

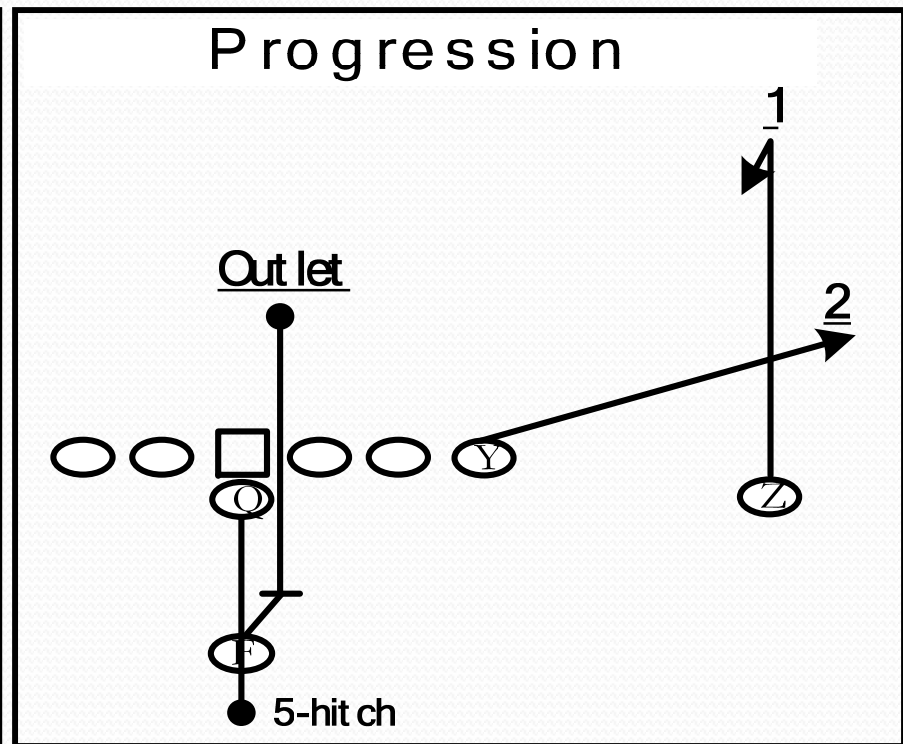
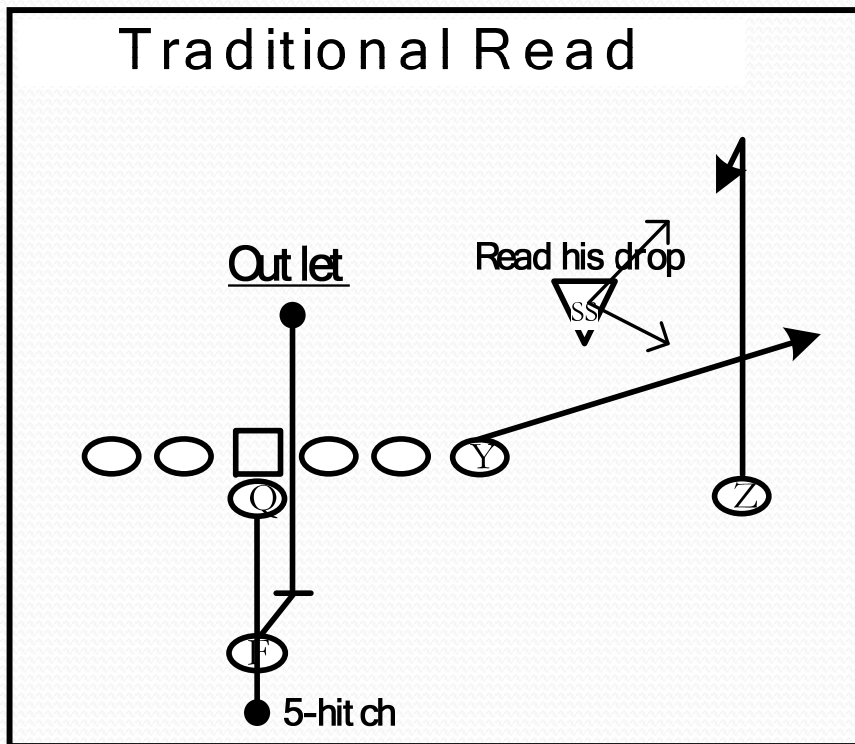
The Base Progressions in any Passing Game

www.TopGunQBacademy.com

Read versus Progression

- With a “READ” the QB will look to the SS to tell him where to go with the football. If he drops to cover the curl, throw to the flat. If he covers the flat, go to the curl. You have to be able to see what the defense is doing.
- With a “PROGRESSION” the QB will look downfield until he nears the end of his drop. He will shoot his eyes to the #1 area of the field. If at the top of the drop #1 is covered, he will now reset his feet and look to #2. If he is covered he will take off and look for the “outlet” receiver and / or try to gain yards on his own. You don’t have to know what the defense is doing, just know if your receiver is covered or not.
- Ideally, the QB should be able to use all three types. He should recognize when its man and he uses match-up, when its an easy zone read or when the progression is the most appropriate technique.

Read Versus Progression

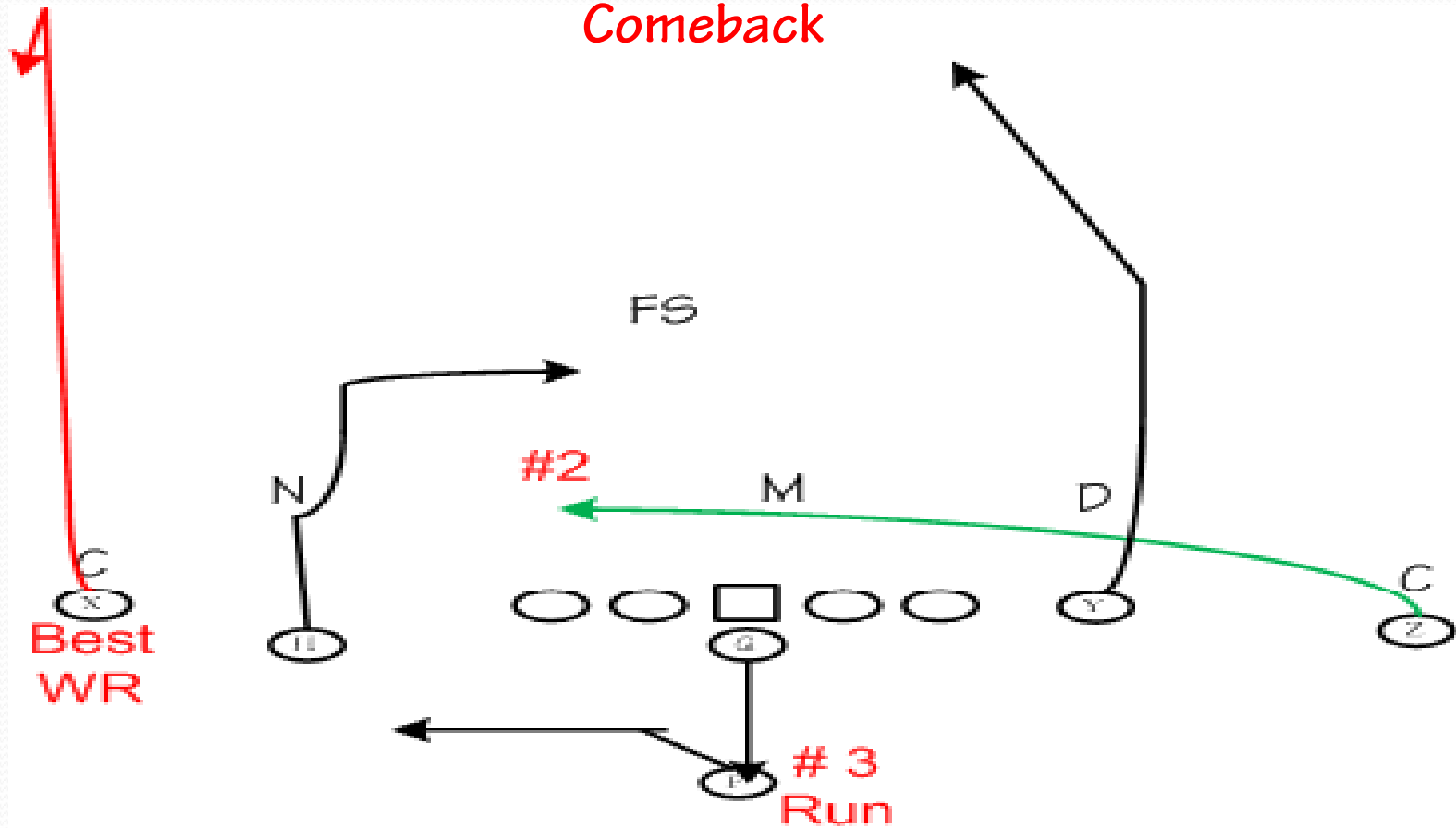


Types of Reads

- Match-up: Its man coverage and you pick the best match-up; your best receiver is in the slot and he has a linebacker covering him.
- Key Reads: You read a defender you throw in the other direction; he jumps the flat and you throw the curl.
- Progressions: Defenses are hard to read so you go from the #1 receiver to the #2 receiver to the outlet receiver. You let your feet guide you in the timing of the progression. You hit your last step and look at the curl and it isn't there so you reset your feet to the flat and it's not there so you take off towards the line of scrimmage and dump the ball to the outlet receiver.

