The closer you get to these angles, the more you control the ball. Stretching you fingers will help your effort



Notice the space between the palm and the ball. You should be able to slip one finger into this gap. If too much of your palm is in contact with the ball it affects the spiraling of the ball



Joe Namath, Notice his grip, two hands on the ball, he will continue to raise the ball close to his right shoulder where his passing motion begins

Fig 3



Fig 4

On the last step of your drop-back you'll stop on your back foot and settle with 90% of your weight on your back foot, both knees very slightly bent. Think of it as a boxers stance. Both arms should be tucked closely to your body, shoulders flat, eyes reading the defense and your receivers, and the ball at shoulder height. This stance will allow you to step in any direction once you chosen your target receiver.



Fig 5

Bart Starr; Many teams use the shotgun these days but if you do take a direct snap from Center you should have your feet about shoulder wide and your weight slightly on the balls of your feet. Your back should be straight and your head up. The hands should be under Center with a very slight lifting pressure on the Center so your hands will move with the Center as he starts to move on the snap count. An easy bend at the elbows helps your arms to extend as the Center moves, that will avoid many snap fumbles



fig 6

Always keep your eyes on where you are putting the ball to avoid fumbles



Fig 7

Ball handling is an often overlooked art. Looking where you are placing the ball can be used to confuse the defense as to who has the ball. A good fake handoff is a real weapon for the skilled QB. Stay as close as possible to the running back, as he passes you pull the ball back into your stomach with your back hand and turn your back to hide the ball letting your exposed hand visible. You follow the running back for a second with your eyes like he has the ball so the defense thinks you gave him the ball, then you look to pass or run.



fig 8



Fig 10

Showing good skills, if you were a defensive player looking at this, you would be thinking the QB is going to give the ball to the back, that's exactly what you want them to think if it's a fake

Something you can do to help you see what you are doing is to practice in front of a mirror. If you see what your form looks like, it lets you see if something needs adjusted. This is a good idea when you are learning the proper stance under Center, dropping back to pass, practice faking handoffs, and practicing your passing form. If you have the resources, you can have someone video your practices so you can really see what you are doing, and what you might need to work on. In bad weather you can still practice in a dance room or a gym. Your skills will stay sharp if you work on them year round. Even if you are a multi-sport athlete, try to work off season on your skills.

The off season is where you improve your fundamentals through a more concentrated and focused practice on the skills you need to improve on. That way you'll be a more confident QB moving into the season.



Fig 11

This is the picture of perfection. Young QB's should effort to copy this motion if they want to excel as a QB. See how his weight has shifted from his back foot to his front foot. His step forward is under his shoulder pointing his toes at his target. This wide step rotates and opens his hips and shoulders up to face his target straight on. As the release of the ball begins, the ball moves back and up as the left arm begins to move down close to the body, the shoulders tilt moving the release point high and away from the body. Notice that his first finger is the last thing to come off the ball as the palm turns down and away from the ball giving the ball a tight spiral.



Fig 12



fig 13

Examples of QB's with high level skills. Try and explain why and what these QB's are doing that shows good technique

