



PRINT n' GO

FOOTBALL

PRACTICE PLANS

PASSING GAME DEVELOPMENT

**18 Skill-Building Drills For
a High Scoring Passing Game**



**Includes 5
Printable Practice
Plans**

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INTRODUCTION

Hello, and welcome to Print n' Go Football Practice Plans - Passing Game Edition!

Running a football practice is a HUGE undertaking. Whether you're the head coach, a positions coach, or something in between, it's always a challenge to figure out how to keep all the players engaged and making efficient use of their time.

And the best way to avoid that problem is by doing something football coaches are already very familiar with - breaking the team down into smaller groups, allowing the players to all work on different drills.

Rather than look at how to break down the entire team, today we are going to focus on developing a station based practice to improve the skills and technique necessary for your team to dominate in the passing game.

But just because these drills are directed at improving skill when it comes to throwing and catching the ball doesn't mean that the only players who should be running these drills are your quarterback and wide receiver! We all know about the increased importance of running backs and tight ends in the passing game, but the list doesn't stop there. Especially at the lower levels, every single player on your team should be running through these drills - who knows what position they might be playing at the next level!

One of the other problems as a coach is that we are all too often left to carry the load by ourselves or with minimal help. So don't be afraid to ask for some! Let parents know you'd love to have them come in and pitch in as well, as any coach knows we can use all the help we can get!

We've included 18 drills and an additional 5 practice plans - QB and WR workouts, as well as a 90 and 120 minute team practiceS designed to incorporate additional defenders as well!

Now let's get to practice!

LEVELS OF CONTACT

At the top of each page, you will notice one of the 5 icons below. They each designate a different level of contact for that specific drill.

By designating each drill a specific level of contact, coaches are able to plan practices in advance and ensure players spend the right amount of time in pads.

USA Football recommends no more than 30 minutes per practice of full contact, and no more than 90 minutes per week during the season, while during the preseason 120 minutes per week is acceptable.



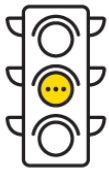
Air. Intensity: 1

Drill is run unopposed and without contact



Bag. Intensity: 2

Drill is run against a bag or soft-contact surface



Control. Intensity: 3

Drill is run at an assigned speed until the moment of contact with one player as the predetermined winner. Contact is above the waist, and players stay on their feet



Thud. Intensity: 4

Drill is run at competitive speed through the moment of contact. There is no predetermined winner. Contact is above the waist, players stay on their feet, and a quick whistle ends the drill



Live. Intensity: 4

Drill is run in game-like conditions. This is the only time players are taken to the ground.

DYNAMIC WARMUP

Complete each exercise for 2 sets of 10-20 yards



High Knee Run



Buttkicker Run



Frankenstein Walk



Walking Lunge & Twist



Walking Knee Hug



Straight Leg Run

QUICK RELEASE DRILL



Contact Level

PURPOSE:

To get quarterbacks loose while developing their ability to get the ball out quickly.

SETUP:

Have the quarterbacks pair off, grab a ball and stand 10-15 yards apart.



INSTRUCTIONS:

1. The passer will hold the ball in the ready position.
2. The coach (or partner) will call out a signal, queuing the pass to immediately go from ready position to throwing an accurate pass to their partner as quickly as they can.
3. The partner will catch the ball, get into ready position, and continue the drill.

COACH'S CORNER

- Begin by having players face each other, but as they progress and get more comfortable with the drill, have them start off facing to their strong and weak sides, as well as backwards! This way they get comfortable making a quick release from a variety of positions.

40 YARD BUILDUPS



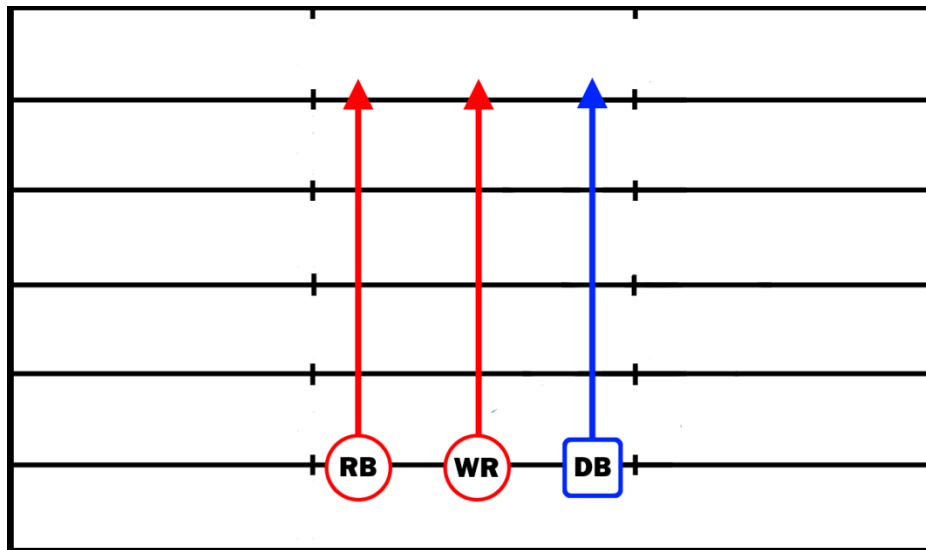
Contact Level

PURPOSE:

To get players loose while working on acceleration and running technique.

SETUP:

Have the players line up and spread out on the goal line.



INSTRUCTIONS:

1. On the coach's signal, the players will begin running for the 40 yard line.
2. Players will begin at about 70%, slowly building up their speed and intensity, until they are going full speed for the last 10 yards.

COACH'S CORNER

- Make it clear to players that this drill is not a race. The focus is on warming up and running with control and pace.

HIGH RELEASE DRILL



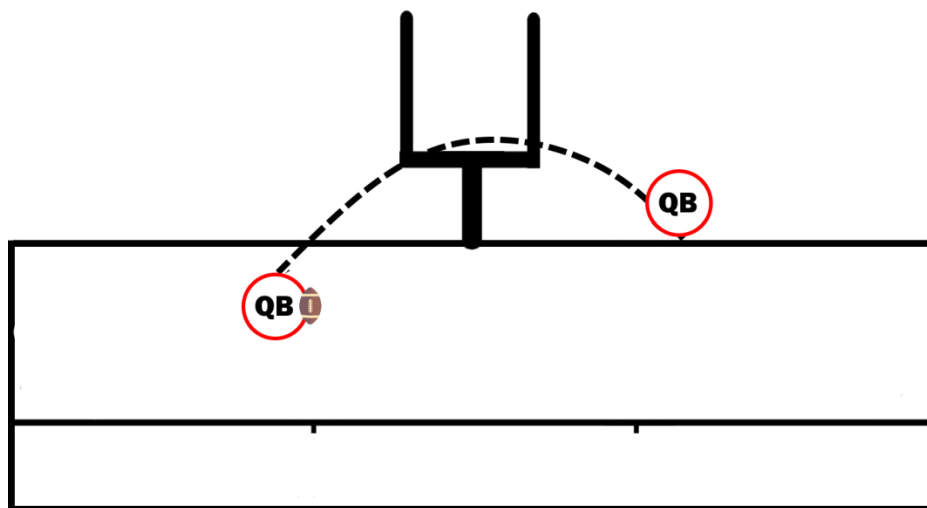
Contact Level

PURPOSE:

To develop a quarterback's ability to throw with a high, powerful release.

SETUP:

Have the quarterbacks pair off, grab a ball and stand on either side of the goal post. A fence, soccer net – really any high bar works just as well.