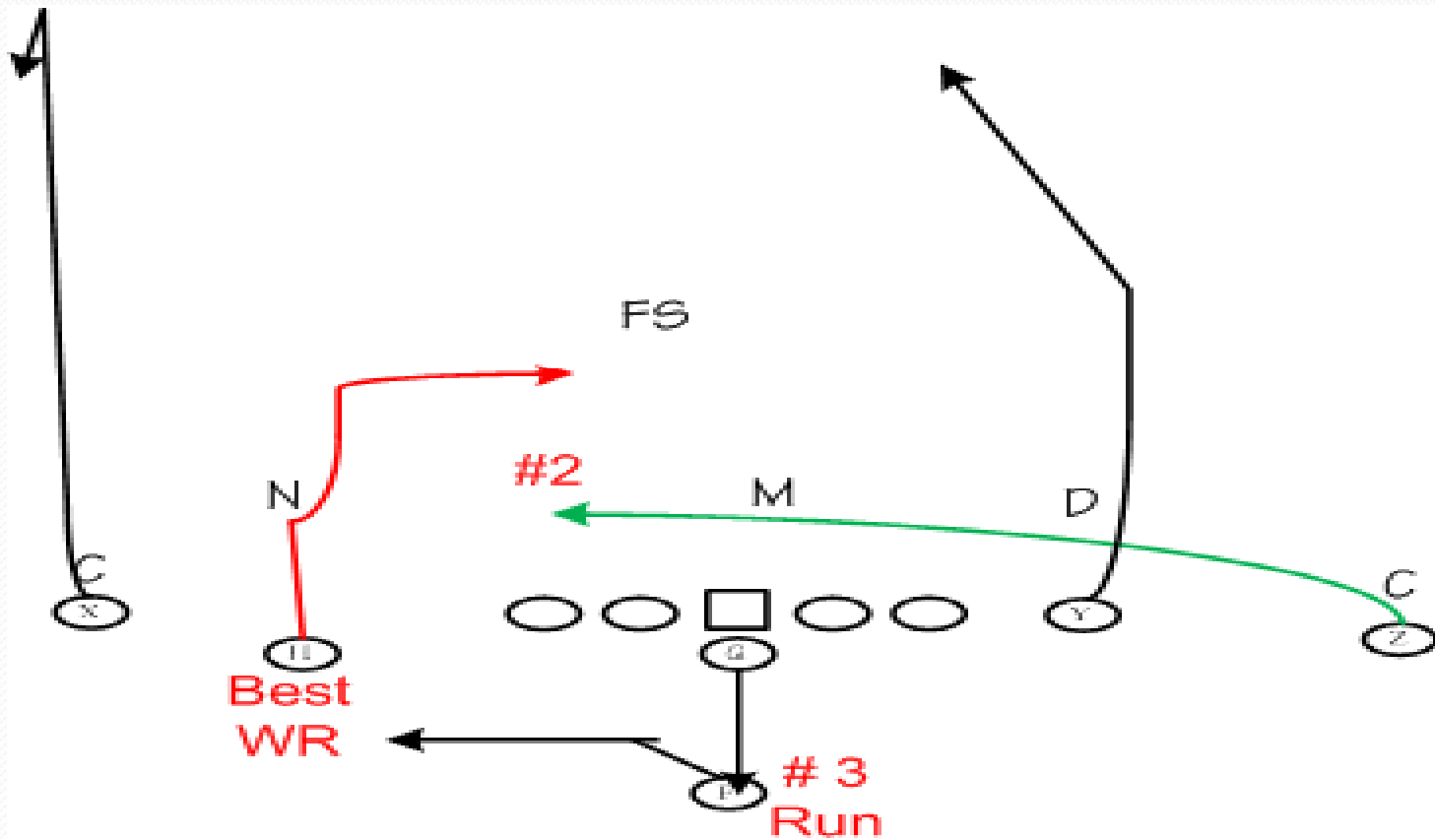
Match-up Read

Best Receiver is running a
Comeback

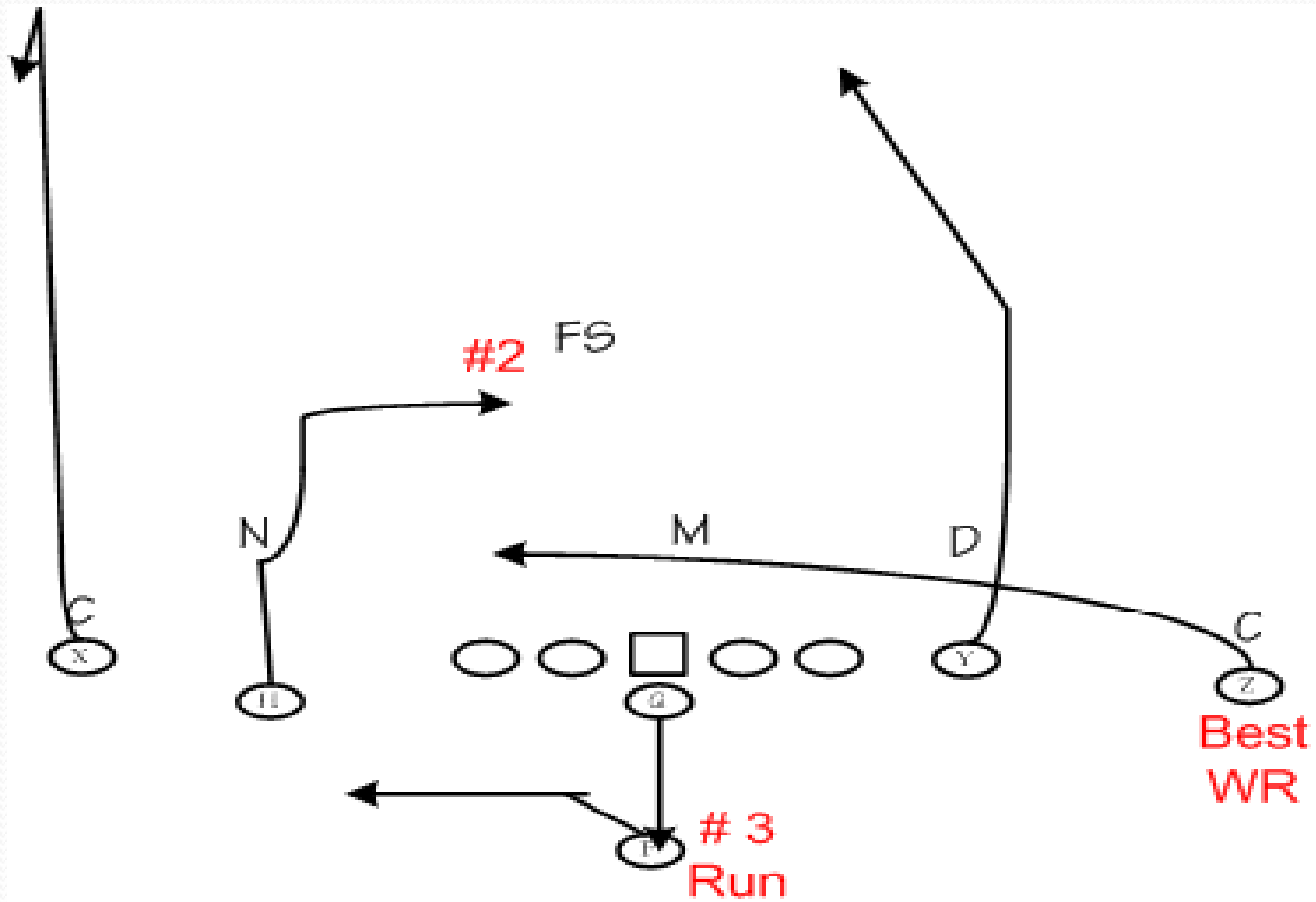


Match-up

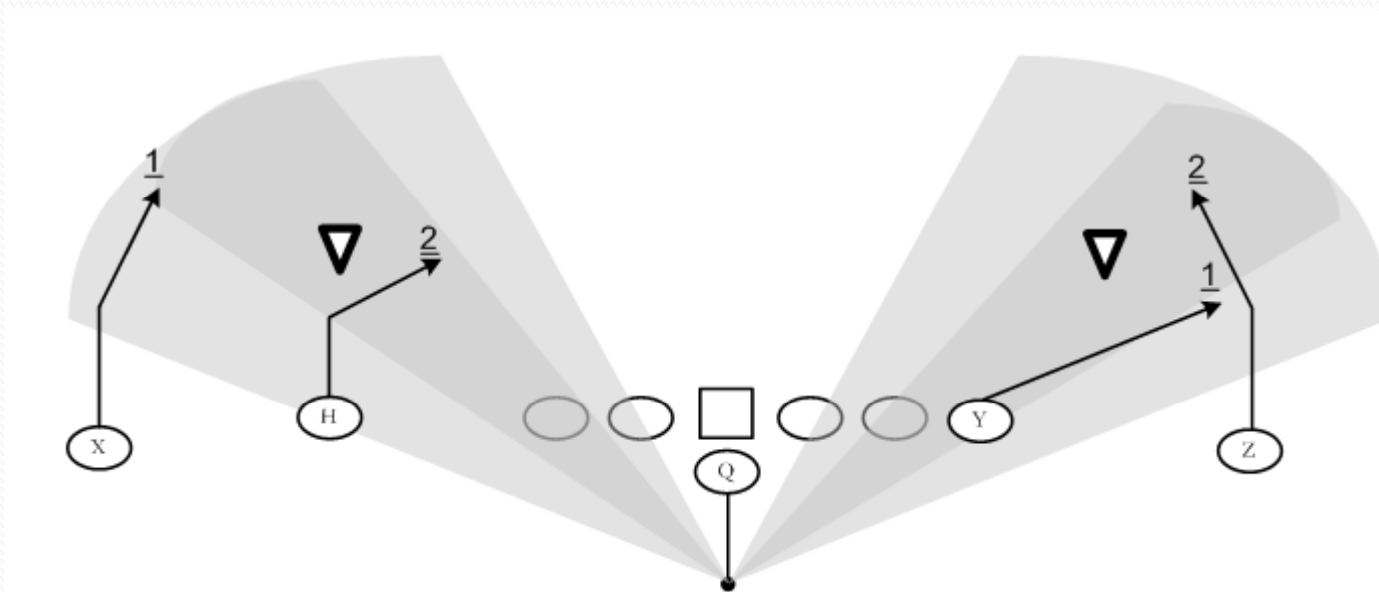
Best Receiver is running a Dig / Square-in



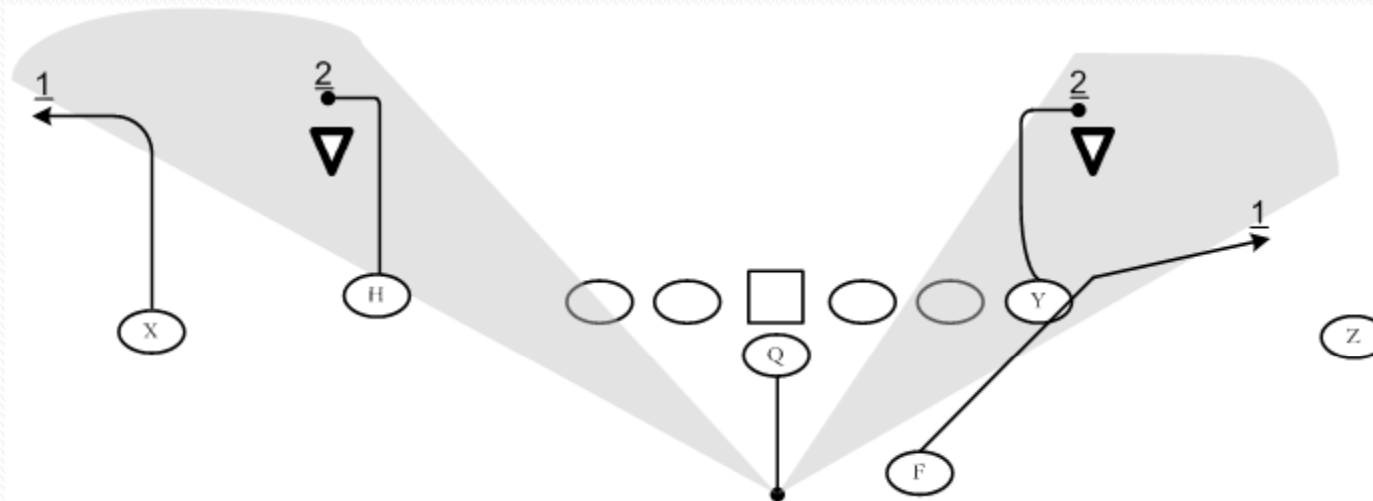
Best Receiver is running a Drag or Drive Route



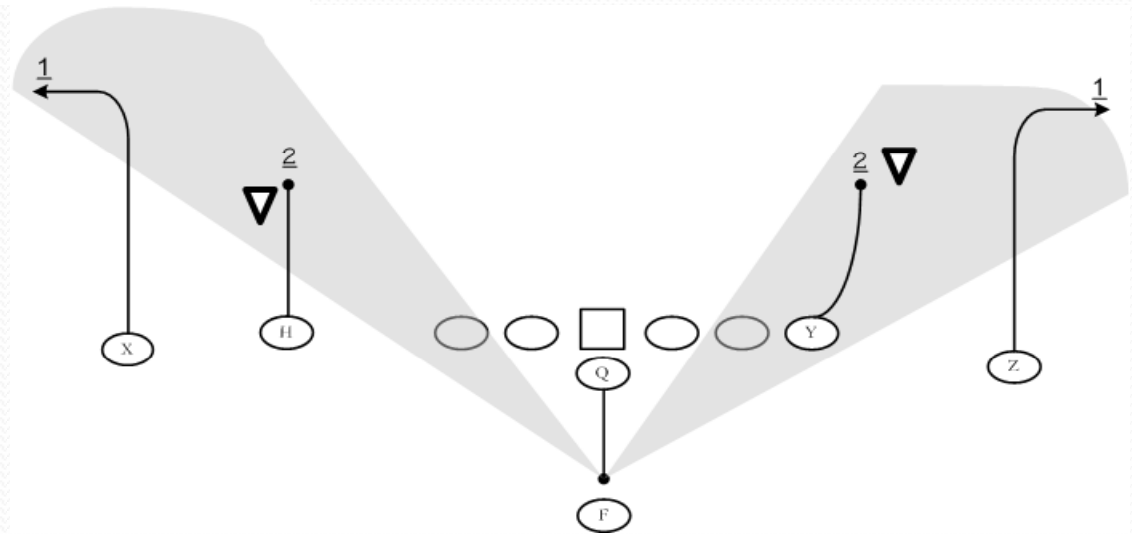
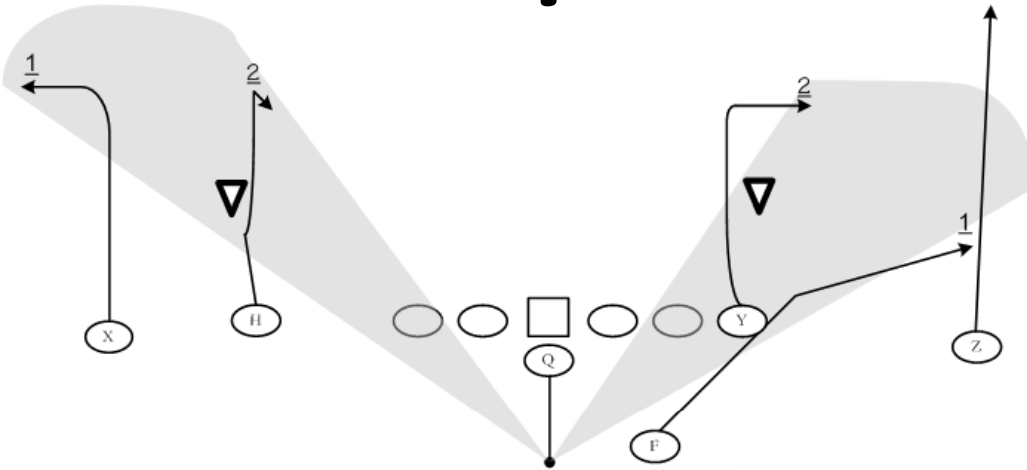
Slant Read