Fig 14



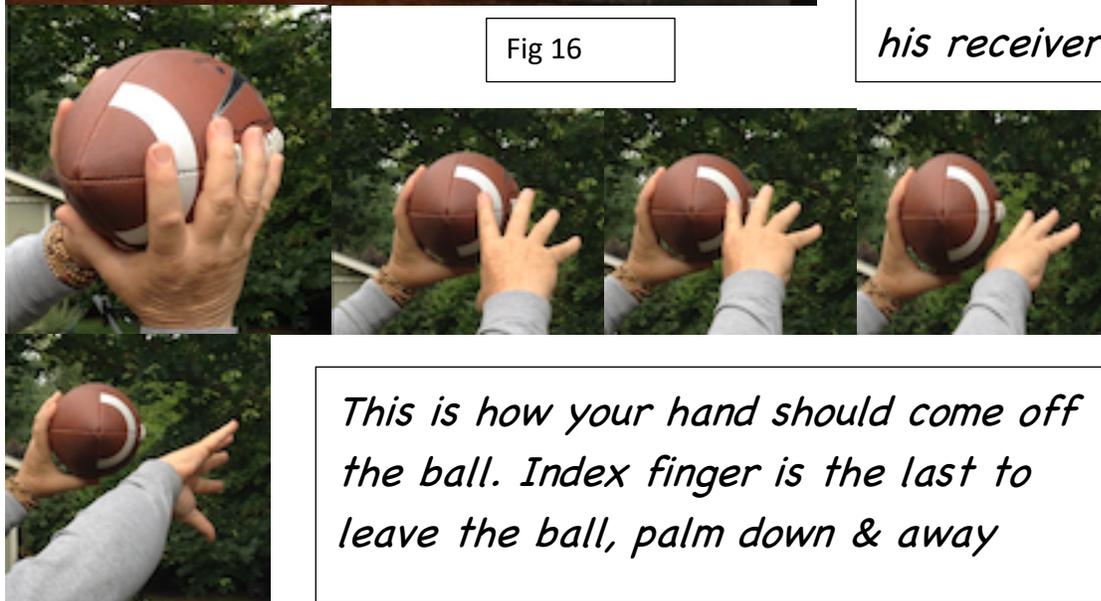
Fig 15





Joe Montana shows the basic passing motion used by most high skilled QB's. Both hands on the ball at shoulder height, the left hand leaves the ball as the passing arm is drawn straight back without dropping or swinging the ball out from the body, the left arm moves down and into the body as the passing arm moves high and away from the body & releases the ball then continues into the follow through at his receiver

Fig 16



This is how your hand should come off the ball. Index finger is the last to leave the ball, palm down & away



Fig 17



Fig 18

Look at their arm and hand, arm on line to target, palm down & away

fig 19



fig 20

The reason for the high and away delivery is the leverage it gives that allows you to put more

power into the pass. Plus it keeps the ball above the defensive linemen and linebackers.

Notice the ball; when the release is proper the nose of ball will point slightly down & left, then quickly roll to the right and nose up.

This action on the flight of the ball is important because once you have perfected this release skill you will be able to make the ball drop where you want it to by controlling how hard you throw the ball. You will be able to put the ball over a linebacker or Defensive back and have it drop down to your receiver. It takes a lot of practice, but once you master it, you have taken a big step in mastering the art of passing. This is the difference between a player who throws the football, and a QB who can 'Pass' the football.

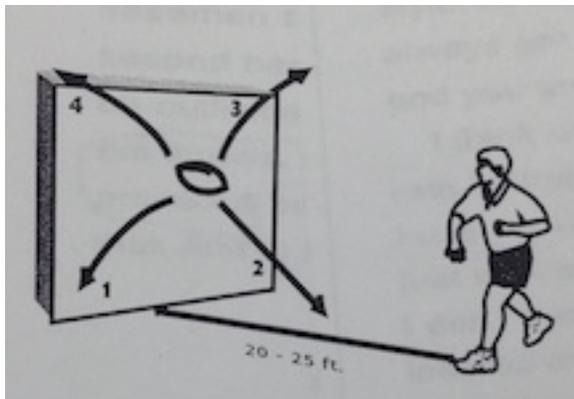


fig 21

To see if your release of the ball is correct, use this drill from Benny Friedman's QB camp, put an X on a wall head high, move back 10 yards, throw the ball at the X, the ball should bounce left & down if your release is correct

Quick fun facts:

-A prolate spheroid---a football to a science guy

-A torque-free precession---a spiral

-The conservation of angular momentum—A pass

Fig 22

One of the most important things for a young quarterback to develop is a strong practice ethic. Working on the perfection of the passing and footwork fundamentals will improve your skills, but it must be accompanied by a desire to get better if you want to progress to the next level. Always try to practice at full speed, practice the things that will happen to you during games. Don't just stand around playing catch, how often do you get to just drop back and throw a pass without having to slide one way or another, or have to scramble and throw your pass on the run. When you are doing your practice drills, always know where you are trying to place the ball. Pick a shoulder to aim for, or the chest, or the face mask. Make it a habit to always pick a target to aim for, this will help in improving your accuracy. Throw the ball at the goalpost, try to drop the football

onto the crossbar or hit the uprights. Find a basketball court and try to pass the ball into the net, these things will develop your touch on the ball. Do speed throwing with another player, catch the football, find your grip, and pass it back as quickly as possible, aiming the pass every time. If you don't know where you are wanting to place the football when you pass it, how can you expect it to go there. That is the difference between someone who can throw the football, and someone who can 'Pass' the football. Another important thing to learn is that the basic passing motion will not change from the waist up when you are passing on the run. There are some pictures that illustrate this on the following pages. Some ways to practice passing on the run is to line up on the goal-line about ten yards apart facing each other. Pass the ball to each other while one running forward while the other is running backward. Another good drill is to line up ten yards apart on the sideline,

Then begin to run across the field passing the ball to each other. When you reach the other side of the field, come back the other way. To practice your release of the ball, walk forward and throw the ball into the grass about five feet in front of you, this drill lets you know if your hand is moving off the ball in the correct down and away motion. If you are releasing the ball correctly, it will bounce straight back or slightly to the left. If it bounces to the right you are breaking your wrist the wrong way. (A football is thrown much like a screwball is thrown with a baseball. If your wrist breaks into your chest, like a curveball, your pass will wobble out of control and most likely not be a completed pass).