INSTRUCTIONS:

1. The passer will step and throw, getting the ball over the crossbar and to his teammate, trying to hit him in the chest.
2. Players should be throwing the ball on a rope – we don't want it looping up high over the goal post, they should be keeping it as low as possible.

COACH'S CORNER

- As players get better at the drill, have them step in closer and closer to the goal posts.
- Eventually, you can incorporate a 5 step drop as well!

FADE DRILL



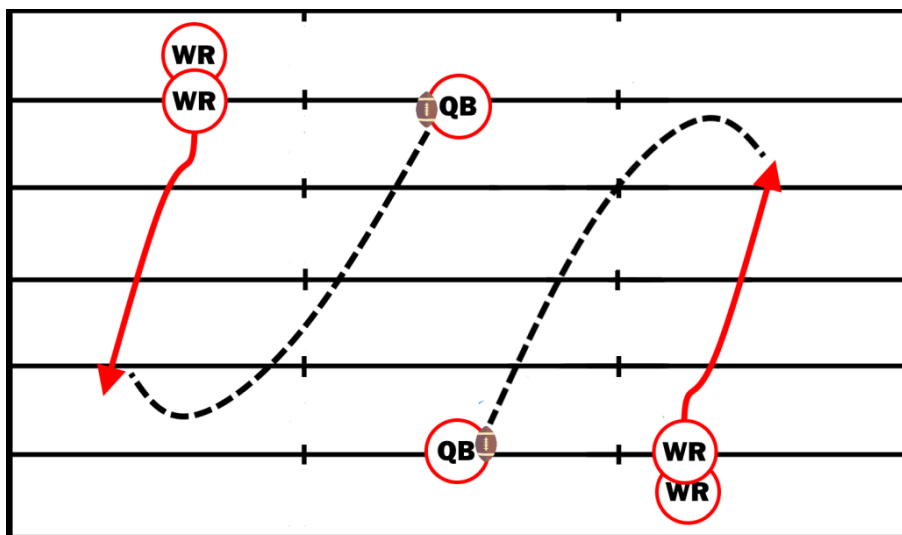
Contact Level

PURPOSE:

To teach QBs the proper way to throw a long, high ball, and to teach WRs how to high point the ball and use change of pace to get open.

SETUP:

Split the team into two groups, each with the same amount of WRs and QBs. One line at the goal line and one at the 50, facing each other, like in the diagram below. The WRs will be about 15 yards to the right of the QBs, who will be in the middle of the field. You will also need plenty of footballs for each line.



INSTRUCTIONS:

1. When the QB hikes the ball, the WR will run his route.
2. The fade route is run by having a receiver begin the route at about 75% speed, before exploding out deep to the sideline.
3. The QB will throw the ball deep, high, and out towards the sideline.
4. The WR will make the catch, run all the way past the other line, and come drop off the football before going to the back of that line.

COACH'S CORNER

- Begin by having this drill run on air, but once the WRs and QBs have the drill down, you can add DBs in for an increased level of competition.



DRILLS

AROUND THE WORLD



Contact Level

PURPOSE:

To teach players the proper technique on making catches from a sideways position.

SETUP:

Have the receivers pair off and stand about 5-10 yards away from their partner, facing away. The passer will need a ball.



INSTRUCTIONS:

1. The passer will throw the ball to his partner, throwing passes to a variety of locations working from 6 to 12 o'clock.
2. The receiver should wait until the partner's command to look back for the ball and make the catch.

COACH'S CORNER

- Be sure to spend the same amount of time working on both sides, and to spend a couple extra reps on any angles in particular that are giving the receiver trouble.

HIDE & SEEK



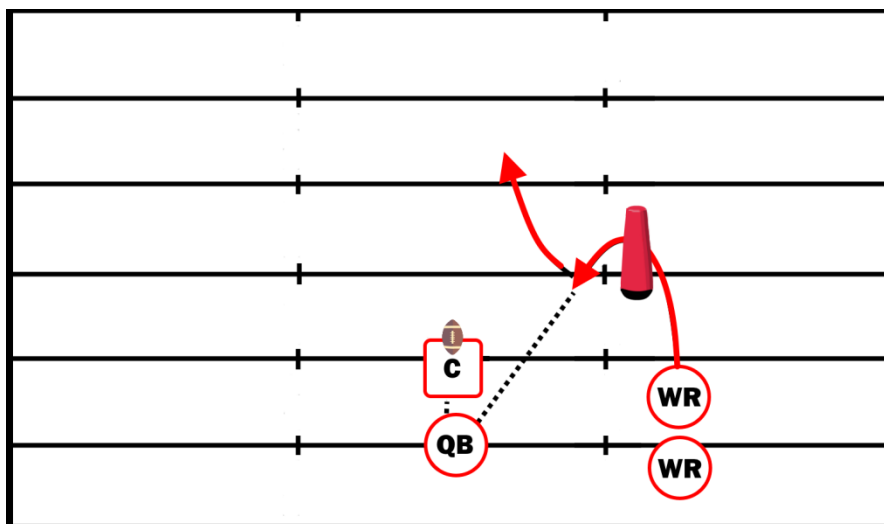
Contact Level

PURPOSE:

To work on a receiver's ability to come back to the ball, find a throwing lane, and catch the ball.

SETUP:

You will need a football, a dummy bag and a QB, as well as a line of receivers. They will set up just outside the bag, on the line of scrimmage with the QB.



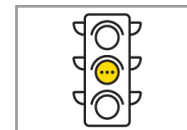
INSTRUCTIONS:

1. On the QB's signal, the WR will release off the line, before breaking down and coming back tight around the bag towards the QB.
2. The QB should anticipate the throw, releasing while the WR is still behind the bag.
3. The WR will locate the ball, make the catch and turn up field.

COACH'S CORNER

- If you don't have a standup dummy bag, you can use anything – a garbage can, a human pylon, it doesn't matter.
- Make sure to run this drill to both sides, so that players get used to getting open on either side of the field.

1 ON 1 PASSING



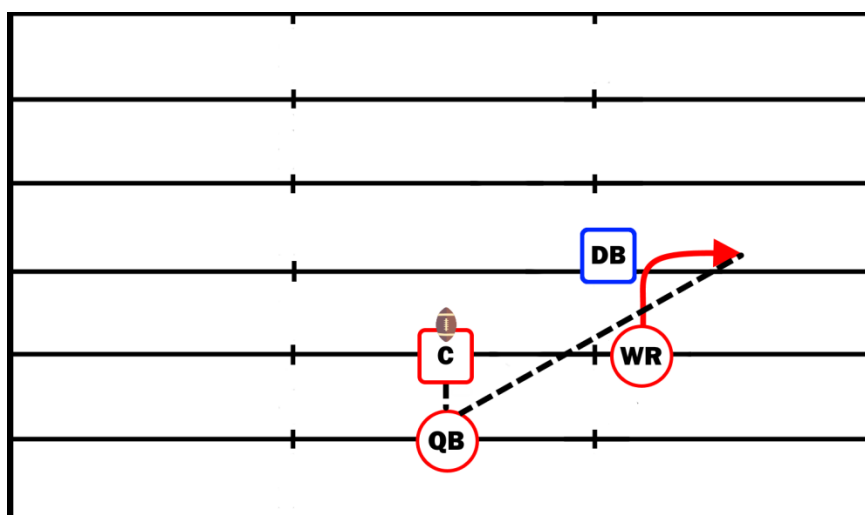
Contact Level

PURPOSE:

To give WRs a change to work on getting open against a defender, and to work on the QBs ability to make accurate throws.

