

45-Minute Quarterback Development Session

Focus: Throwing mechanics, sequencing, lower-body efficiency, and transfer to football-specific movement.

0:00–5:00 Initial Assessment & Video Capture

- Tunnel Video Assessment: Front, open-side, and rear views.
- Javelin Assessment: 3 standing throws and 3 shuffle throws.
- Evaluate grip pressure, shoulder alignment, hip-to-shoulder separation, weight transfer, arm path, and finish position.

5:00–10:00 Dynamic Warm-Up with Bands

- External/Internal rotations
- Band pull-aparts and face pulls
- Y and T raises
- Band-resisted trunk rotations and mobility series

10:00–18:00 Grip Development

- Football hold and finger placement
- Laces-to-target drill (2 x 10)
- Wrist flicks (2 x 15)
- One-knee throws (2 x 10)

18:00–25:00 Pre-Pass Triangle to L Transition

- Establish compact triangle position
- L-position drill: slow and explosive reps
- Triangle-to-L transition throws (3 x 5)
- Cue: Compact load, explosive launch

25:00–30:00 Reach and Finish

- Reach extension drill (2 x 10)
- Finish position drill (2 x 8)
- Continuous throws emphasizing balance and full extension

30:00–35:00 Base and Stance

- Feet shoulder width
- Knees slightly flexed
- Weight on balls of feet
- Rhythm reset and stance holds

35:00–40:00 Kick, Rock Step, Weight Transfer

- Kick-step progression
- Rock-step drill

- Load rear hip and transfer energy forward

40:00–45:00 Toe-to-Toe Integration and Review

- Integrate base, kick, rock step, transfer, throw, and finish
- 8–10 full throws on video
- Compare final mechanics to initial assessment