Fig 23



fig 24



fig 25

Page for notes;

Notice his delivery is high and away from his body, his left elbow is in tight to his body, his left foot (out of sight) is pointed at his target, and his weight is transferring to his front foot. What we see next if the picture was to move forward is his passing arm follow thru directly at his target as his upper body motion, shoulders and back all move toward his target giving him velocity and strength in his throw. This high and away delivery allows the legs and back muscles to add power to the passing motion. This is a factor that all good passers will have in common, and should be a priority in your learning process.



Joe begins his throwing motion by pointing his front shoulder at the target. He keeps his front shoulder closed as he draws the ball back to his ear. As he brings the ball back behind his head, Joe opens his hips and upper body to face his target. This allows him to put his entire body into the throw. As he brings his arm forward, the ball is pointing at the receiver. The ball is released just past his head, while his eyes remain locked on the target. The throwing hand turns over in the follow-through, with the thumb pointing down toward the

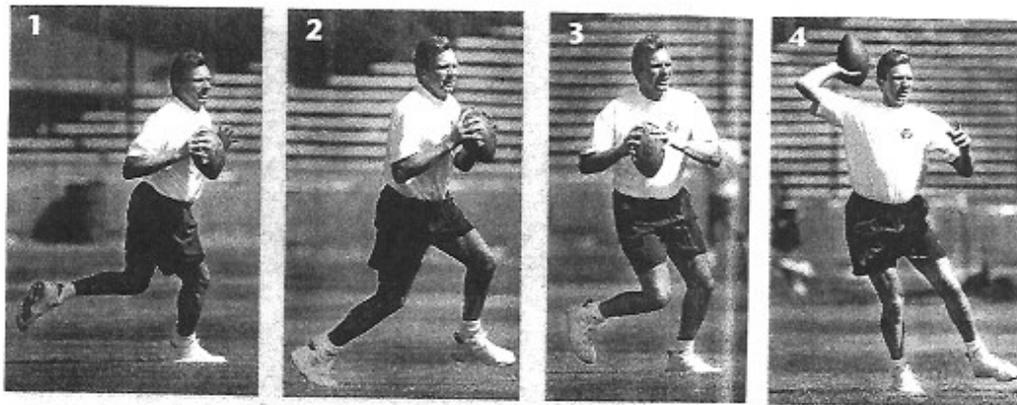
Fig 26

The football will always track in the direction of your motion. Your first step is down the shoulder line, toes pointed straight at where your receiver is going to be, not where he is as you start your motion, and your arm must follow through your release of the ball to where the ball is going to end up. If you step at a receiver that is moving across your face, you will consistently throw behind the target. If you take too long a first step, your hips move to far in front of your shoulders, your back arches causing the ball to sail high. If you step under your body to much, you lose speed on the ball as your hips and shoulders spin over your plant leg and your body falls off to the left, causing you to push the back of the ball losing your spiral and accuracy.

MOBILITY IN THE POCKET: I jumped a lot of rope when I was a kid. My dad told me that I needed to have quick feet. And that's one attribute I think I've always had. I'm not fast as far as the forty-yard dash is concerned, but when I'm in the pocket, one of the best things I'm able to do is move quickly and still be in position to throw the ball. I can make someone miss me and still have enough vision downfield to make a decision and throw the football. That came with practice and experience being in the pocket, from dropping back and throwing the football a lot. If sometimes I get sloppy in my passing, for me it's not because of my arm technique. Usually it's my footwork. If I'm off balance when I throw, it's because I'm not getting my whole body in position to throw the football.