SETUP:

Split your WRs into two groups – one will play offense, and one will play D. Have a QB line up in the middle of the field with a football. A WR, with a defender matched up on him, will line up to the side, in between the numbers and the hash marks.



INSTRUCTIONS:

1. The QB & WR will huddle up and decide on what route the WR will run.
2. The QB will hike the ball, then attempt to hit the WR as he runs the route.
3. The WR will make the catch and turn up field, with a quick whistle once the DB touches the WR – there should be no hitting or tackling in this drill.
4. After each throw, a new pair will come in.

COACH'S CORNER

- Make sure to give players reps on both sides of the ball, and both sides of the field.
- Great drill for pairing up with the Defensive Backs coach, as both sides of the ball will get good reps and each coach can emphasize different points and techniques.

DEEP BALL DRILL



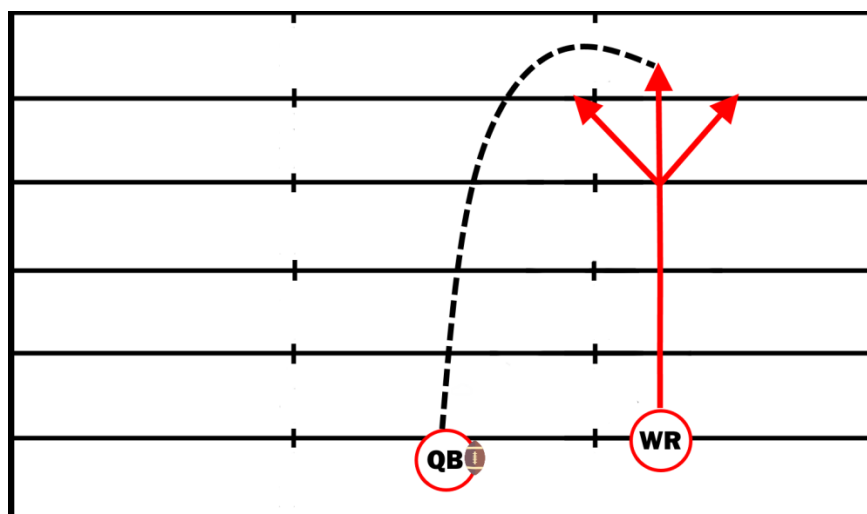
Contact Level

PURPOSE:

To teach players how to track the ball and make the catch on deep throws.

SETUP:

Have the WRs line up about 8-10 yards away from the sideline. The QB will be in the center of the field, with a bucket of balls.



INSTRUCTIONS:

1. On the QB's signal, the WR will explode off the line, running a streak route.
2. The QB will throw the deep ball, looking to drop it in over the WR's outside shoulder.
3. The WR will then make the catch and sprint all the way through to the goal line.

COACH'S CORNER

- After the players are familiar with the drill there are two more wrinkles that you can add: the first is a DB playing active defense.
- The 2nd wrinkle is that this is a great drill for working on corner and post routes as well as the streak!

OVER THE MIDDLE



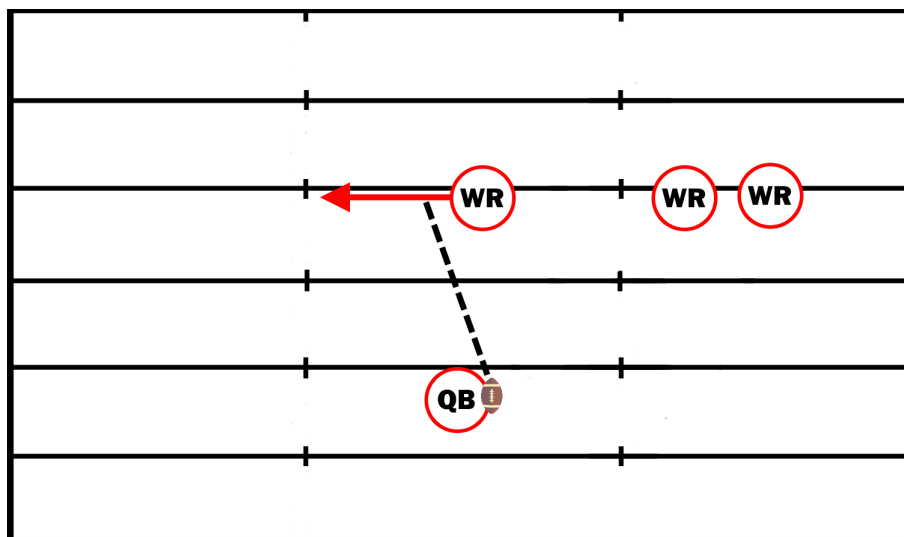
Contact Level

PURPOSE:

To develop a player's ability to make a variety of catches as they run through the middle of the field. This is also a good accuracy drill for the QB.

SETUP:

Have the WRs form a line on the numbers at the 20 yard line. The QB will line up in the middle of the field on the 10 yard line with a bucket of footballs.



INSTRUCTIONS:

1. The first WR in line will run a sprint across the field.
2. The QB will make the throw, leading the receiver and hitting him in stride.
3. The WR will run through the far hash mark and then come drop off the ball and head to the back of the line. The next WR will run through the drill.

COACH'S CORNER

- Begin by having the QB throw accurate passes, but after a couple reps, start having him throw passes that are purposefully high, low, or behind the receiver, forcing him to get used to adjusting to the ball to make the catch.

FIND THE WINDOW DRILL



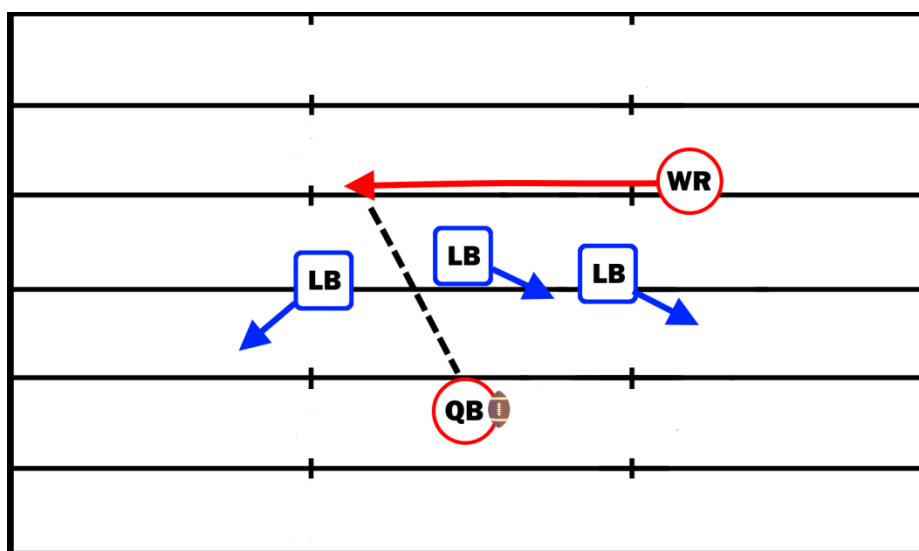
Contact Level

PURPOSE:

To work on timing between the QB & WR, as well as a QB's vision and decision making.

SETUP:

Have a QB setup in the middle of the field, with several players lined up about 5-7 yards away from the QB and 5 yards apart. The WRs will line up a couple yards behind the LBs outside the numbers.



INSTRUCTIONS:

1. The QB will hike the ball and take a 3 step drop.
2. As the QB finishes his drop, the WR will take off across the field.
3. The LBs will all take one giant step either to the left or right.
4. This will create a window – the QB must find that window, and hit the receiver as he throttles down in it.