Stick Read

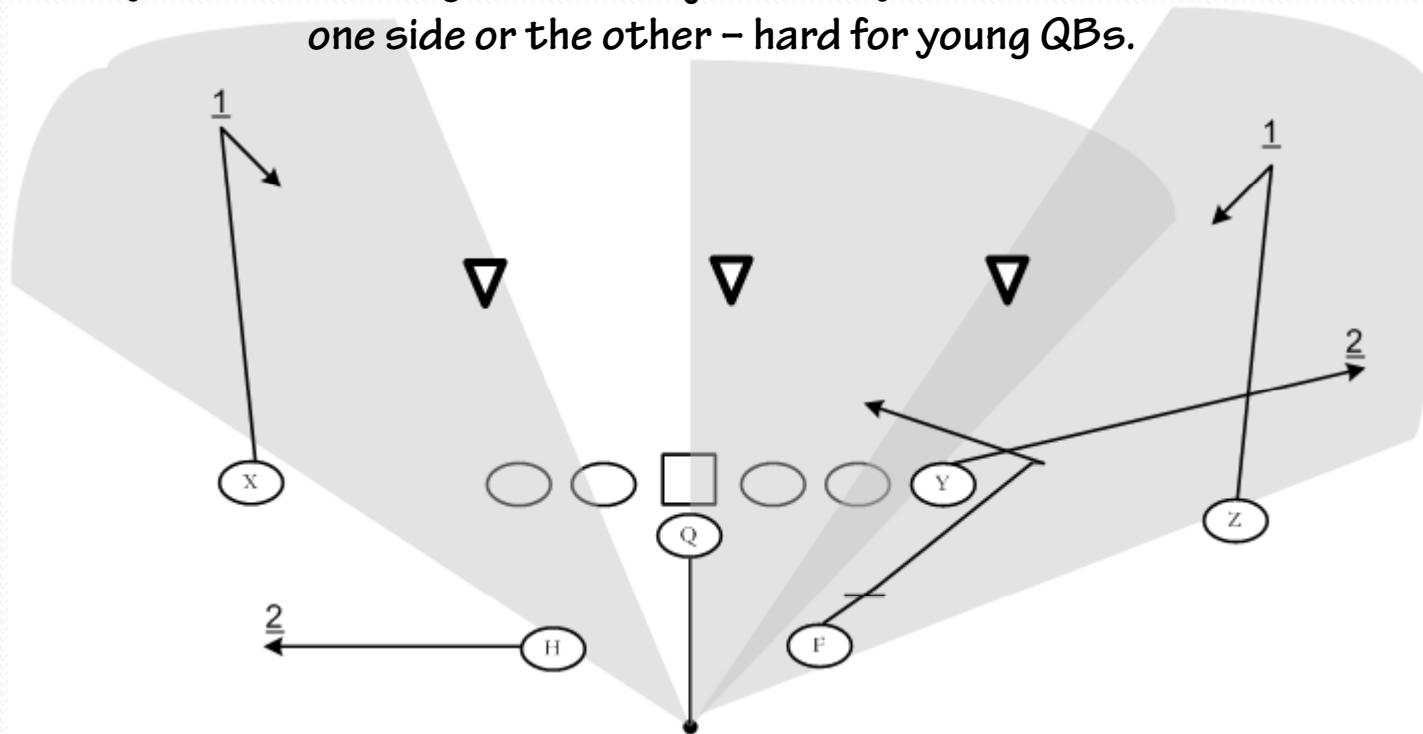


Inside Seam Area Speed-out Read

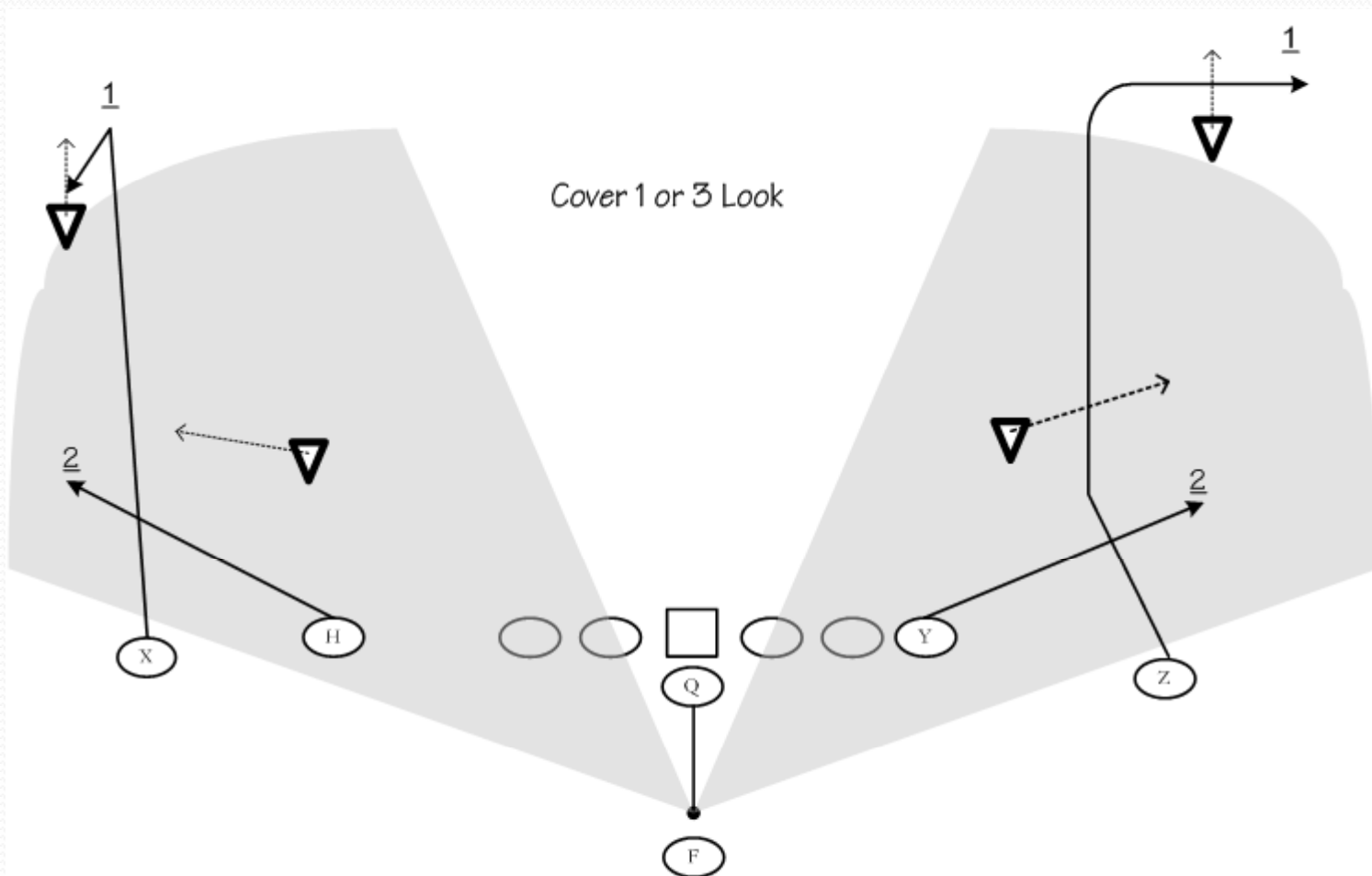


Curl Read

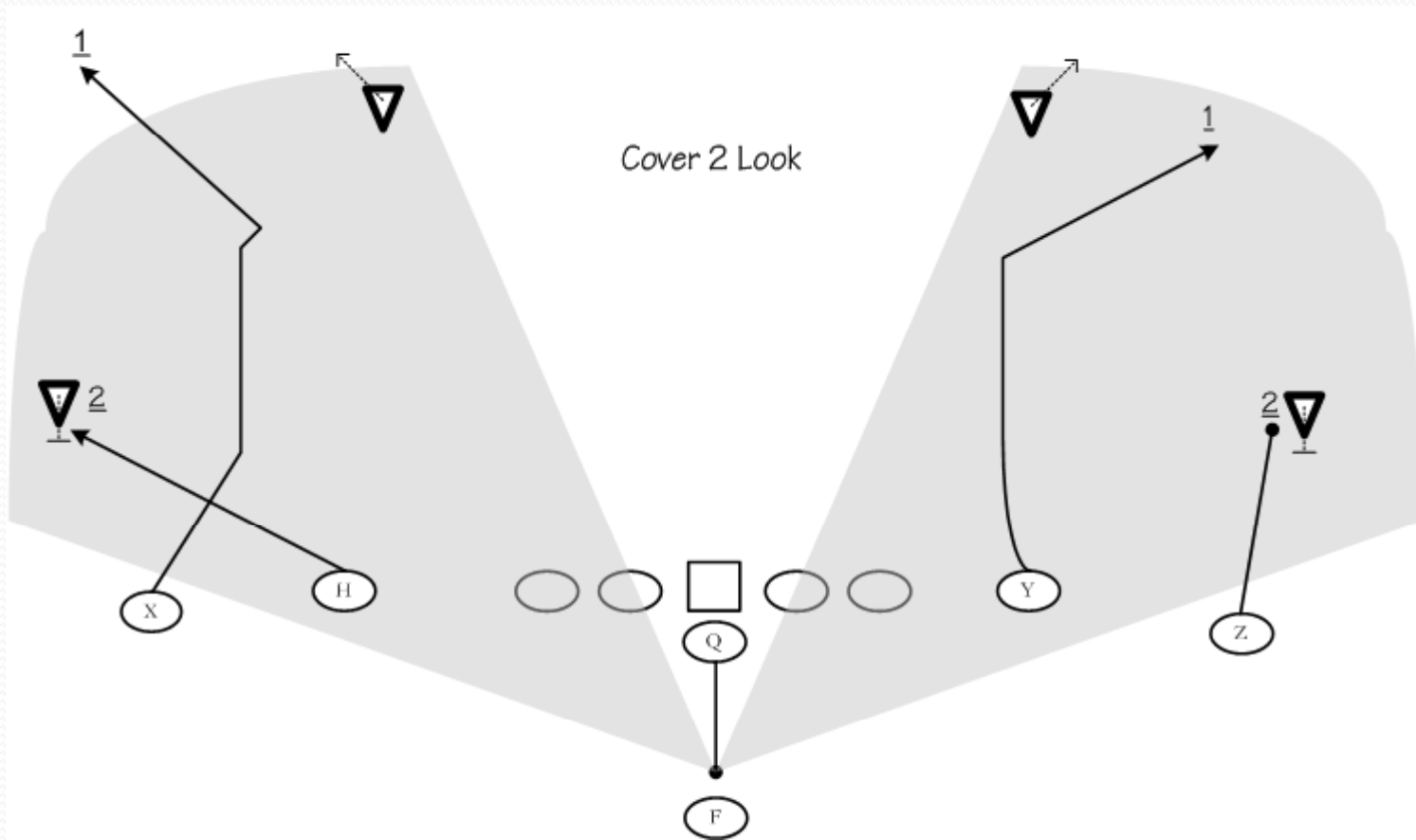
Mike (or second LB in from the weak side in a 3 - 4) will tell you what side to go to in a disciplined defense. If he drops straight back or goes strong, you throw weak. If he drops weak, you throw strong-side. That just tells you there will be more defenders to one side or the other – hard for young QBs.



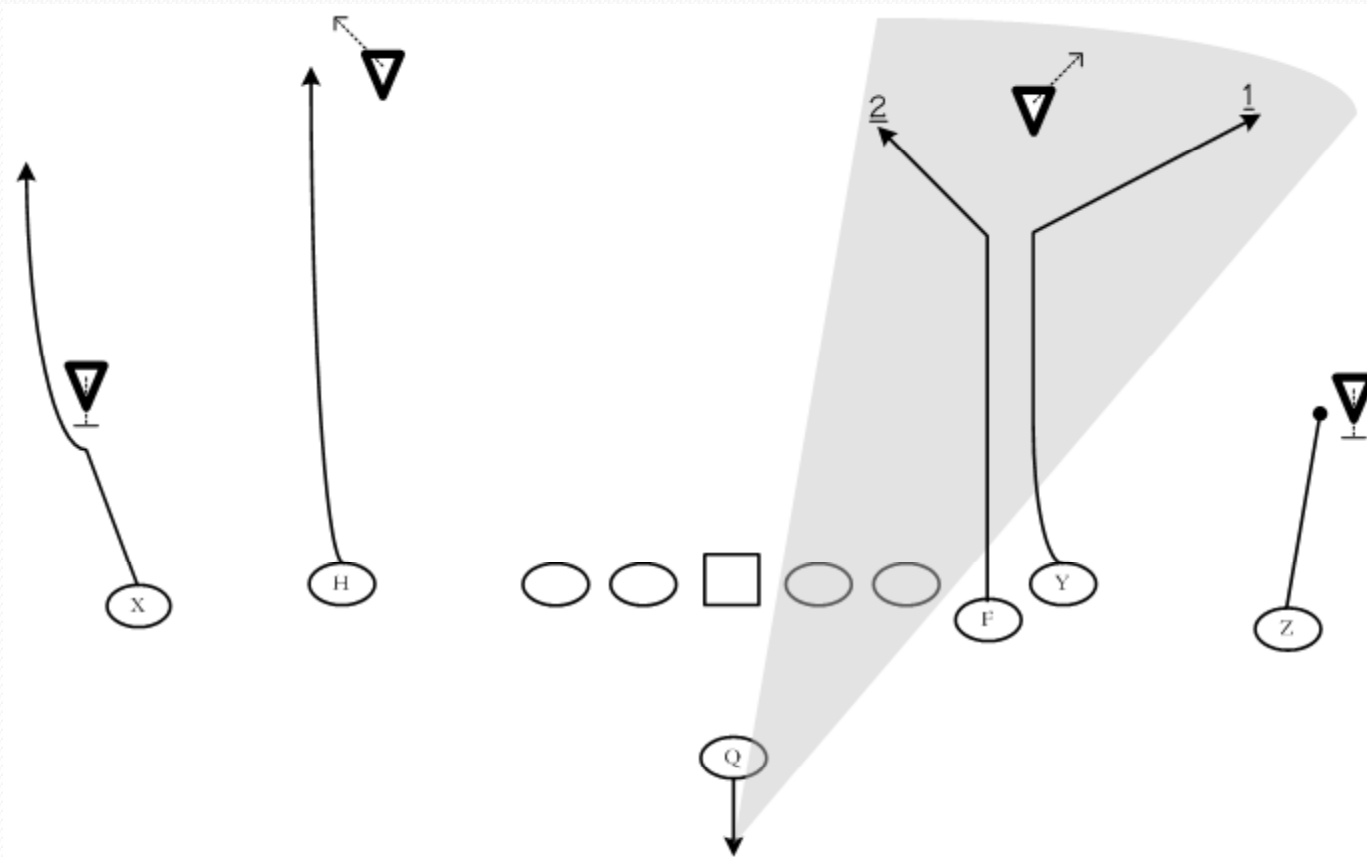
Deep-out / Corner (China) Read



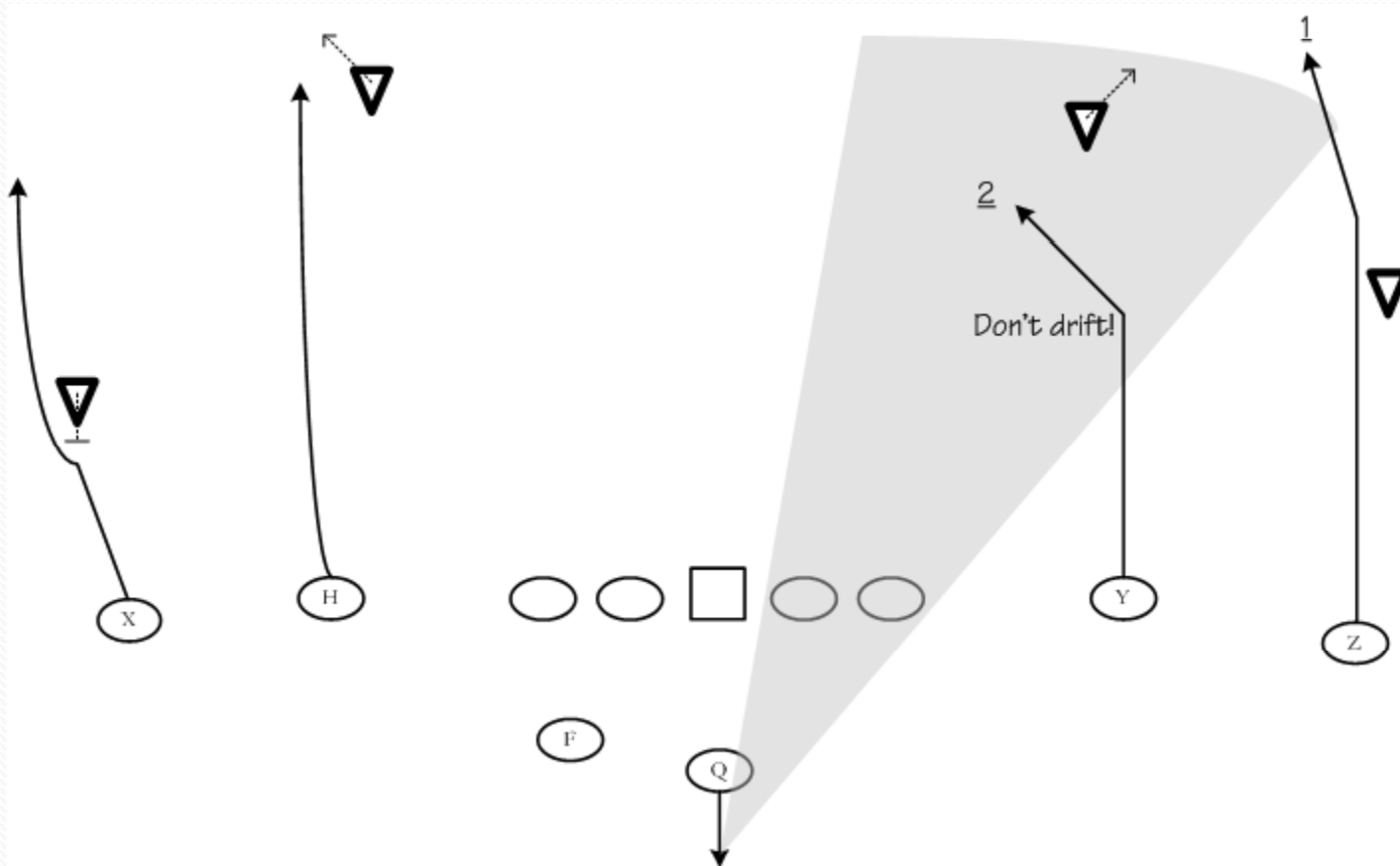
Deep-out / Corner (China) Read (2)