—Dan Marino
Quarterback, Miami Dolphins

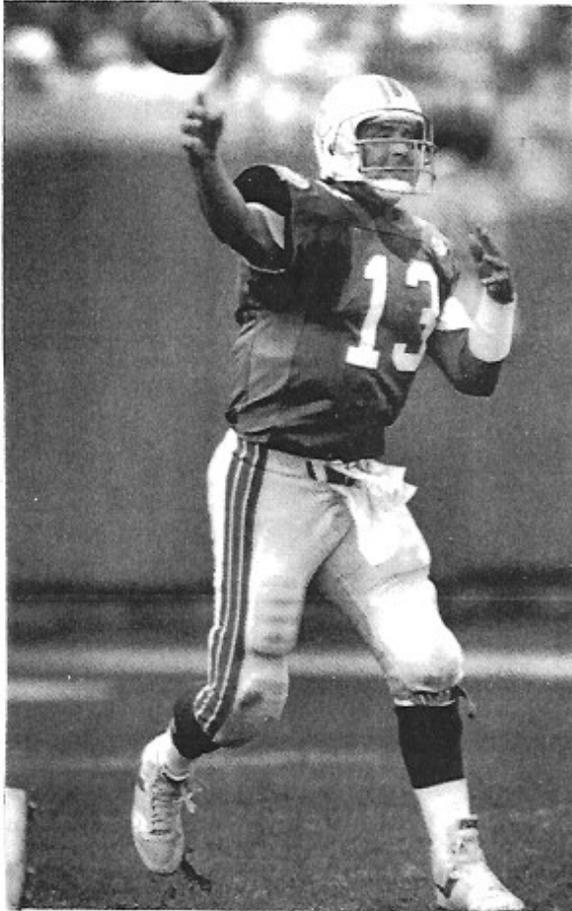
Passing on the move or running can be a skill learned easier if you know one important fact, the basic passing motion never changes. Look at these pictures and notice that the upper body positions of all these players looks very much the same as it does when Joe is standing in one spot and throwing the ball. Passing on the run is all about footwork, getting your hips and shoulders around facing the receiver, and following thru at your target. Most of the time the throw is made off the right foot, and the follow thru continues as you step over to the left foot. This motion is used as well when you must slide to the right or left in the pocket to open a lane to your receiver as you avoid the defensive rush, sometimes you must even move backwards to give yourself the time to throw. But as long as your basic form is good, you can be accurate throwing off balance. It is also very important that you practice all of the kinds of throws that you will be using in the game situations every day, because you seldom get to drop back and throw the ball without having to move around some.



Joe sprints out to the left running parallel to the line of scrimmage. Once he locates his target, he squares his shoulders to the receiver and unleashes the ball on the run. If you notice in Figure 4, Joe throws off his right foot. This is a very difficult way to throw the football, but Montana was able to master it, delivering the ball with pinpoint accuracy.

Fig 27





A QUICK RELEASE: You have to look at other people as you advance from one level to the next, to get an idea of what you want to do as a passer. And it's okay to emulate other people. But eventually, if you're going to get to the highest level, you have to have your own style of throwing the football and believe in what you're doing. I really believe I always had my own style. All the fundamentals are still the same. That's always got to be there. But, it's something you develop and you get a feel for what works for you.

I think one of the reasons that I've been pretty accurate is that I have a very compact throwing motion and I use my body a lot. There are times when I will throw just with my arm, when I have to. But most of the time I don't take a long step in my throwing motion. I've learned to shorten my step with my front foot and use a lot of my hips and my legs in my throw. I think that's one of the reasons why my delivery is fairly quick.

—Dan Marino
Quarterback, Miami Dolphins

Fig 28

Figure 5.23 Now look at the slight bend in Dan's front knee after he's released the football. His hips and shoulders are rotated. He's transferred his weight to his front foot and you can see that his arm was slightly lagging as the ball left his hand.

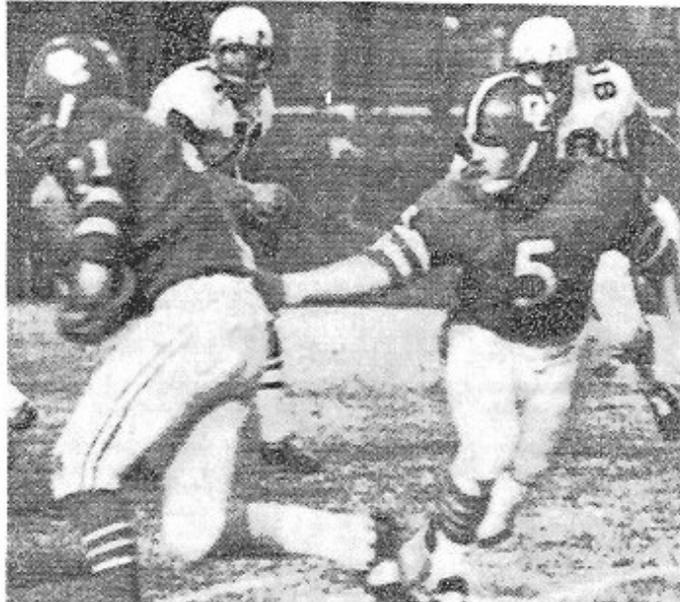
Yes, that is me in this picture, only to show you that I did at one point in time do this myself.