COACH'S CORNER

- Make sure to work on different depths for the LBs as well as receivers, allowing the QBs to work on different windows and throw lengths.

OPEN MAN DRILL



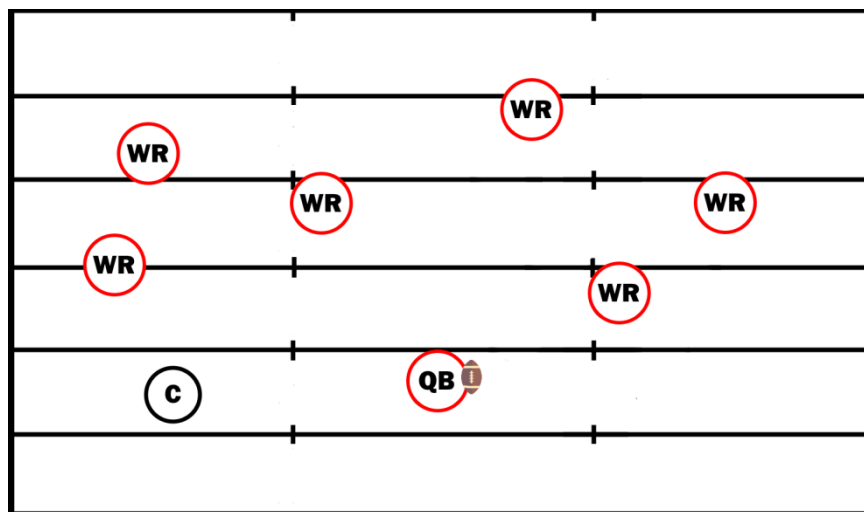
Contact Level

PURPOSE:

To teach players how to quickly identify the open receiver and make an accurate pass

SETUP:

Have the receivers spread out all over the field, and a quarterback at the line of scrimmage. The QB will face out towards the WRs, while the WRs face the QB. The coach will stand behind the QB as well.



INSTRUCTIONS:

1. The QB will assign each WR a number before the play.
2. The QB will drop back when he's ready, and the Coach will hold up a number with his fingers.
3. The player who's number has been shown will put one hand up, while the rest of the receivers will put two hands up.
4. The QB must then identify and make an accurate pass to the open receiver within 3 seconds.

COACH'S CORNER

- If the QB is unable to locate the open man within 3 seconds, he must take off and run with the ball. Once players have got the hang of this timing, instead of calling out the time, the Coach will simply blow the play dead after 4 seconds to indicate a sack has been taken.

POCKET PRESENCE DRILL



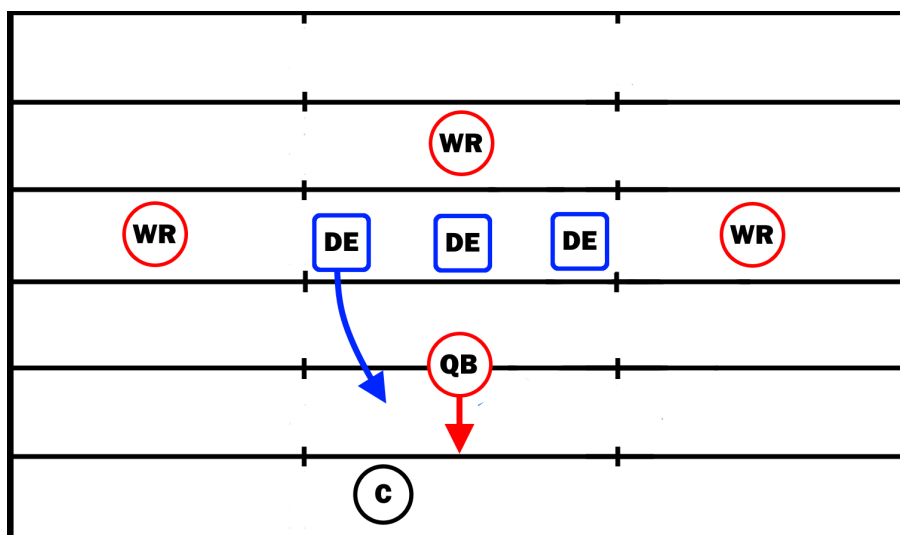
Contact Level

PURPOSE:

To develop a QBs ability to avoid the rush while keeping his eyes downfield.

SETUP:

Have a QB line up in the center of the field, and the rest of the players form 3 lines in front of the QB, ready to rush on the snap.



INSTRUCTIONS:

1. The QB will hike the ball and take a 5 step drop.
2. The coach will point to one of the DE queuing him to take off and rush the QB.
3. The QB will step up and avoid the rush.
4. The coach will repeat until the QB has avoided 3 defenders, completing one rep.

COACH'S CORNER

- Make sure to emphasize that the QB keeps both hands on the ball, staying light on his feet.
- Once the QB has the hang of avoiding the rush, add 3 receivers and have the QB throw to one of them after avoiding the rush.



GAME PREP

QB SCRAMBLE



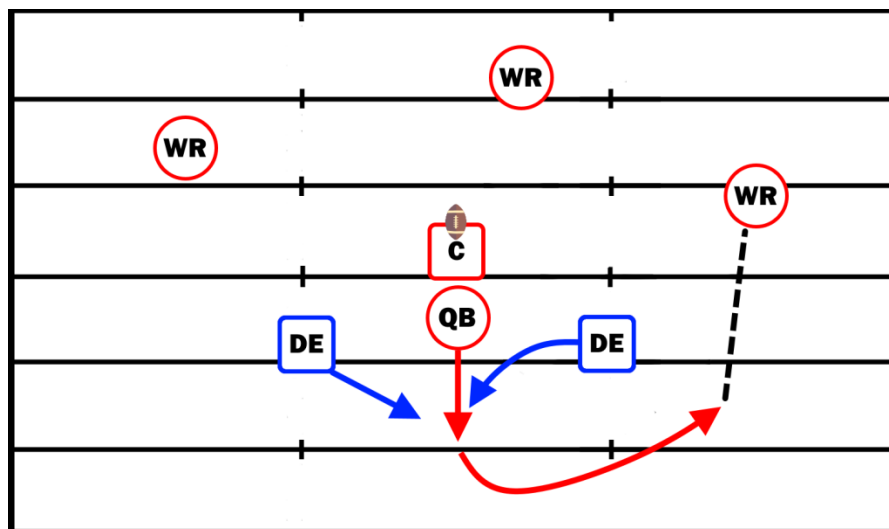
Contact Level

PURPOSE:

To develop a QB's pocket presence and ability to avoid the pass rush and pass downfield.

SETUP:

The QB will stand in front of the coach, while two other players line up 2 yards behind the QB and 4 yards away from the coach, and 3 WRs spread out about 10 yards downfield.



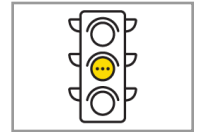
INSTRUCTIONS:

1. The QB will take the snap from the coach and take a 5 step drop.
2. The pass rushers will take off as soon as the QB passes them, running predetermined lanes by the coach.
3. The QB will plant, set his feet, and avoid the rush by either stepping up in the pocket – if the rushers come outside – or shuffling outside – if the rushers come up the middle.
4. The QB will then set his feet again, and make a throw to the closest receiver.