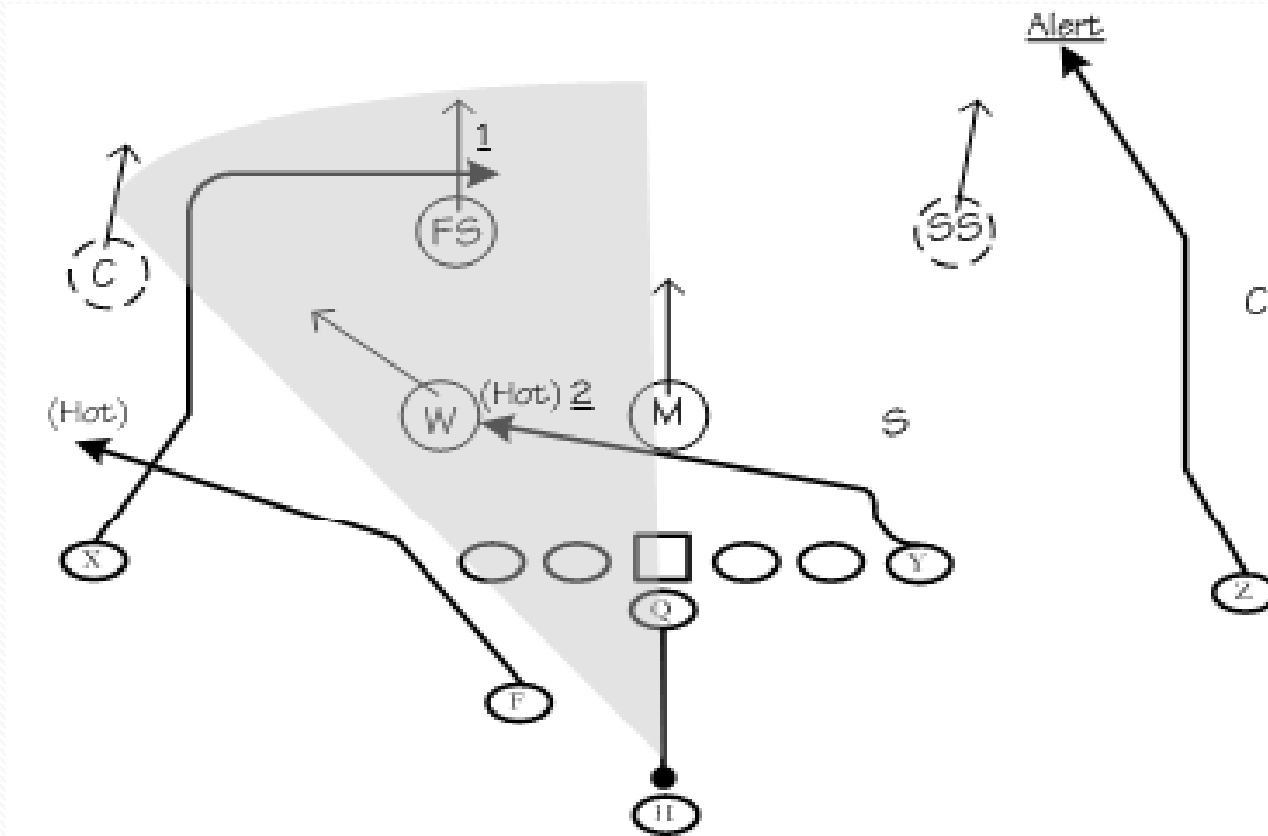
Safety Read



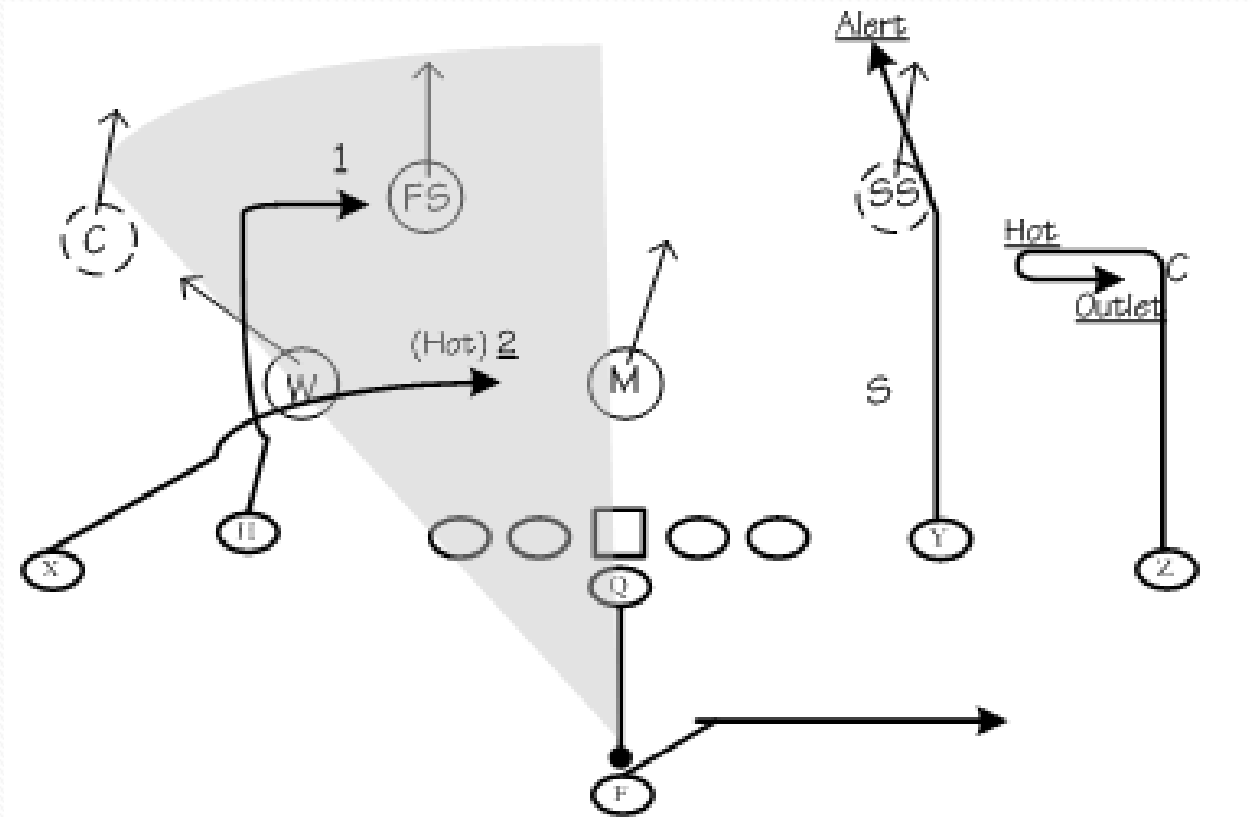
Safety Read (2)



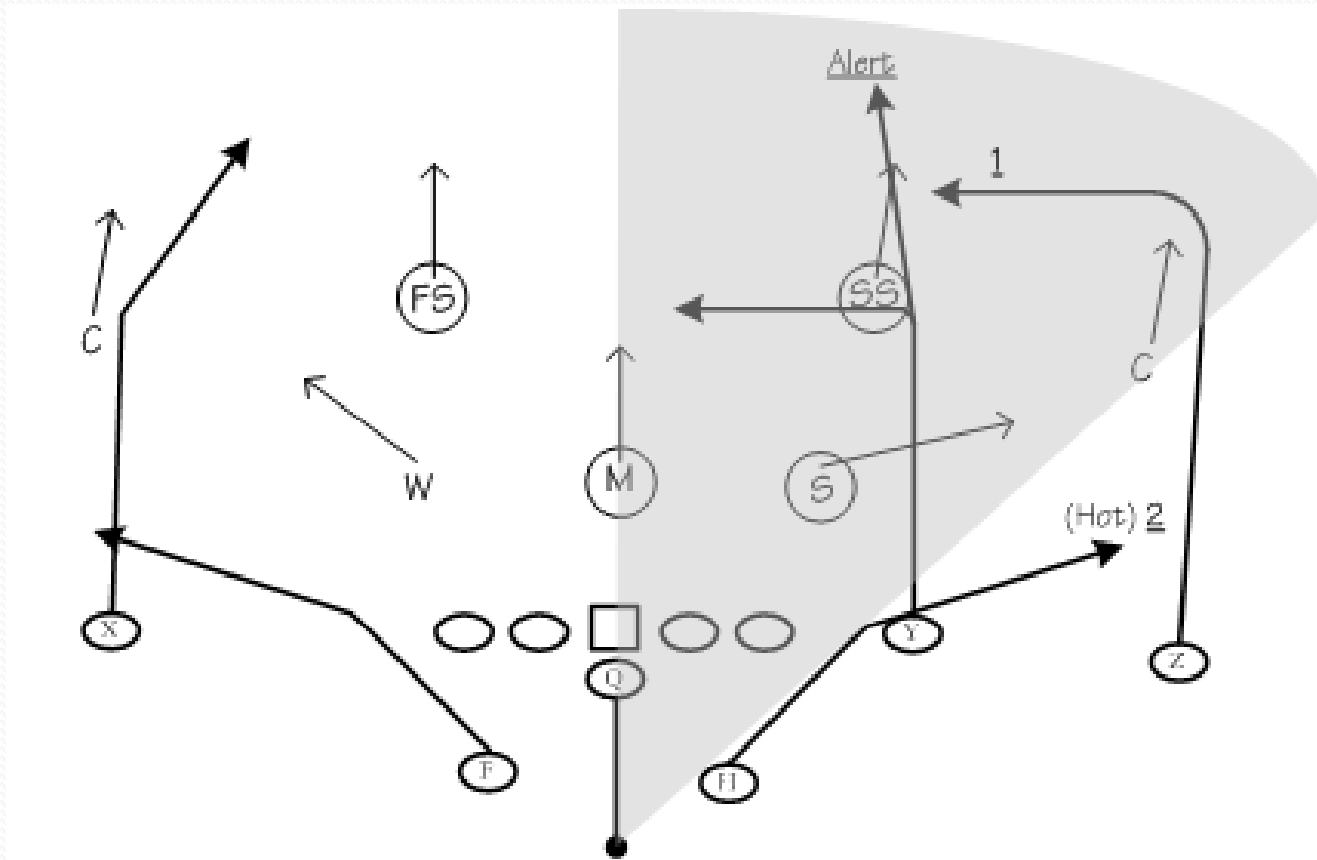
Dig Read



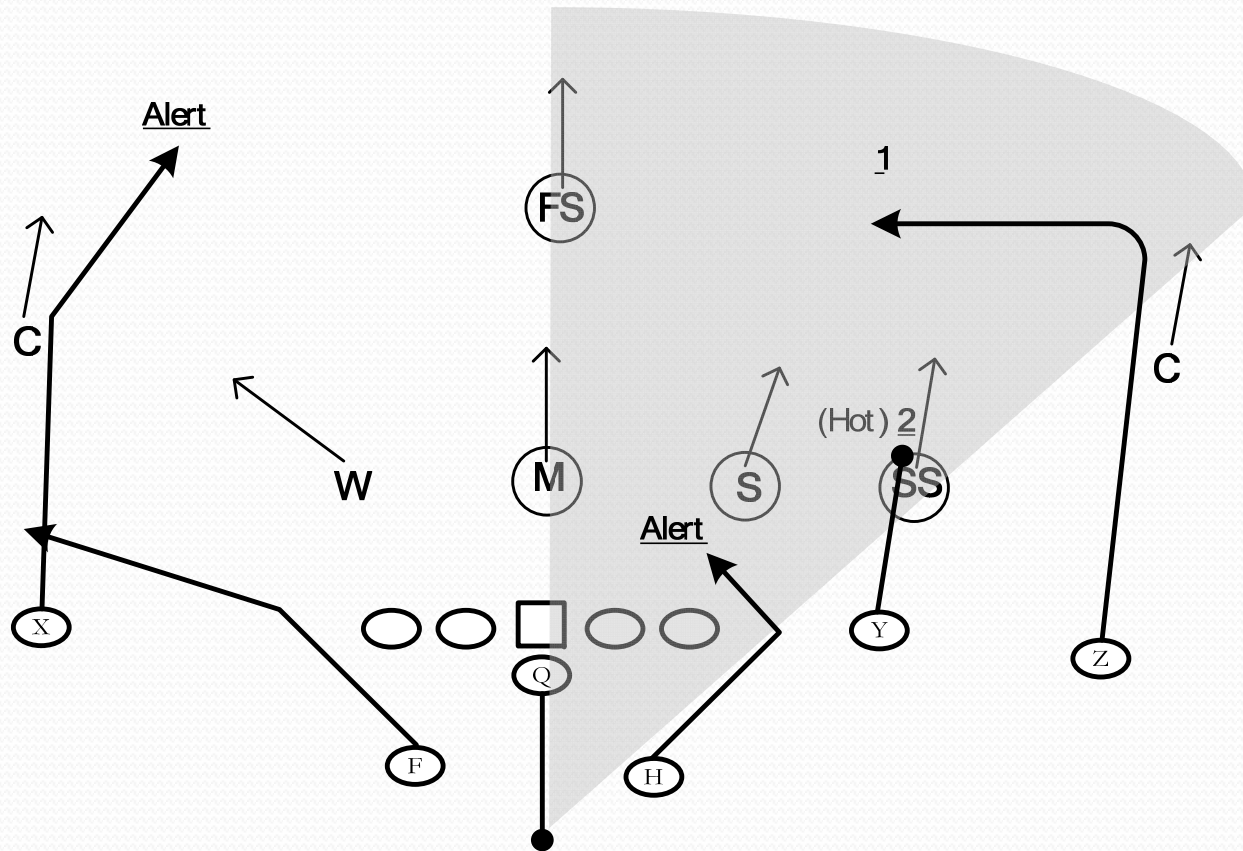
Dig Read (2)