Ball handling is an important part of the quarterbacks play. After you get the snap from center, bring the ball into your stomach and keep your elbows in close to your body. This hides the ball from the defense. If you are making a hand-off, always look at the place where you are going to put the ball to avoid hitting the arms or pads of your ball carrier. After the hand-off, keep your arms and hands into your body and continue the normal motion you would make if it was a fake hand-off. If the defensive players cannot see where the ball is, they may hesitate just long enough to take themselves out of the play. Be tricky and mix up the fakes you use so the defensive players can't get use to your actions.



Fig 29



This is not one of my shining moments of ball-handling, but the next time this play is run I might let my right hand trail with the ball carrier as I watch him for a second while I trapped the ball on my stomach and those defensive players will see me watching the runner and think I have given him the ball allowing me to have time to turn and find a receiver or run the ball downfield. The point is to mix it up, keep them guessing, and make plays.

Tom Brady turns to deliver a front handoff during Super Bowl XIX. He's got his hands on the ball, and he's holding it close to his body, taking good care of the package before he delivers it.

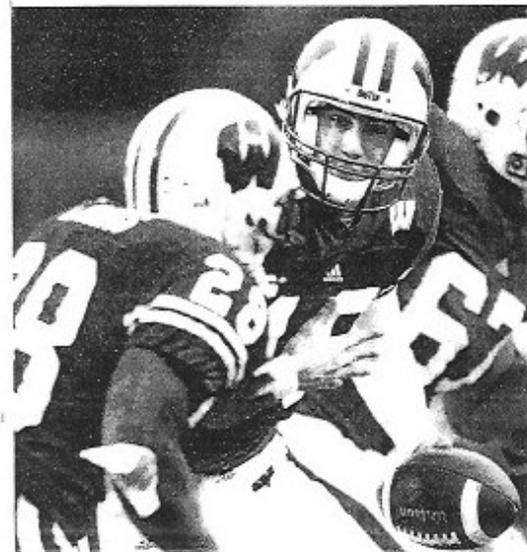


Fig30



Figure 4.8a



Figure 4.8b

Two Hands

Next time you see a college or a NFL quarterback fumble the ball while he's moving in the pocket, watch the instant replay and pay particular attention to the way he's carrying the ball. Nine times out of ten I'll bet he's carrying the ball in one hand, away from his body (Figure 3.10). How to avoid fumbles? Keep the ball close to your body, and use both hands



Figure 3.28a



Figure 3.28b

Slap Drill

The **slap drill** (Figure 3.28) is a two-man exercise and it's very simple. The quarterback does a three-, five-, or seven-step drop and the other person slaps at the ball once as he moves and

sets to throw. Vary the time of the slap and the direction of it. One time you might hit down on the ball. Another time you might hit from underneath or the side. The object is to make sure you're carrying the ball with two hands, with front-hand pressure to protect it. This drill will help you to build confidence in moving with the ball under pressure.

Don't try to do all of these exercises every day. Pick a few and then mix and match them two or three times a week so your workouts don't get boring. Remember, the whole idea here is to build up strength in the throwing hand so that you are using only a fraction of your total strength to grip the football. Ideally, it should just about fall out of your hand when you hold it palm down.



Joe is shown practicing the on-the-knee drill. The drill isolates the middle and upper body, and teaches the importance of hip rotation.

THIS DRILL SHOULD BE DONE WITH EACH KNEE DOWN, THEN BOTH KNEES DOWN.

THEN STANDING UP WITH YOUR FEET AT SHOULDER WIDTH, AND PARALLEL, COME UP ON THE BALLS OF YOUR FEET AND USING THE BASIC FORM, THROW THE BALL. THEN PUT ONE FOOT BACK, THEN THE OTHER AND REPEAT, STAND TEN YARDS APART AND CONCENTRATE ON FORM. ALWAYS PICKING A SPOT TO HIT WITH THE BALL, NEVER BELOW SHOULDER HEIGHT.