COACH'S CORNER

- Make sure the QB keeps both hands on the ball while avoiding the rush – ball security is a must!
- Make sure to adjust the DE pass rush lanes to get the QB used to avoiding the rush from different angles.
- Ensure the QB is using proper fundamentals, from the drop, to avoiding the rush, to the throw downfield

GOAL LINE PASSING



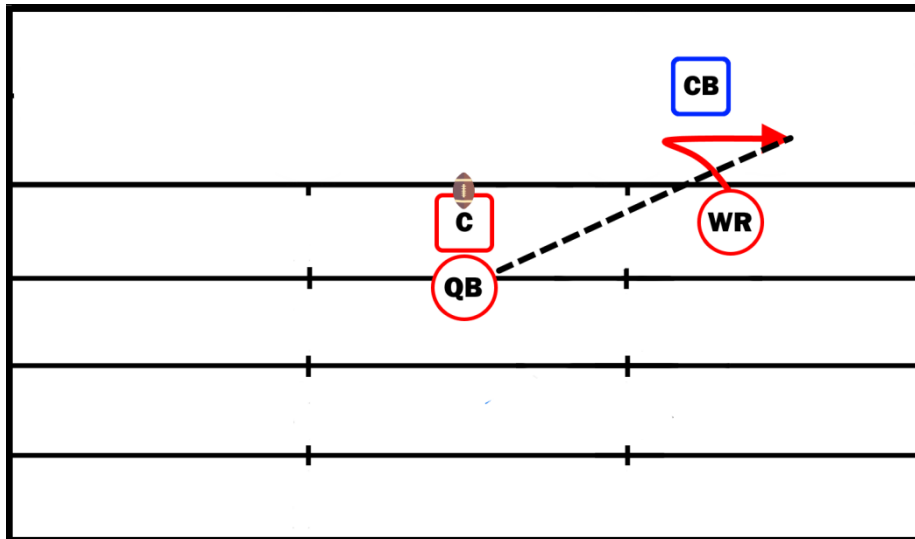
Contact Level

PURPOSE:

To give players a chance to work on throwing passes near the end zone.

SETUP:

You will need a QB and a football, a C, and a line of WRs about 8-10 yards to the right of the QB. You may also add a DB for defense later.



INSTRUCTIONS:

1. The C will snap the ball to the QB, who will take a 3 step drop.
2. The WR will run one of 3 goal line routes: a fade, a slant, or a pivot.
3. The QB will throw a pass to the WR who will secure the ball and get both feet in bounds.
4. The WR will bring the ball back to the C and go tot the back of the line.

COACH'S CORNER

Make sure to emphasize the following keys for each route:

- Slant Route:WR release inside,on 2nd step plant break at 45 degree angle inside, QB throws low inside ball.
- Pivot Route:WR release inside, on 3rd step plant, pivot and break outside, QB throws hard outside ball.

ROUTES ON AIR



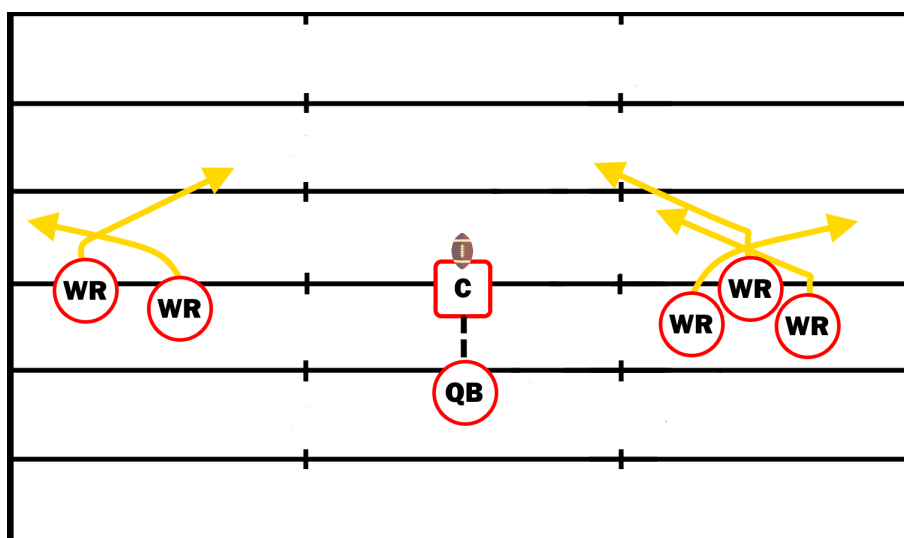
Contact Level

PURPOSE:

To give QBs and WRs a chance to focus exclusively on developing timing and chemistry, without defense.

SETUP:

For this drill you'll need one football, a center, a QB, and 3-5 WRs.



INSTRUCTIONS:

1. The offense will line up and run some of your favorite plays and route combinations.
2. The C will snap the ball to the QB, who will then go through his progressions and make a throw.

COACH'S CORNER

- There is no need to design complex routes in your plays, or work on a huge number of plays. Slants, flats, outs, ins, streaks, corners, and posts are more than enough – in fact, at lower levels you'll probably only want to work on 3-4 of those.

7 ON 7



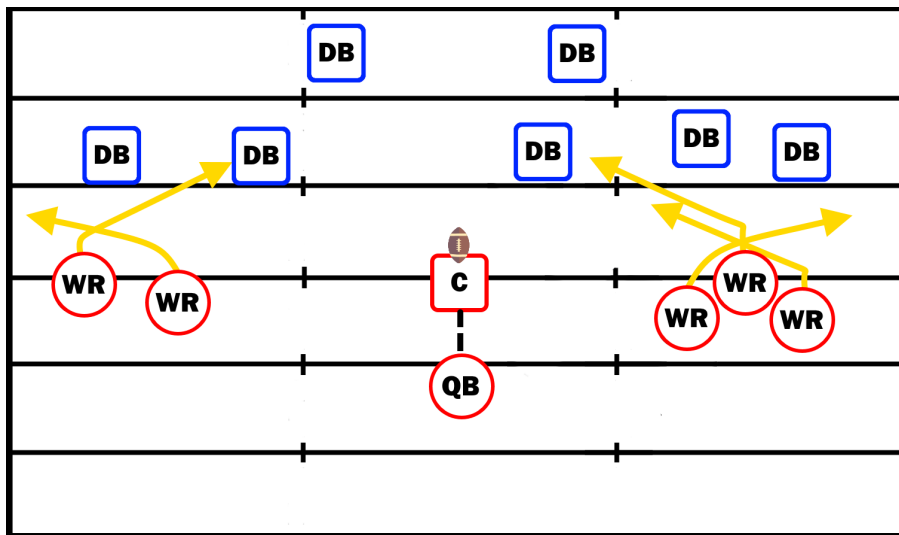
Contact Level

PURPOSE:

To give players the chance to work on running routes and throwing passes in a semi-live situation.

SETUP:

The QB, a C, and 5 WRs will go up against a team of 7 defenders.



INSTRUCTIONS:

1. The offense will huddle up, call a play, and then come to the LOS.
2. The C will snap the ball, and the QB will attempt to hit an open man.
3. There is no pass rush – all 7 defenders will play in coverage, allowing the QB to focus solely on reading the coverage and making the right throw.

COACH'S CORNER

- Make sure to switch up your defensive coverages – Cover 2, Cover 1, Cover 3 etc. – it's important the QB and WRs get used to running their routes against a variety of defensive looks.

PASS PLAY REVIEW



Contact Level

PURPOSE:

To teach, run, and perfect route running and coverage principles.

SETUP:

You can put a full lineup, but since we are only calling passing plays, the most essential players are the QB, the WRs, and the DBs. Since we are calling both offensive and defensive plays, a second coach to call plays for the other huddle is a big help as well.