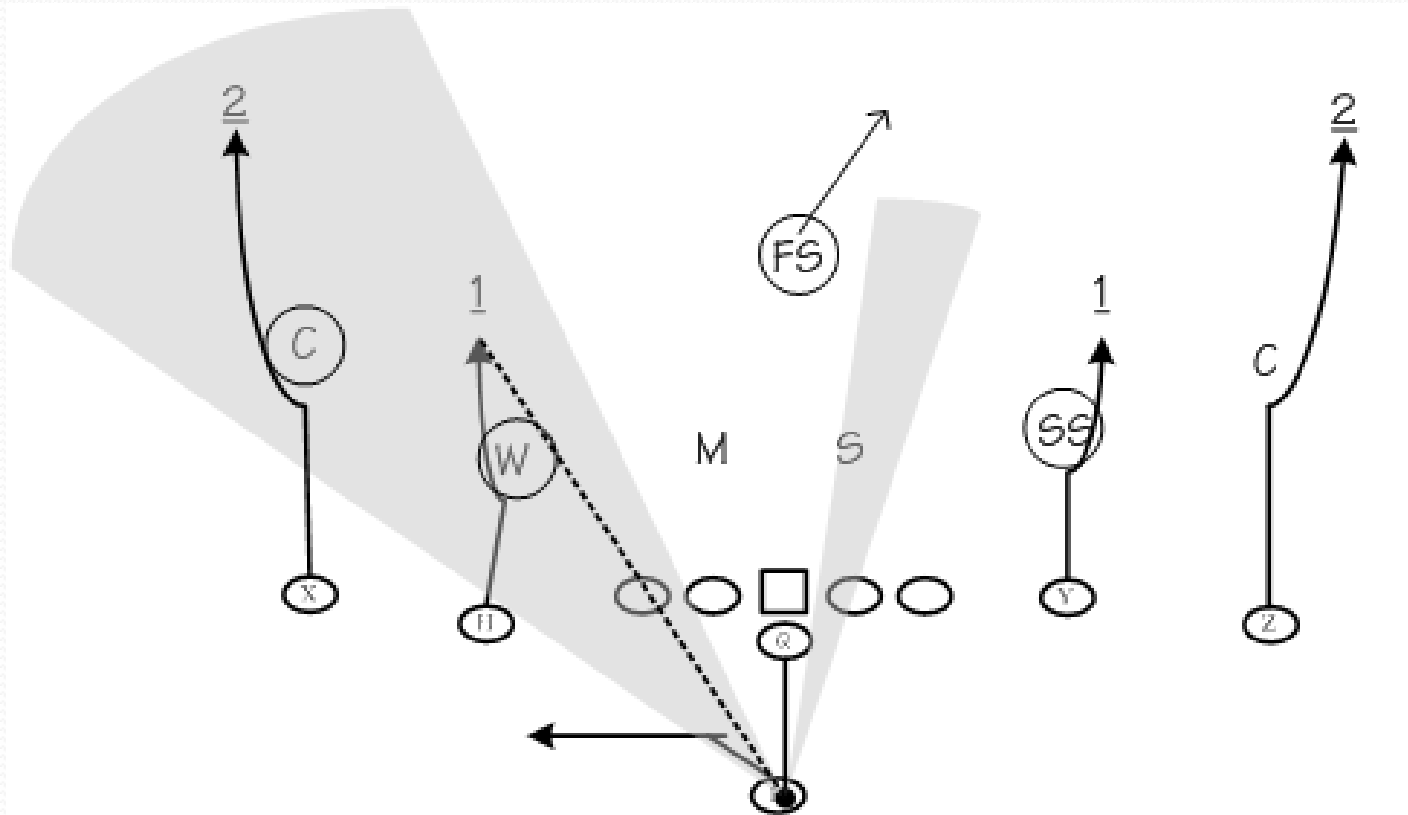
Square-in Read



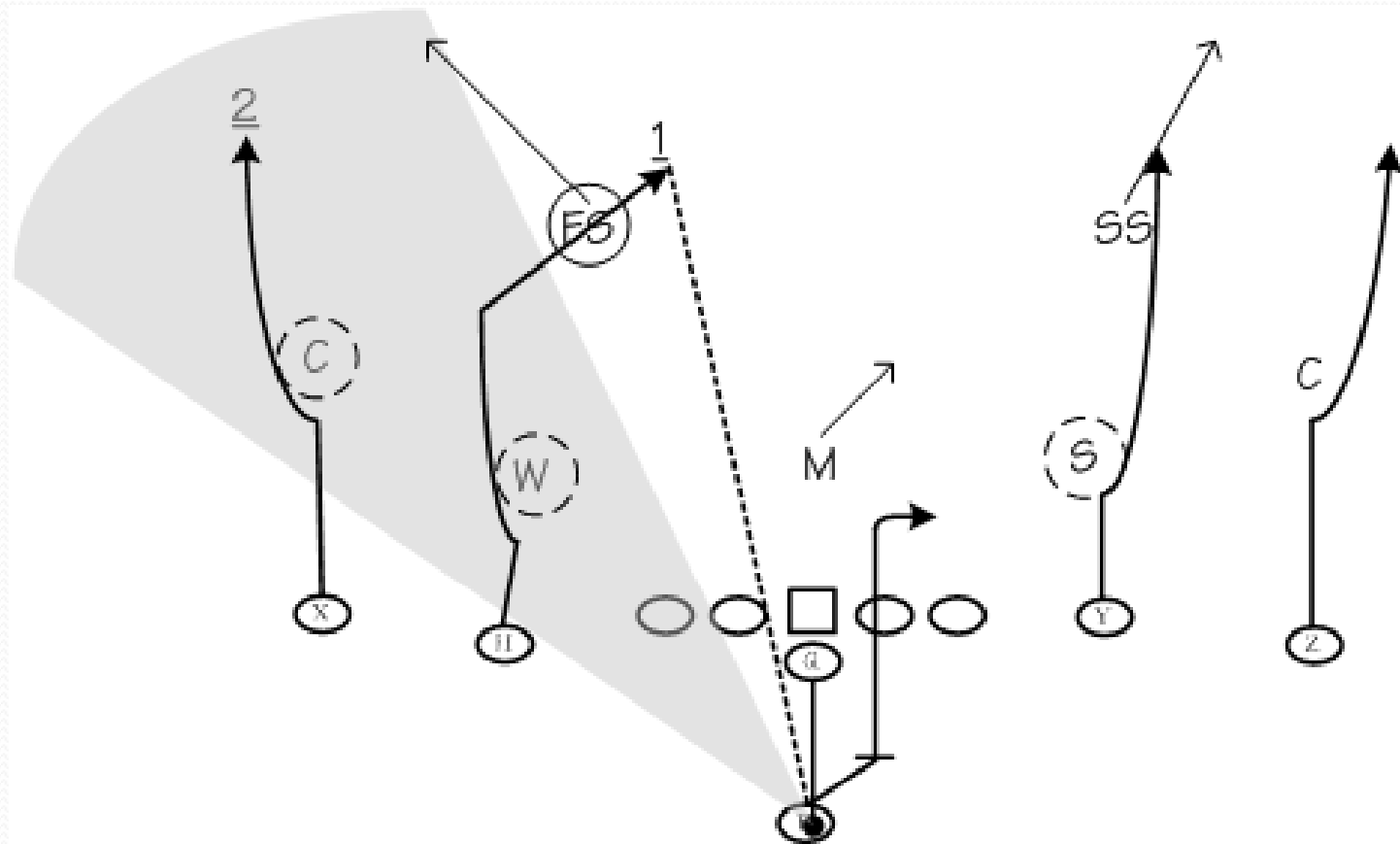
Square-in Read (2)



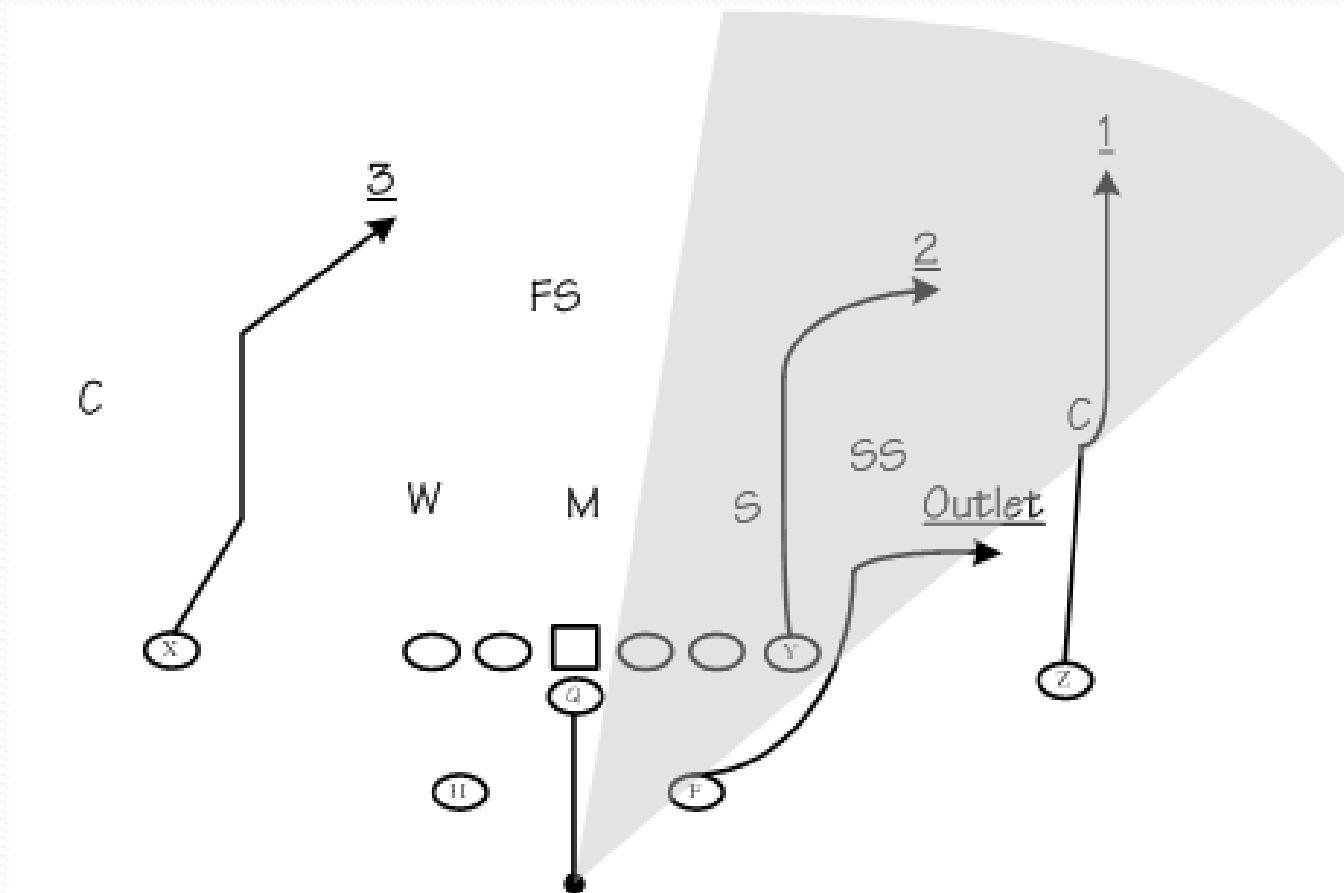
All Go versus 3 or 1-Free



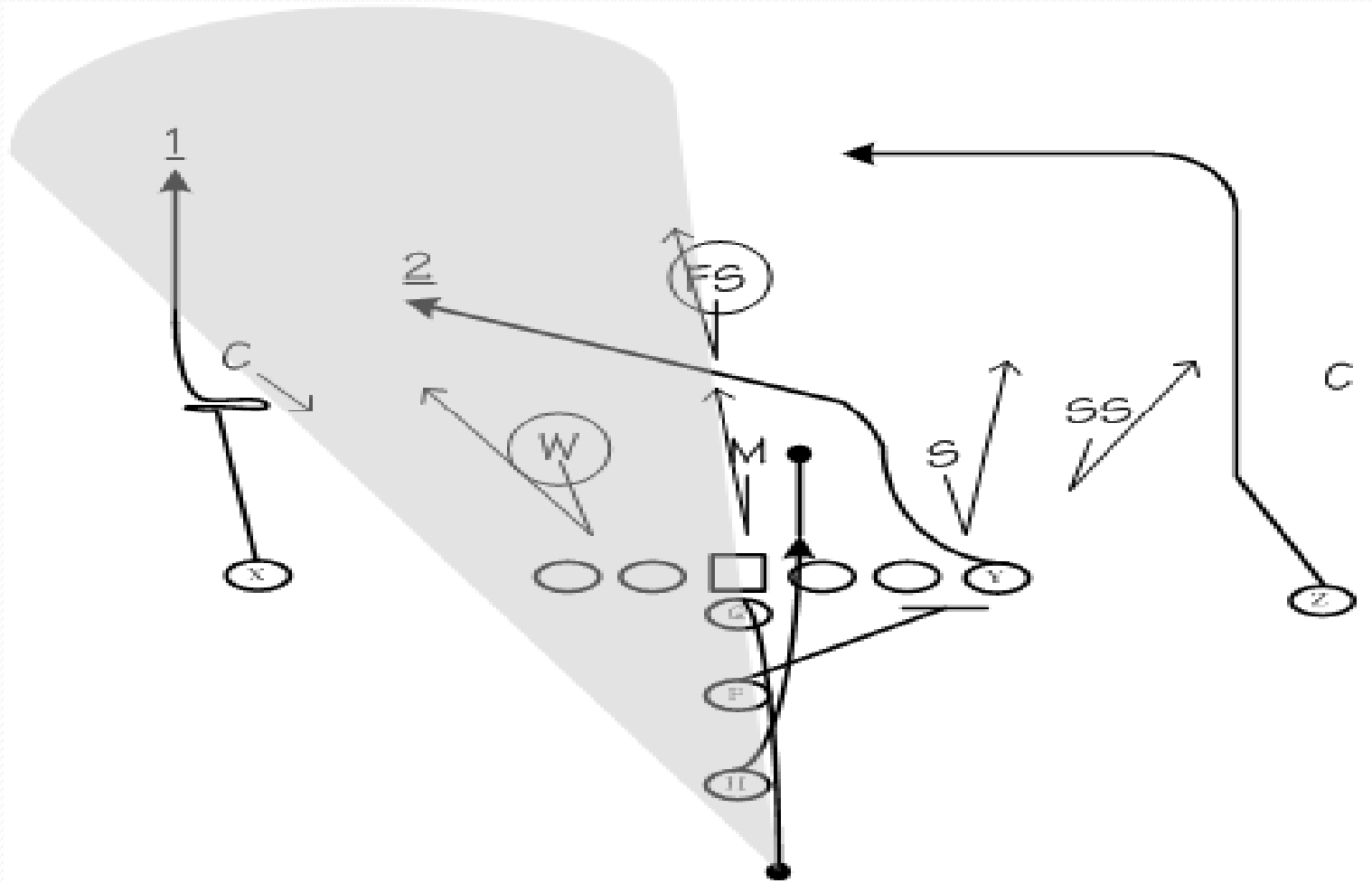
All Go versus 2 Safety Look



Norm Chow's Deep Progression



Play-action Progression





Specific Progressions

- There are 12 Basic Progressions that even the most advanced passing games use
- Once you install and the QB knows them, you can change which receiver is the primary based on formations

3 Basic Progressions in the Quick Passing Game

- 1) Flat to Slant
- 2) Outside to inside
- 3) Flat to Stick

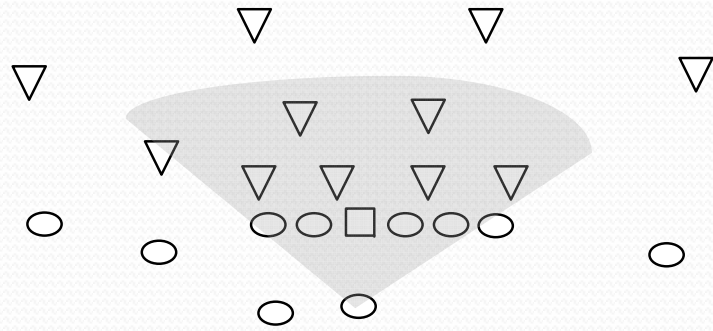
9 Basic Progressions in the Regular Dropback Passing Game

- 4) (Alert) Mesh, to Flat
- 5) Sideline to Stop to Middle
- 6) Curl to Flat to Middle
- 7) (Alert Post) Comeback to Flat to Middle
 - (Note; with very fast players, a receiver could run a drag route to replace the flat route because the drag would get across the field so fast to the flat area.)
- 8) (Alert Post) Dig to Drag to Flat
- 9) (Alert Post) Outside to Inside to Flat
- 10 (Alert Post) Corner to Flat to Middle
- 11) Streak to Dead Zone to Flat
- 12) All Go Inside to Outside to Middle

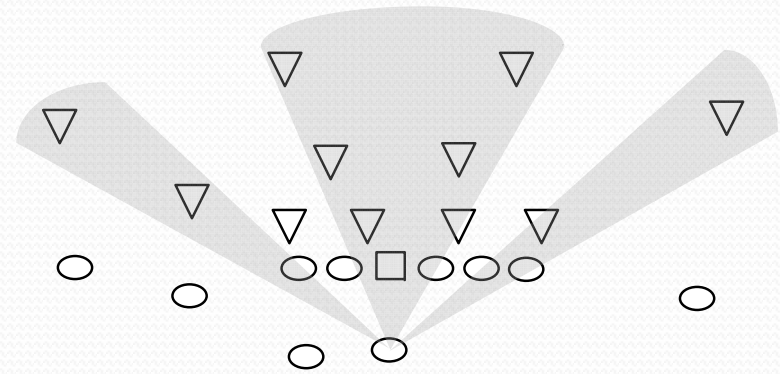


What to do as you get to the LOS

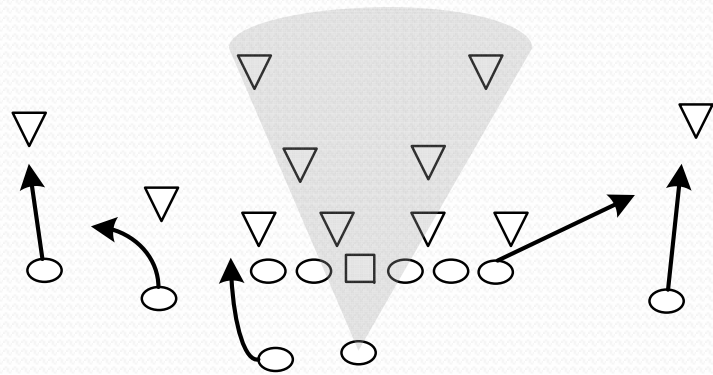
- 1) Get to the LOS with 18-seconds left on the play-clock and get your hands under center,
- 2) Tell yourself your progression / read; e.g. “Curl to Flat to Middle.”
- 3) Take a look at the front for protection and / or for bubbles to run at,
- 4) Look to where the safeties are,
- 5) First step into drop look at the safeties,
- 6) Middle of the drop look with your eyes only to area of the field for read or progression,
- 7) Last crossover snap your head to the area and expect to throw the pass,
- 8) Throw the pass or save the throw, and reset.