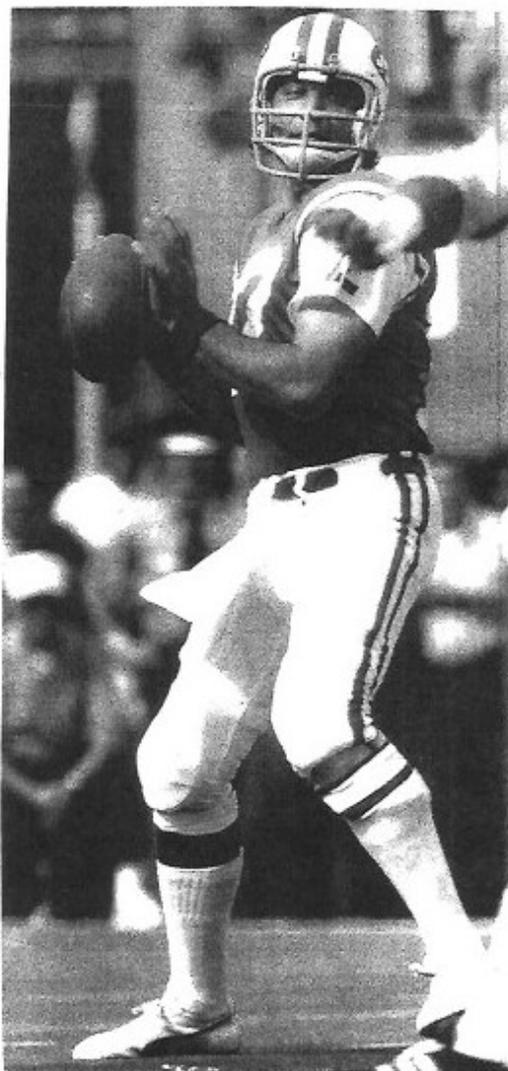


Fig 32

You might recognize this guy. All of the basics were natural with his motion, tight arms, quick release, and Nameth was the master of throwing on his fifth and seventh steps. No sliding into the pocket or any false steps. The goal here was to never pass up an open reciever, and to have the ball on the way as the reciever just started to make his move. That timing would not allow the defensive backs the time to react to the ball before the pass got to the reciever. Remember one key idea, always place the ball in the best spot for you reciever to get to the ball, and the worst spot for the defensive back to reach the ball. This is why it is most important that as a young passer you always think about where you are going to place the ball on every pass you make. In your drills, always on every throw, pick a spot you are aiming at and try to hit it. Right shoulder, left shoulder, helmet, numbers, be thinking all the time.