PLAY CALLING CHART			
MONEY PLAY 1	MONEY PLAY 2	RUN PLAYS	ZONE
		Power Counter Sweep Dive Option	Cover 2 Cover 3 Cover 4 Cover 6
		SHORT PASS	
		Drive HB Angle Stick Scat	Nickel Blitz Cover 0 Cover 1
		SPECIALS	
		Punt Fake - FB Dive Punt Fake - P Pass	

INSTRUCTIONS:

1. Have the offense huddle up, give your QB the play, and have him call the play to the huddle.
2. The offense will then break to the LOS and run the play.
3. Keep a close eye on all players, and make sure to they are running the play exactly as designed.
4. Bring the offense back to the huddle, and call another play.

COACH'S CORNER

- Can be run against a half speed dummy defense, or even no defense at all.
- Don't worry about calling the full spectrum of your playbook – focus on your favorite plays and your favorite coverages and work them to perfection.



PRACTICE PLANS

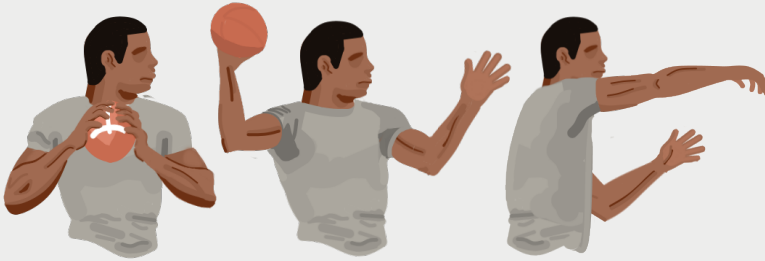
60 MINUTE QUARTERBACKS WORKOUT

Required: 2 Coaches, Footballs, Stand Up Dummy

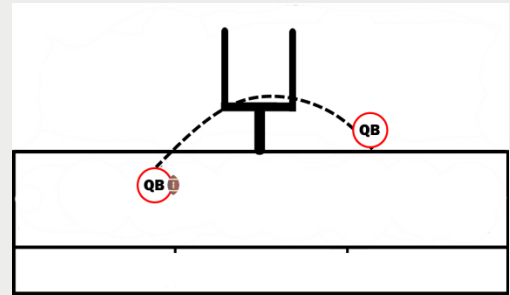
Warmup:

10 Mins (Full Team)

Quick Release Drill - 5 mins



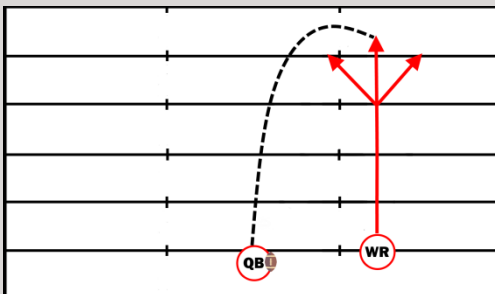
High Release Drill - 5 mins



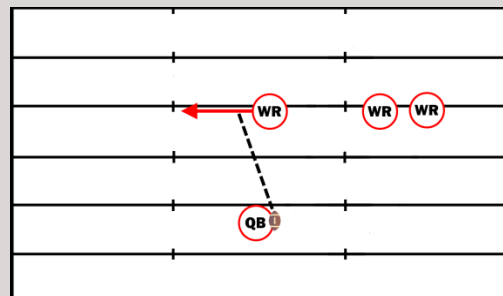
Station Block 1:

20 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)

Deep Ball Drill - 10 mins



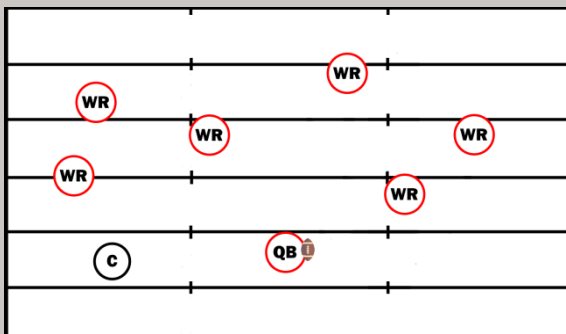
Over the Middle Drill - 10 mins



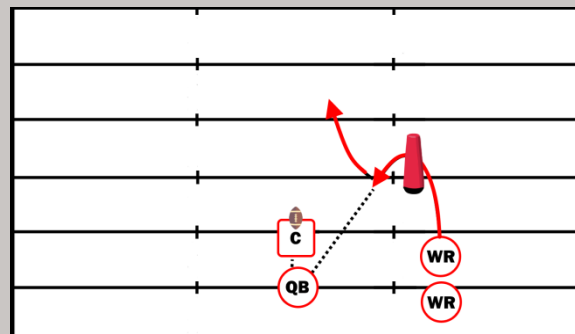
Game Preparation:

18 Mins (Full Team)

Find the Open Man Drill - 10 mins



Hide & Seek Drill - 10 mins



60 MINUTE RECEIVER WORKOUT

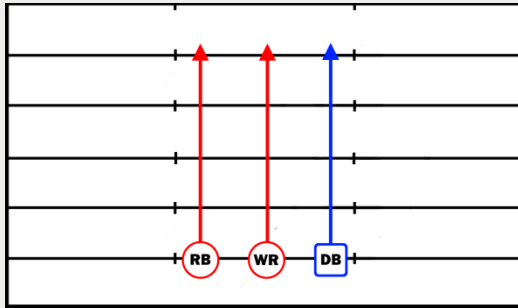
Required: 2 Coaches, Footballs, Stand Up Dummy

Warmup:

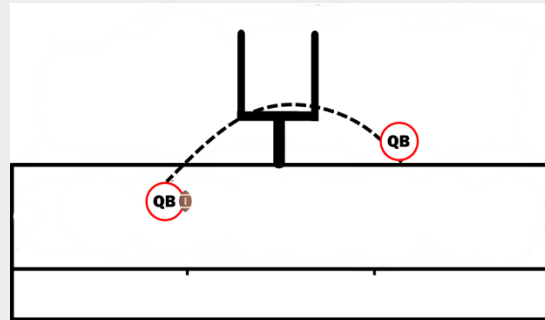
15 Mins (Full Team)

Dynamic Warmup: 5 mins (High Knees, Buttckickers, Frankensteins, Lunge & Twist, Knee Hug, Straight Leg Run)

40 Yard Buildups - 5 mins



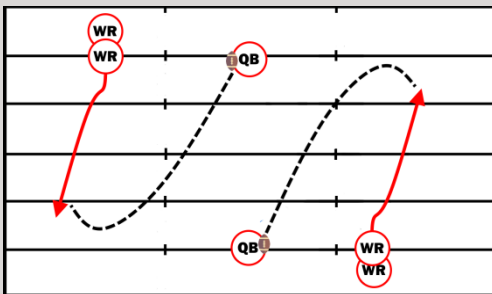
High Release Drill - 5 mins



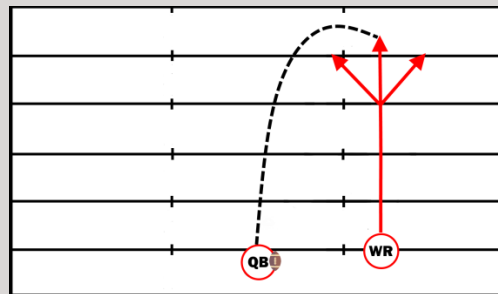
Station Block 1:

20 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)