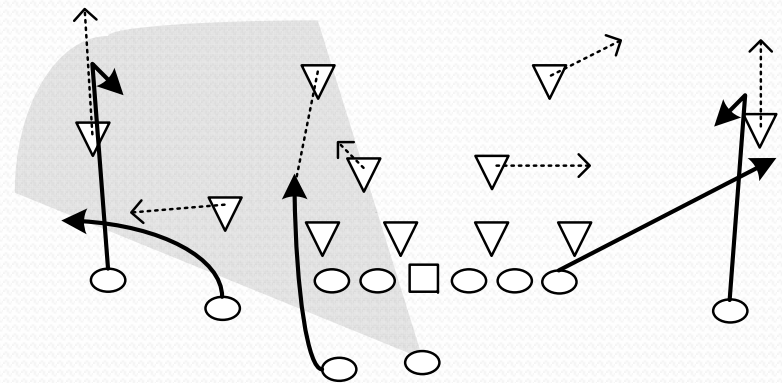
Pre-snap: Look at the Front 7 (8)



Pre-snap: Find the safeties and corners



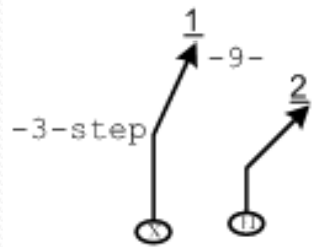
1st steps in drop: Look at Safeties



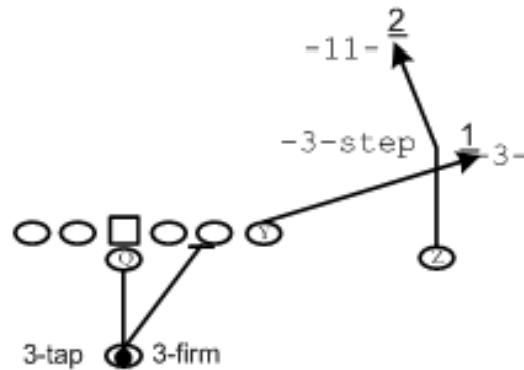
Last crossover: Eyes to target area

Dbl. Slant & Flat - slant

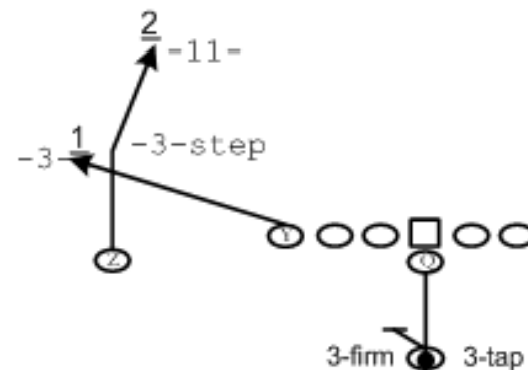
Dbl Slant
Outside to inside



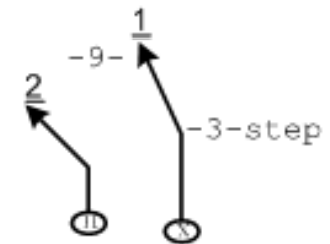
Flat to Slant



Flat to Slant



Dbl Slant
Outside to inside



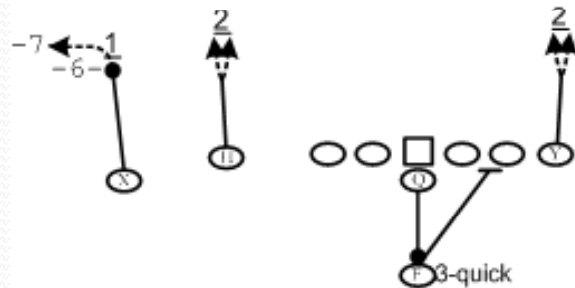
Come to the LOS and think
"Outside to Inside" or "Flat to Slant"

Come to the LOS and think
"Flat to Slant" or "Outside to Inside"

Different Drops are use to either get the ball out quickly or to buy time to let the slant open up.

QK Hitch & QK Speed-out

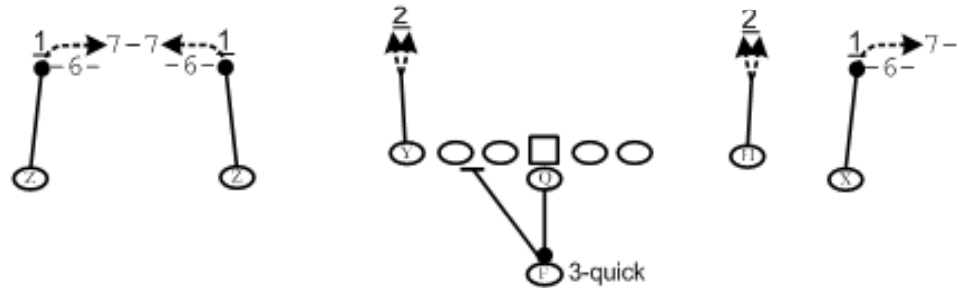
Qk Hitch / Qk Out



NOTE: On quick pass protection, the back needs to get to the LOS ASAP and attack the defender to get his arms down and you out of the way of the throwing motion!

Come to the LOS and think "Outside to Inside"

Qk Hitch / Qk Out



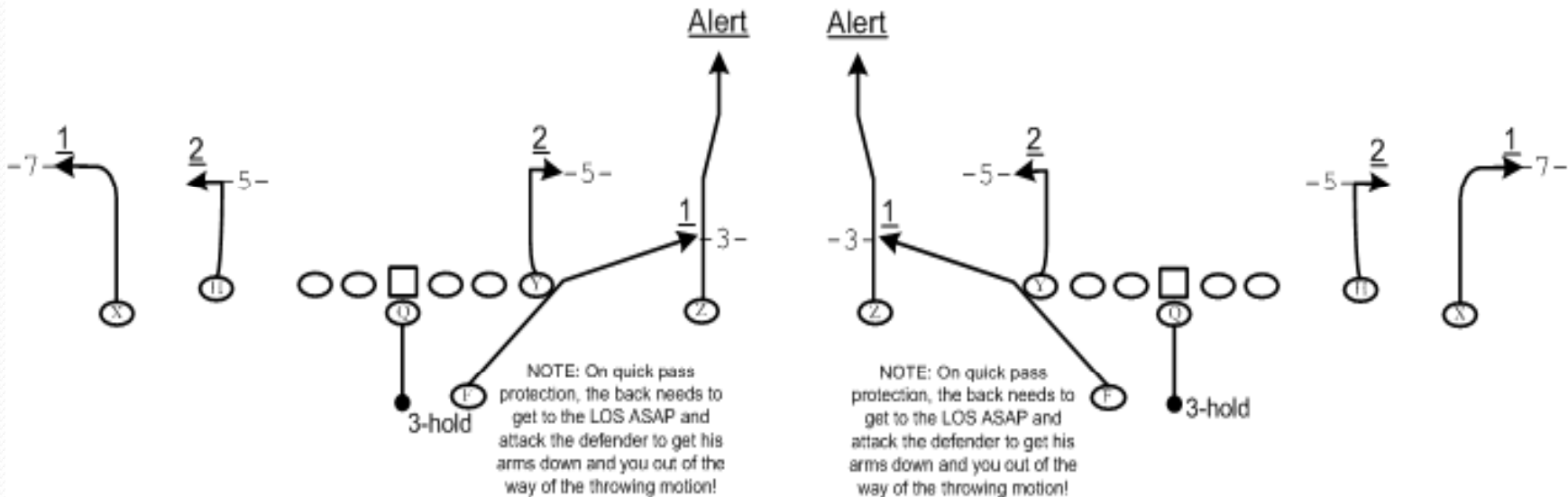
NOTE: On quick pass protection, the back needs to get to the LOS ASAP and attack the defender to get his arms down and you out of the way of the throwing motion!

Come to the LOS and think "Outside to Inside"

Stick

Stick

Stick



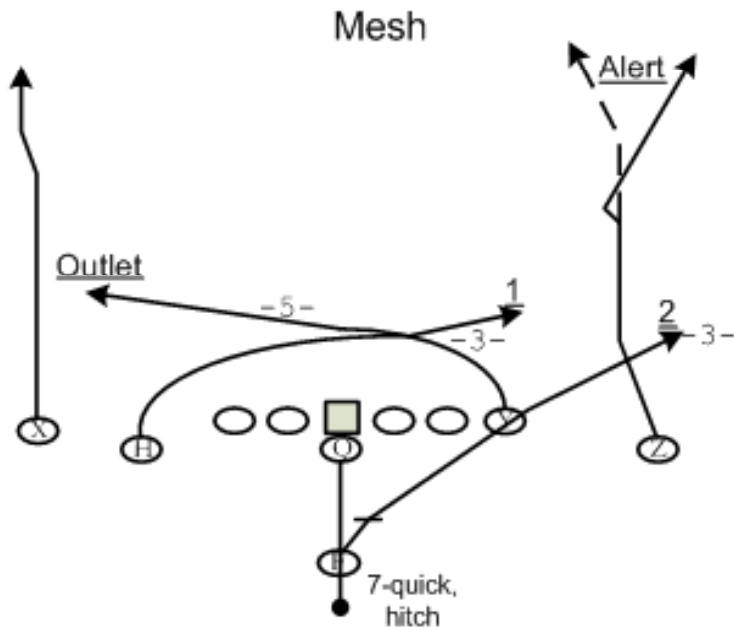
Come to the LOS and think
"Outside to Inside"

Come to the LOS and think
"Flat to Stick"

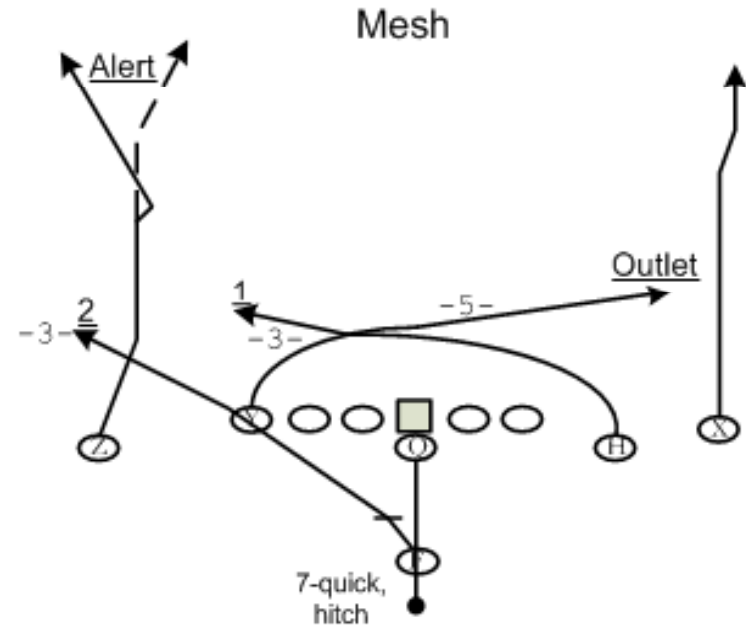
Come to the LOS and think
"Flat to Stick"

Come to the LOS and think
"Outside to Inside"

Mesh



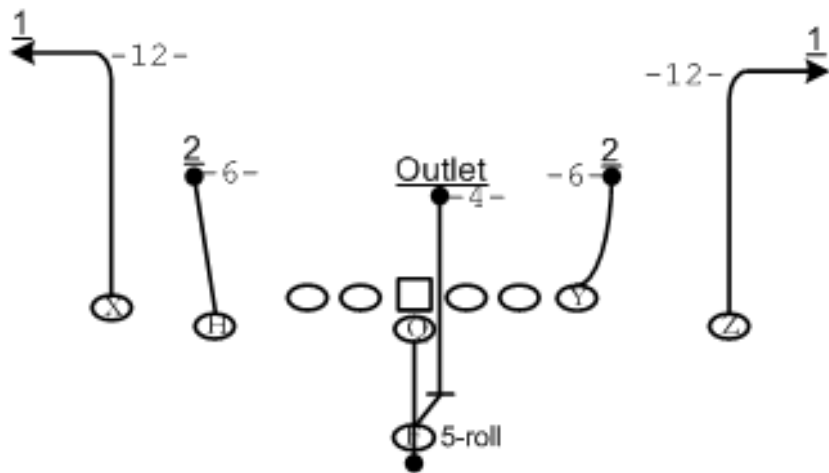
Come to the LOS and think
"Alert Post, Mesh to Flat"



Come to the LOS and think
"Alert Post, Mesh to Flat"

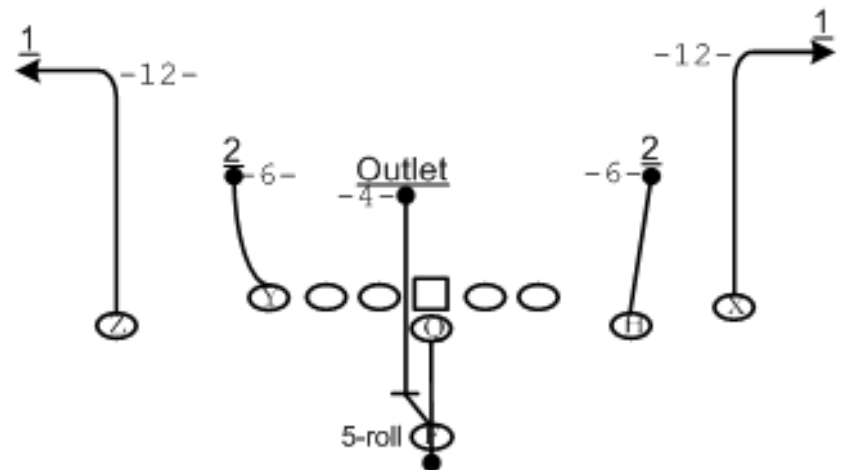
Sideline

Sideline



Come to the LOS and think
"Sideline to Stop to Middle"