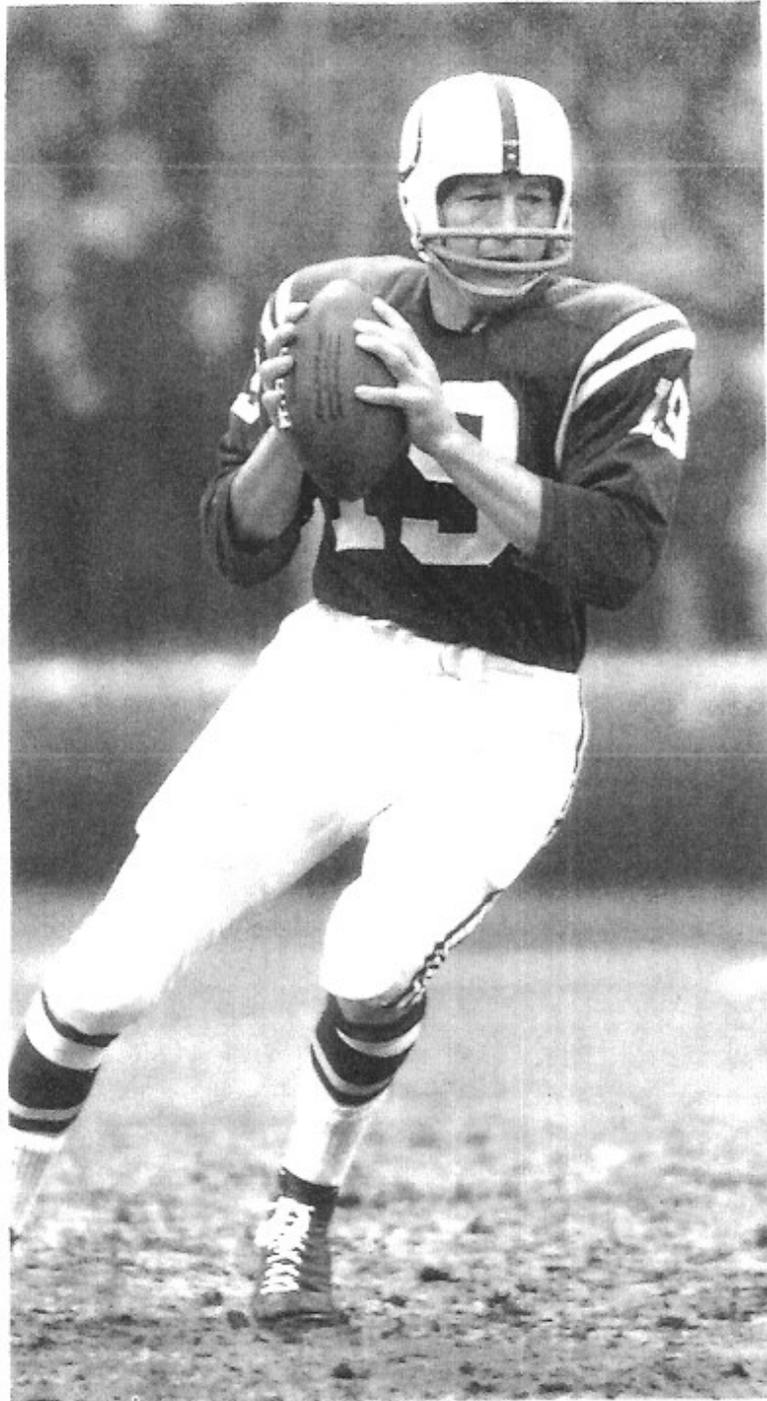


Fig 33

This picture of Unitis shows you that accurate and effective passers, even years ago, share the same basic techniques



The Ball Never Lies (Diagnostic Chart)

Problem	Causes	Solutions	Page
Dropped snaps	Hand separation	Thumb-side-to-thumb-side hand position Bottom-hand pressure	34
Slow coming off line for drops	False stepping	Pigeon-toed stance under center	26
Fumbles	Carrying the ball with one hand	Two hands on the ball Front-hand pressure	35 40
Slipping	Rushing drops—leaning forward and stepping back too far on last step to stop momentum	Keep hips and shoulders level Don't overstep to land Don't lean too far forward to stop momentum away from line	49 54
Throwing low and short	Locking out front knee Landing on front foot toe-heel	Keep hips and shoulders level Land on front foot heel-toe Slightly bend both knees	88
Throwing high	Hips get out in front Back shoulder drops Front shoulder pitches up Throwing elbow drops	Keep hips and shoulders level Drop front shoulder slightly Look at target	89
Ducks and Helicopters	Hips get out in front Can't generate power Manipulating ball with hand to compensate Finish palm up No follow-through	Go back to proper sequence Complete follow-through with hand, thumb down	86
Late passing on sprint-outs	Strides too long on down portion of sprint	Shorten stride to chop steps Rise up slightly Cock ball to ear hole of helmet Dart-like throwing motion	122
Sore arm and shoulder	Grip too tight	Loosen grip Gap between palm and hand Strengthen arm	
	Finger position on ball	If little finger is under laces move it to over the laces	
	Arm throwing	Gain forward body momentum Push off back foot Rotate hips Drive nonthrowing elbow down and back *Rotate shoulders, throwing arm, and ball leg	
	Arm too tight	Keep arm loose and relaxed so it can whip through motion	
Throwing behind receivers on crossing routes and slants	Stepping at or behind receiver with front foot	Step to where you expect receiver to be when you want him to catch it	
Long passes: tail out and fall short	Overstriding on front step so that your weight doesn't get over to your front foot on the follow-through	Shorten your stride Push off your back foot Throw your upper body over your front foot just ahead of the throw	
Ball slips out of hand in wet weather	Squeezing ball too hard	Softer grip Slow down throwing motion Emphasize strong mechanics	

Fig 34



Fig35

As a coach, first you must compare your young QB's passing motion with these skilled players, and determine what areas need to be better. Then design drills that will start to improve those areas. As a young player begins to move up the competition level, it becomes more important these fundamentals get better

Even up in the air, the basic passing motion remains the same. I don't recommend jumping as a rule, but sometimes you just have to do what it takes to complete your pass.



Fig 36

At times the side-arm pass is the only option, just follow the basic release motion. This is why you practice throwing all kinds of passes, so you will be able to do this in a game if you need to.



Fig 37

Notice anything wrong. His left foot is a bit too far under his body and could cause him to lead his target a little too much. It's the little things that matter



Fig 38

Showing good form while on the run, both hands on the ball, chest high, eyes downfield reading the defensive backs looking for the best spot to place the ball.