Fade Drill - 10 mins



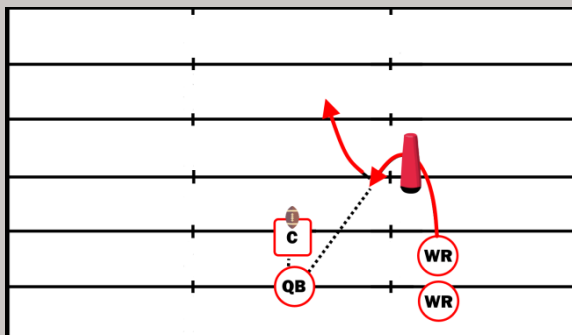
Deep Ball Drill - 10 mins



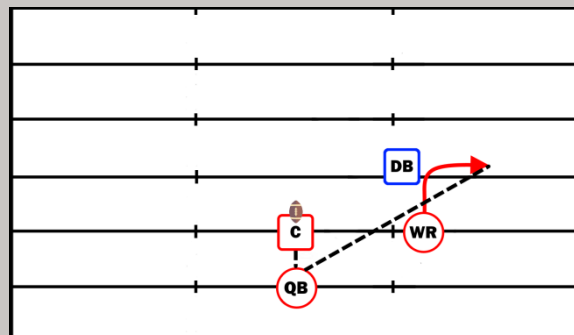
Game Preparation:

20 Mins (Full Team)

Hide & Seek - 20 mins



1 on 1 Passing - 20 mins



90 MINUTE PASSING GAME PRACTICE

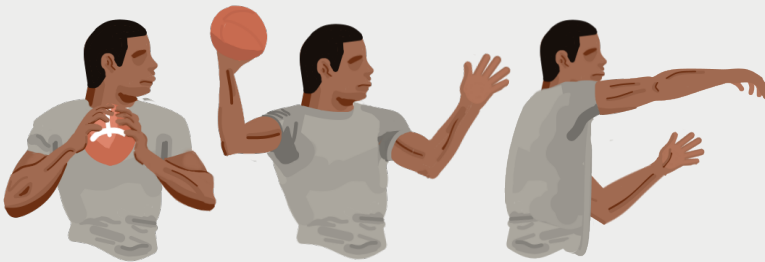
Required: 2 Coaches, Footballs, Stand Up Dummies

Warmup:

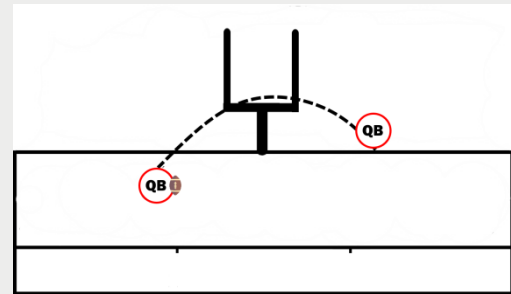
15 Mins (Full Team)

Dynamic Warmup: 5 mins (High Knees, Butt-kickers, Frankensteins, Lunge & Twist, Knee Hug, Straight Leg Run)

Quick Release Drill - 5 mins

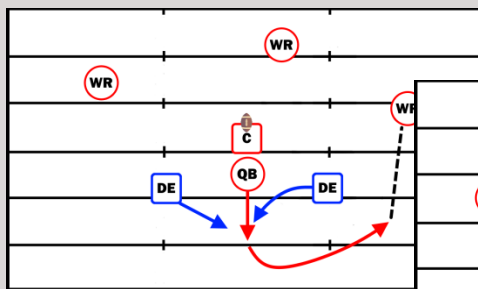


High Release Drill - 5 mins



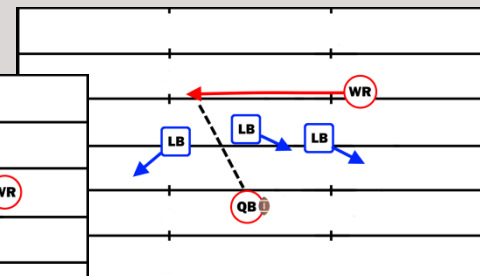
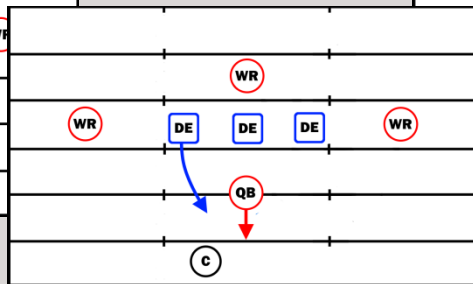
Station Block 1:

30 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)



QB Scramble Drill
- 10 mins

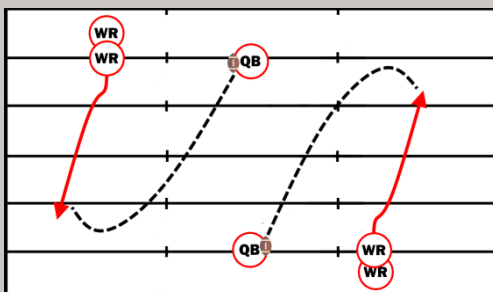
Pocket Presence Drill - 10 mins



Find the Window
- 10 mins

Station Block 2: 30 Mins (Split Team Into 3 Groups and Rotate Through Each Drill For 10 Mins)

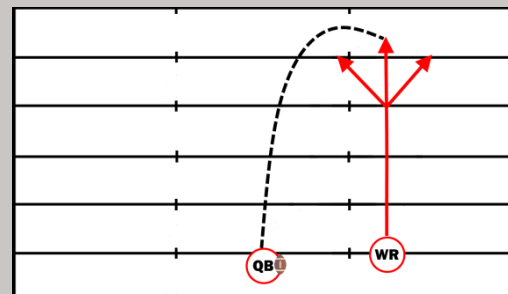
Fade Drill - 10 mins



Side Clockwork - 10 mins



Deep Ball Drill - 10 mins



90 MINUTE PASSING GAME PRACTICE

Required: 3 coaches, Footballs, Cones

Warmup:

20 Mins (Full Team)

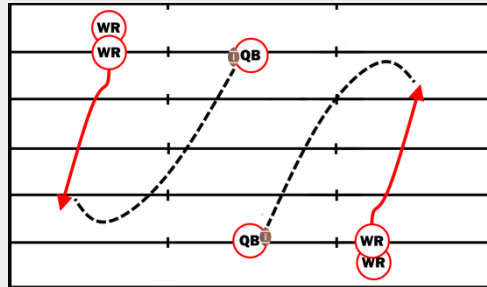
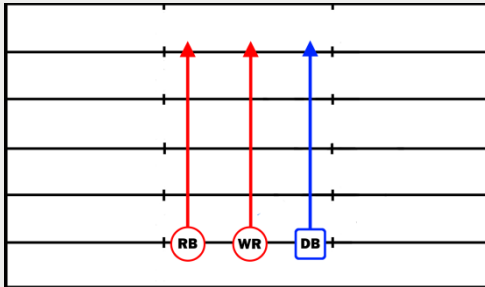
Dynamic Warmup: 5 mins (High Knees, Butt-kickers, Frankensteins, Lunge & Twist, Knee Hug, Straight Leg Run)

Quick Release Drill-

5 mins (All QBs)



40 Yard Buildup-
5 mins
(All Non QBs)

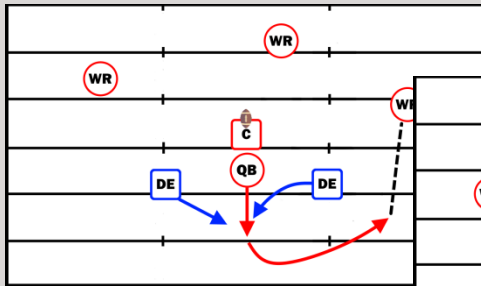


Fade Drill-
10 mins
(All Team)