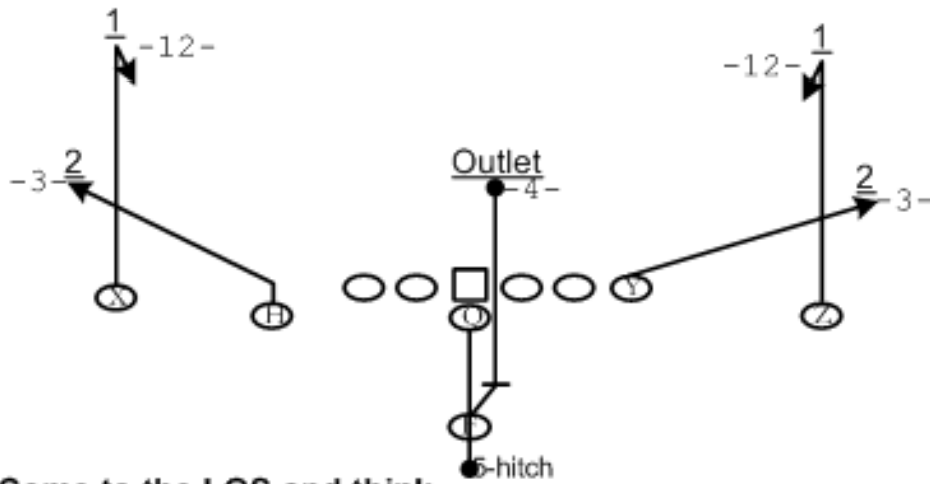
Sideline



Come to the LOS and think
"Sideline to Stop to Middle"

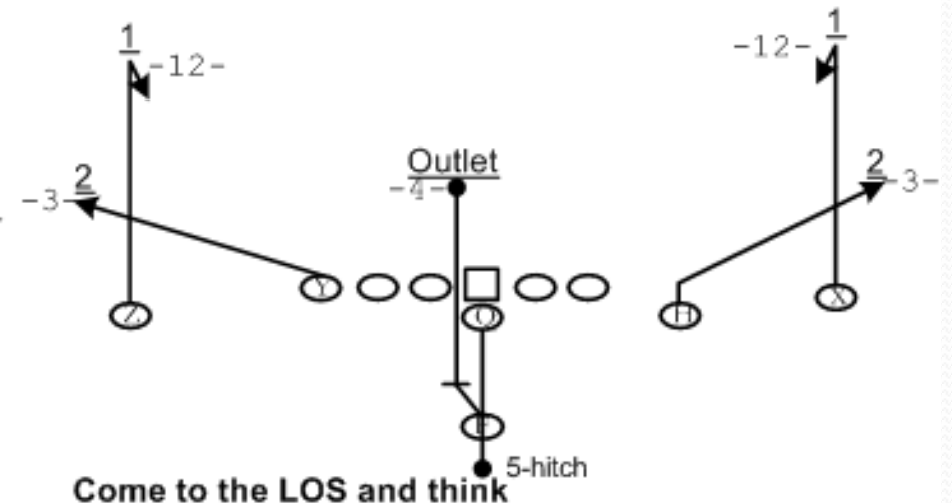
Curl

Curl



Come to the LOS and think
"Curl to Flat to Middle"

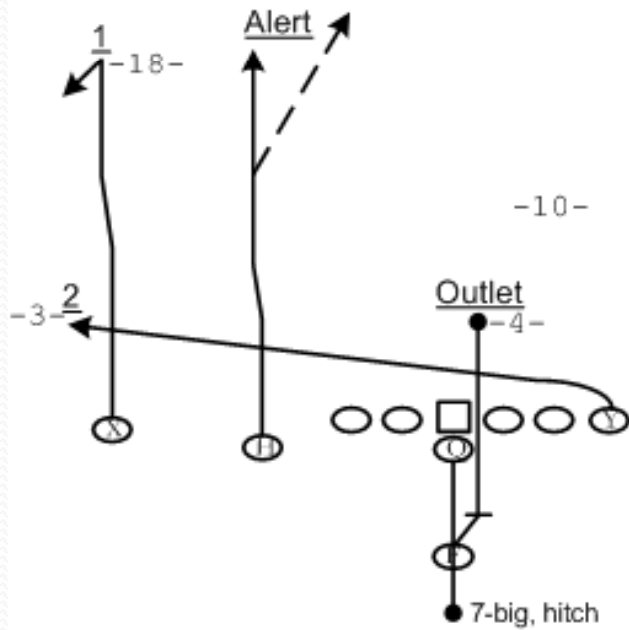
Curl



Come to the LOS and think
"Curl to Flat to Middle"

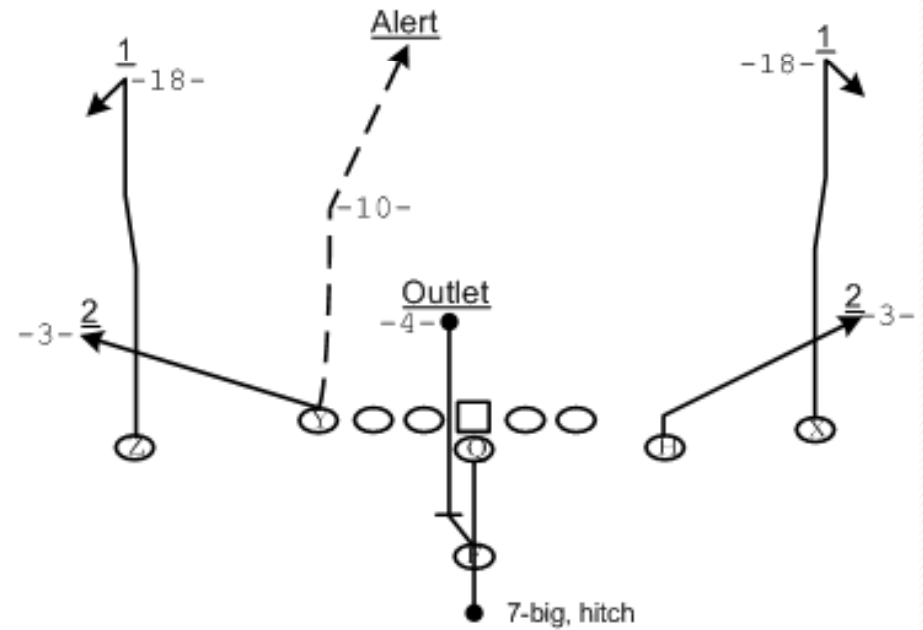
Comeback

Comeback



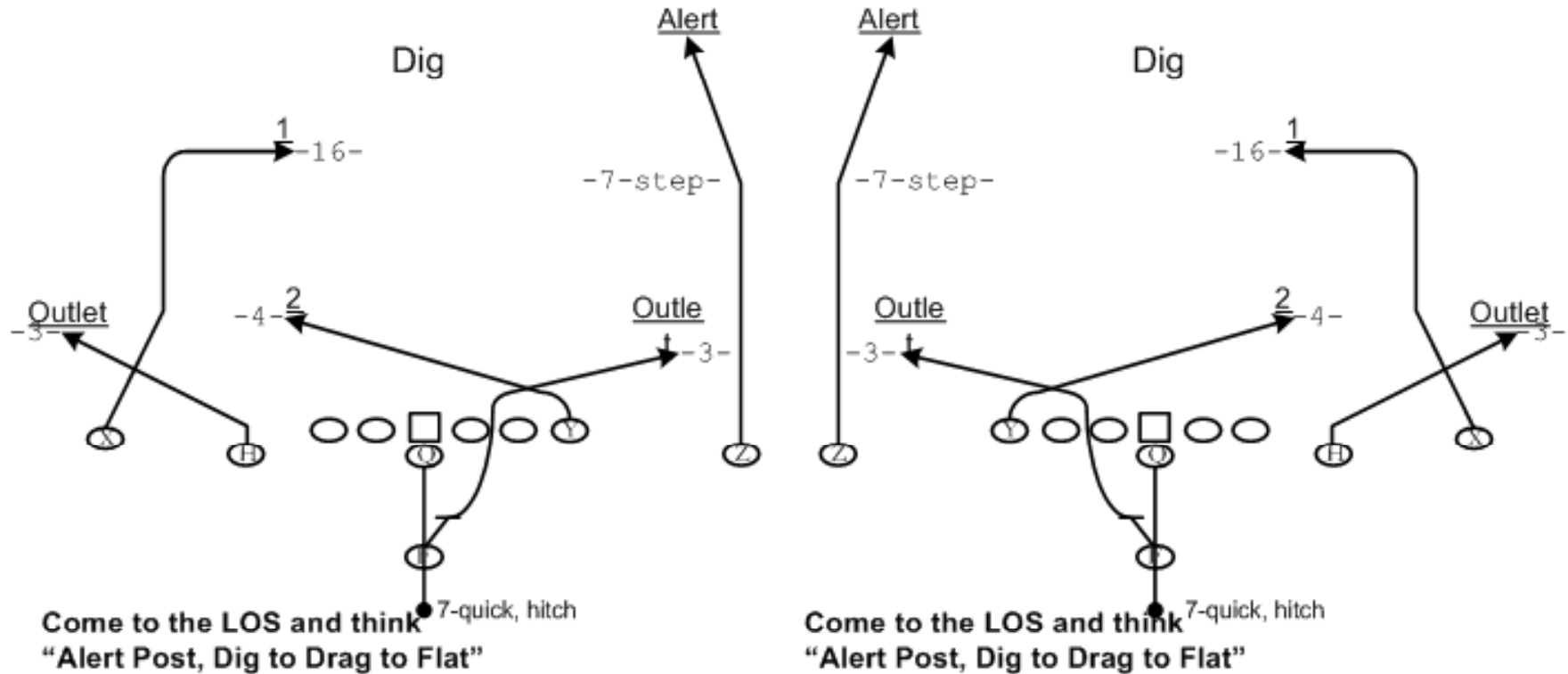
Come to the LOS and think
"Alert Post, Comeback to Drag to Middle"

Comeback



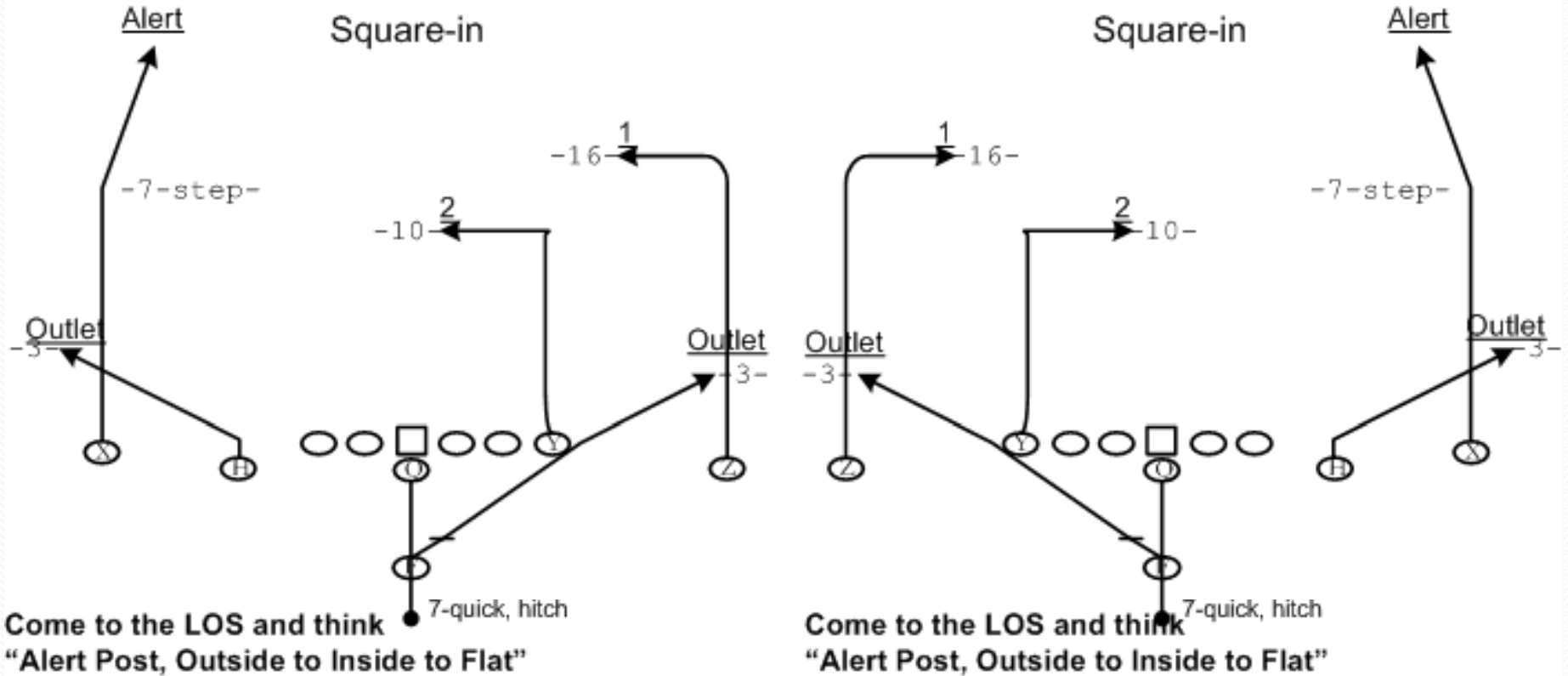
Come to the LOS and think
"Alert Post, Comeback to Flat to Middle"