Fig 39



Fig 40



Fig 41

Fig 42

Remember, it is important to always protect yourself after you pass the ball. Look around quickly incase someone is not able to stop from running into you.

High School, College, and Pro's, looking like they have a good handle on the basic fundamentals. Go online, google 'QB Pictures' And look at their form, it looks same because it works.

Fig 43



Fig 44



It's OK to start a pass off your back foot as long as your upper body fundamentals are good. Some times the situation requires you to be creative, but if you have practiced making these kind of throws, you will have the advantage and skill to surprise

Fig 46



Fig 45

Be crafty, play smart, throw the ball as receivers start their breaks, lead receivers to the ball and away from the defense, use your eyes to move defensive players away from intended receivers, and 'Expect' to win. Expect to complete every pass.

A very good thing to do is find a place where you can practice in front of a mirror. This will allow you to watch yourself as you go through stance, drop back, and throwing motions. After some study and practice, you will be able to coach yourself as you watch yourself. Look at your stance, are you comfortable, how are your feet, is your back straight and head up. As you drop back, (at half speed,) do you bring the ball thru your stomach up into passing position. Are your elbows in tight, ball up, shoulders flat, looking downfield. How about the set-up, is your weight, over your back foot, elbows in, how is your grip? How slowly go through the passing motion. As directly as possible, no wasted motion, bring the ball back into passing position and start the forward motion, make your delivery high and away over your shoulder, left elbow in tight to your body, step down your shoulder and point your toe at the target, rotate the hips and shoulders to square up to your target, now exaggerate the follow thru, palm down and away as you bring your arm down straight at your target, bend at the waist and let yourself flow toward the target. The more you do the movement, the faster it will become natural and consistent, and the faster your passing will improve.

So, as Falco said at the end of the movie, 'The Replacements'; Wounds heal, Chicks dig scars, but glory lasts forever. So work hard, and when the game is on the line, be the one who wants the ball. Lead by example, and your team will follow.

I am available to look at video, or travel to observe and evaluate players, and help coaches learn some basics QB fundamentals. I am a specialty coach for Quarterbacks.

DRILLS AND COACHING CAN BE DESIGNED FOR EACH PLAYERS LEVEL AND NEEDS AS THE SKILLS ARE EVALUATED AND THE BEST COURSE OF ACTION DETERMINED.

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This booklet contains some of the most basic skills a QB must become proficient in to have a successful career. There are many things that will come into play as skills improve and more detailed coaching might be required. The skills in this booklet are designed to inform younger players and coaches in the basic fundamentals, so better skills develop at the beginning of a players career.

Fig.1--Benny Friedman Passing Game/ Murry Greenburg

Fig.2--Tom Brady/New England Patriots/Getty Images

Fig.3,35--Joe Namath/Getty Images

Fig.4--Mitchhell Trubisky/John Ewing/Betlabs

Fig.5--Bart Starr/Balimore Sut/Preston

Fig.6--Eagles/NBC Sports

Fig.7--N/F

Fig.8--Buffalo Bills/UPI/Kevin Dietsch

Fig.9--N/A

Fig.10--Chicago Bears/Getty Images

Fig.11--Tom Brady/Getty Images

Fig.12,32--Namath/Getty Images

Fig.13--Ross Bowers/Troy Wayryen/USA Today

Fig.14--N/A

Fig.15--Stabler/Assoc. Press 1977

Fig.16,29,31--Joe Montana/

Fig.17--CBS Sports/Gannett Co. Inc

Fig.18--N/A

Fig.19--N/A

Fig.20--N/A

Fig.21—Phil Simms On Passing/1998
Fig.2,31,34--Phil Simms On Passing/1998
Fig.23—N/A
Fig.24—Steve Young/Ninerswire/USA Sports 2018
Fig.25—NE Football Clinics/New Hampshire/2019
Fig.26,27—Joe Montana/
Fig.28—Dan Marino/Getty Images
Fig.30—N/A
Fig.33—Johnny Unitas/Getty Images
Fig.36—Phillip Rivers/San Diaigo Chargers
Fig.37—Butch Dill/ Forbes/2018
Fig.38—N/A
Fig.39,45—Russel Wilson/Seattle Seahawks, Inc
Fig.40,41,42—N/A
Fig.43—The Big Lead/Alabama AD
Fig.44—Oklahoma/CBS Sports
Fig.46—Rich Von Biberstein/Icon Sportswire/Getty
Images
Fig.47—Orange County Register/1966