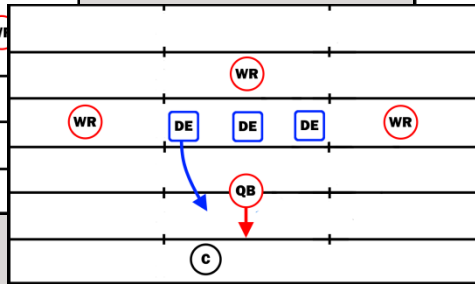
Station Block 1:

30 Mins (Split Team Into Three Groups and Rotate Through Each Drill For 10 Mins)

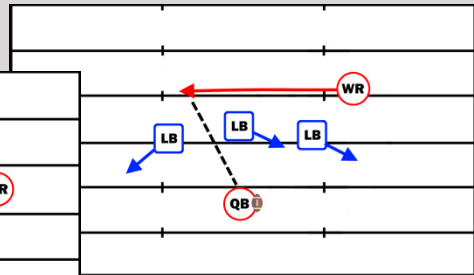
QB Scramble Drill - 10 mins



Pocket Presence Drill - 10 mins

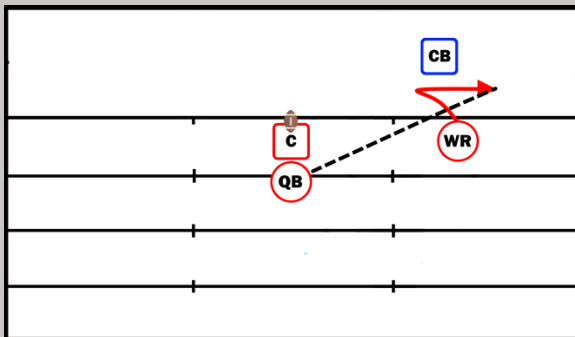


Find the Window - 10 mins

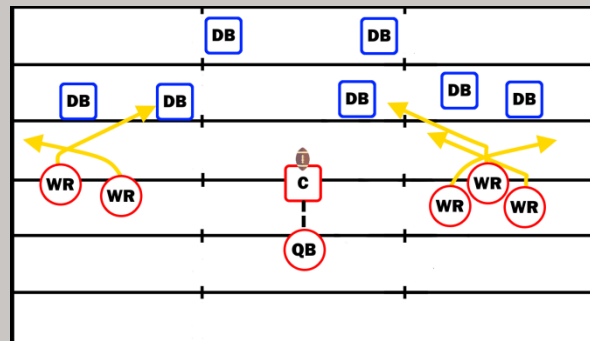


Game Preparation: 30 Mins (Full Team)

Goal Line Passing - 15 mins



7 on 7 - 15 mins



120 MINUTE PASSING GAME PRACTICE

Required: 3 coaches, Footballs, Cones

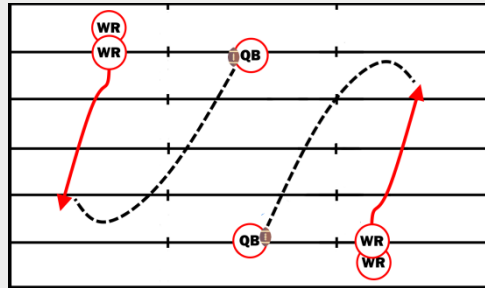
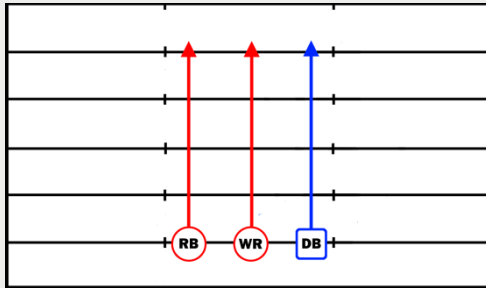
Warmup: 20 Mins (Full Team)

Dynamic Warmup: 5 mins (High Knees, Butt-kickers, Frankensteins, Lunge & Twist, Knee Hug, Straight Leg Run)

Quick Release Drill- 5 mins (All QBs)



40 Yard Buildup-
5 mins
(All Non QBs)

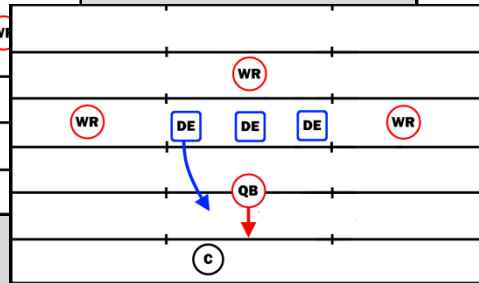
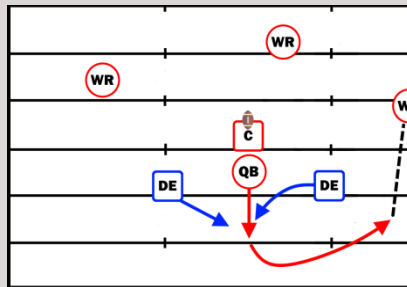


Fade Drill-
10 mins
(All Team)

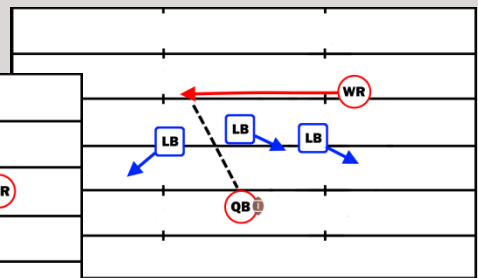
Station Block 1:

30 Mins (Split Team Into Three Groups and Rotate Through Each Drill For 10 Mins)

QB Scramble Drill - 10 mins

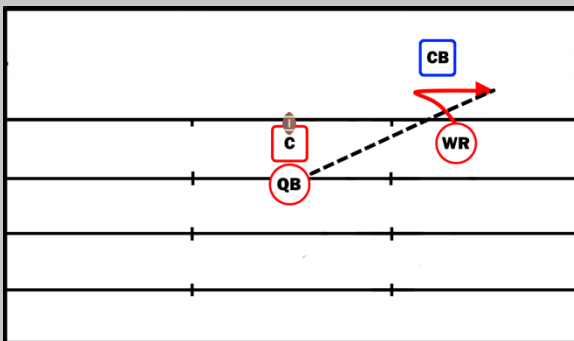


Find the Window - 10 mins

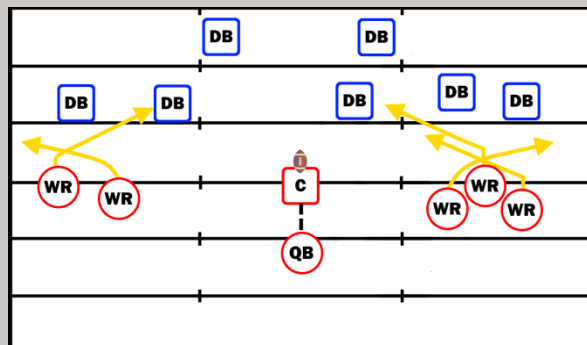


Game Preparation: 35 Mins (Full Team)

Goal Line Passing - 15 mins



7 on 7 - 15 mins



Passing Play Review - 30 Mins

Practice your offensive plays at half speed against a dummy defense. Then full speed against a "Control" defense.