Dig with a post alert



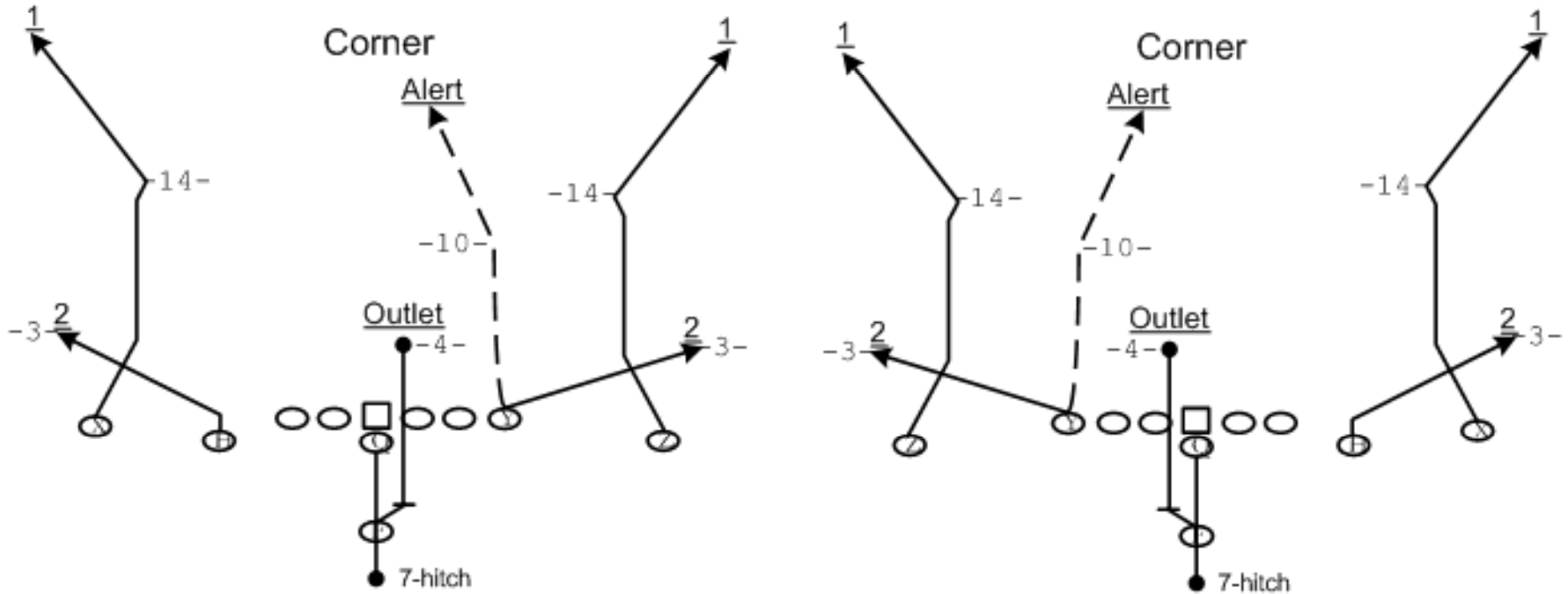
Square-in

Similar to the dbl slant concept



Corner Route

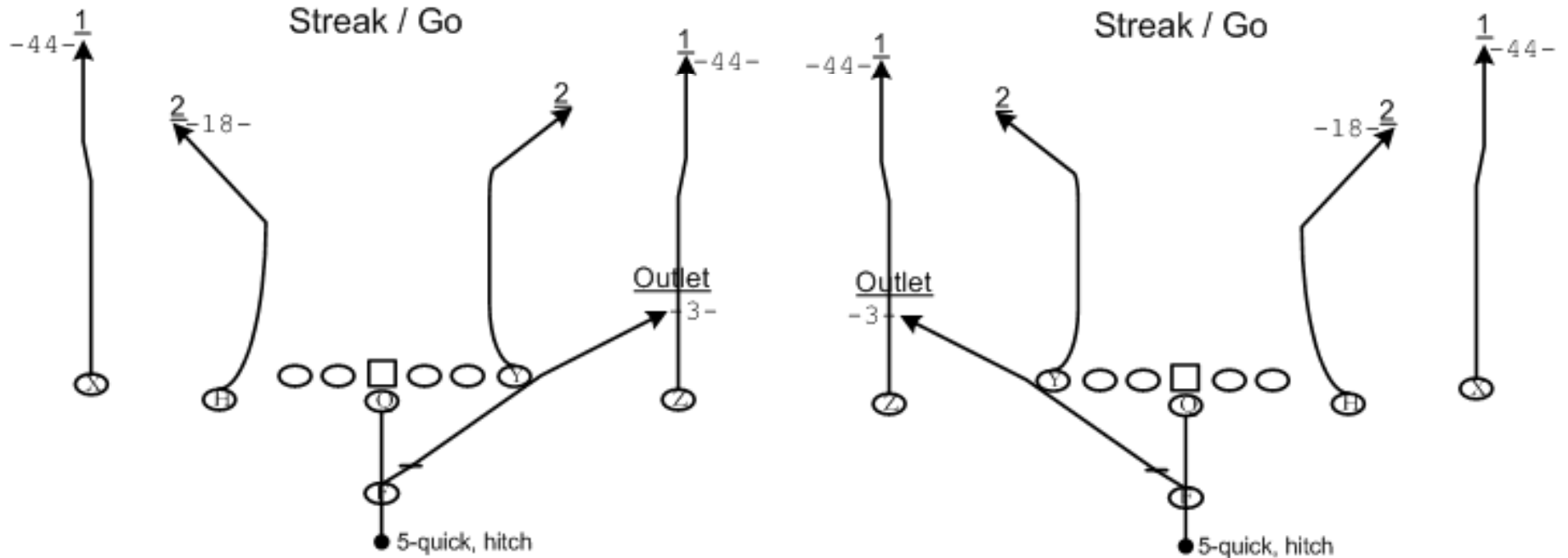
Similar to the Deep out concept



Come to the LOS and think
"Alert Post, Corner to Flat to Middle"

Come to the LOS and think
"Alert Post, Corner to Flat to Middle"

Streaks



Come to the LOS and think
"Streak to Sail to Flat"

Come to the LOS and think
"Streak to Sail to Flat"

Streaks



**Come to the LOS and think
"Inside to Outside to Middle"**



Tricks of the Trade

- Never look at the football when throwing a pass! You'll never attain a level of great accuracy because of the way your brain works. Most all QBs don't realize this.




Accuracy


- Look to where you want to throw the pass, and trust the throw. Don't think or aim, just look, trust and throw.




Accuracy (2)

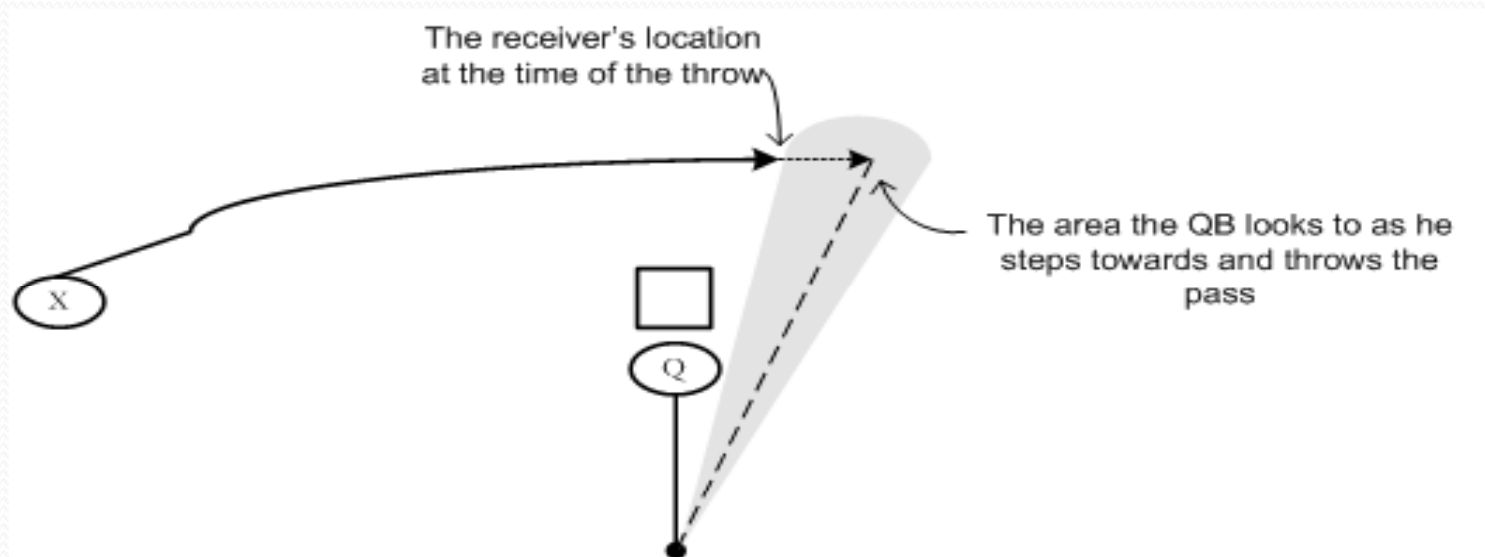
- Focus on the smallest area you can when throwing a pass; look small, miss small.

- 
- When leading a receiver on a pass, look to the area of the throw rather than staring at the receiver. You will be more accurate (throwing the same place you are looking) and you will always see if there is a defender coming into the area.
 - Makes you more accurate and cuts down in interceptions

- 
- When good things happen, focus on the feeling on how good it is (makes your brain want to recreate the feeling) without losing your poise,

- 
- When bad things happen, let it go quickly. Nothing gets better when you focus on the negative.....NOTHING!
 - Learn from it (Never throw late over the middle) and let it go. Go over it in the film room

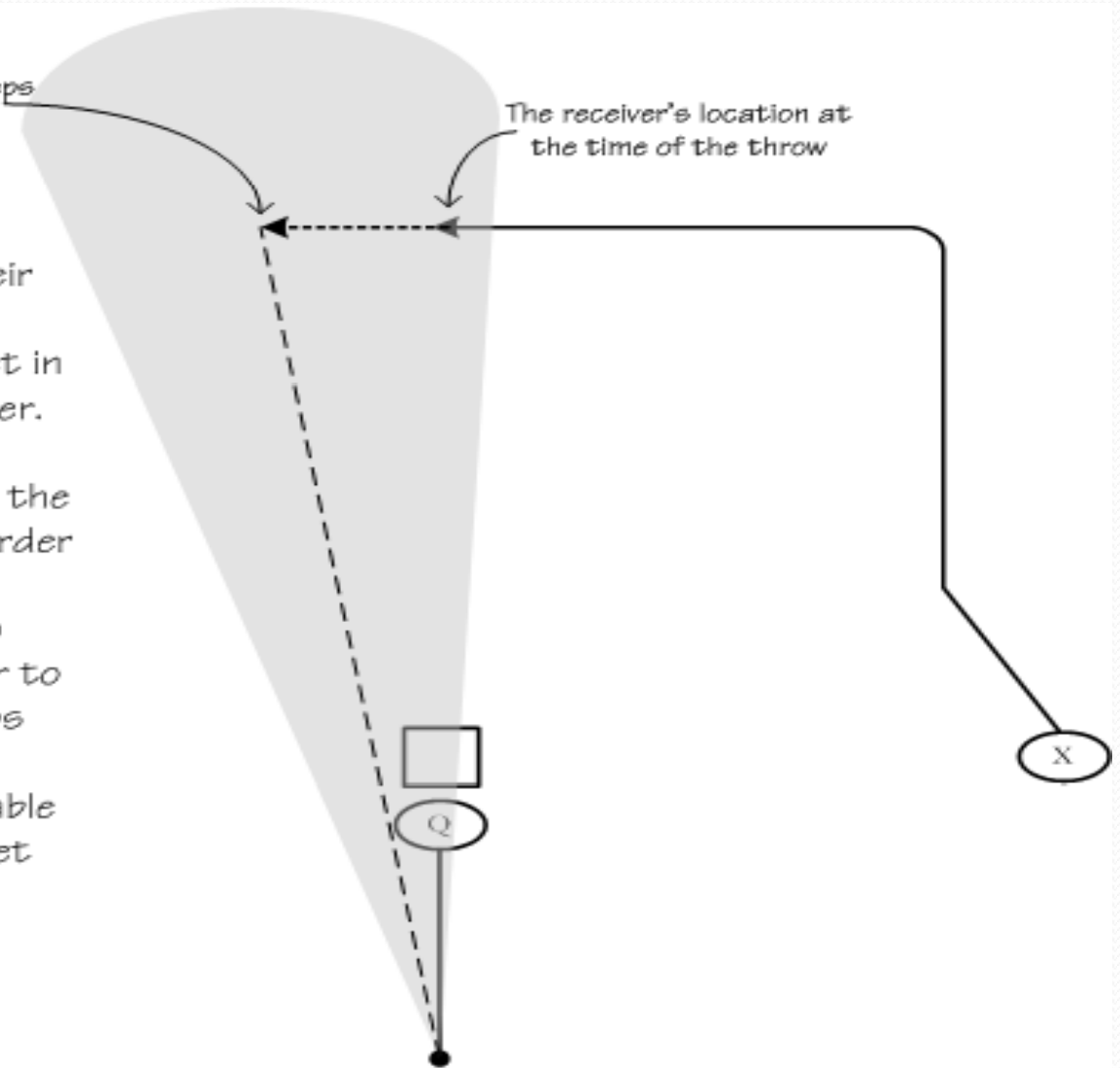
- When you are leading a receiver with the pass, never look directly at the receiver. You need to look to the area you are throwing to. This way you will be more accurate, and if a defender is in the area, you'll be able to see him and react appropriately (save the throw if needed) and then resetting your feet for the second progression.



The area the QB looks to as he steps forward and throws the pass

The receiver's location at the time of the throw

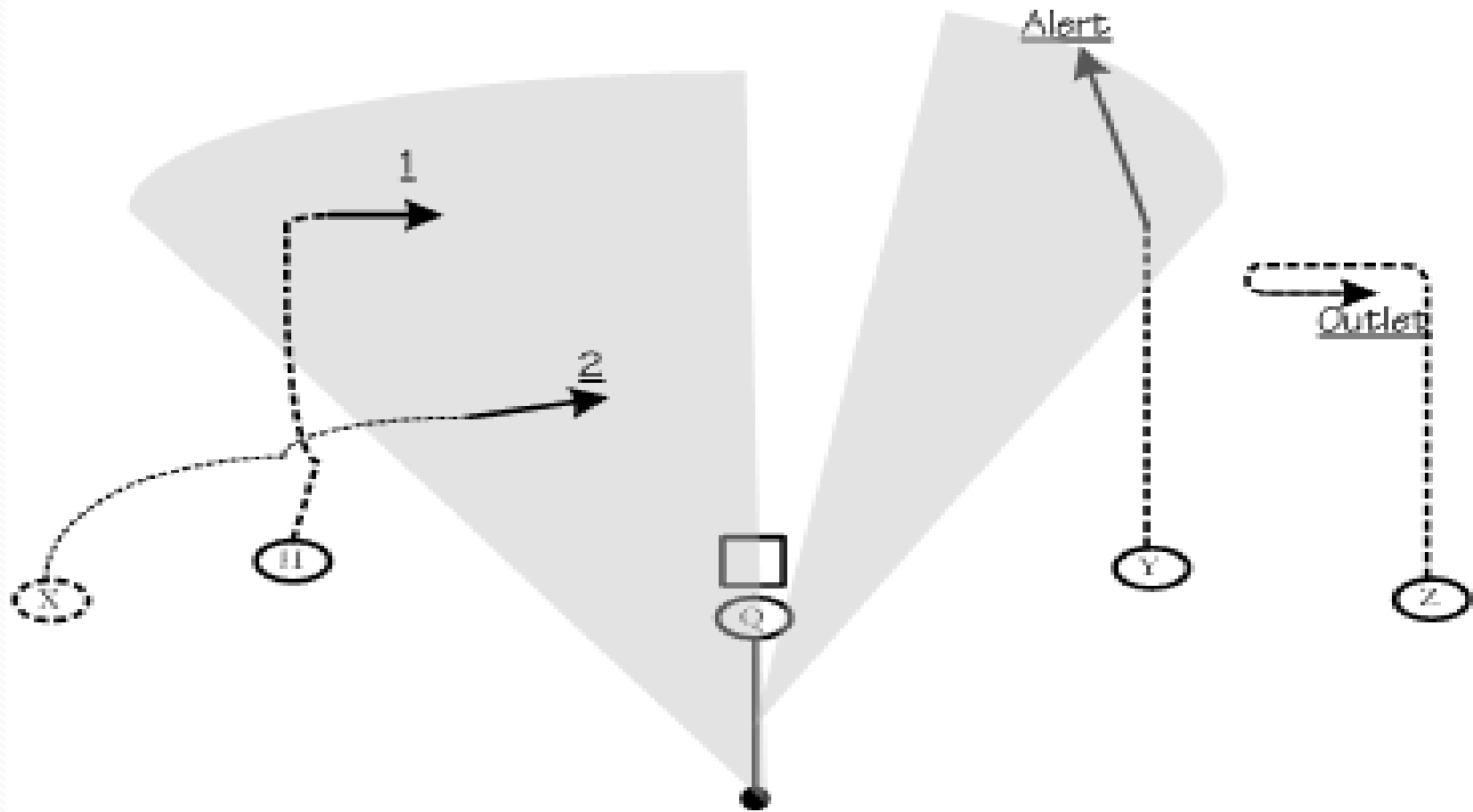
Most quarterbacks will keep their eyes focused on the receiver as they throw the pass several feet in front of him "leading" the receiver. The problem you are constantly training your brain / body to hit the target you are focused on. In order to become more accurate immediately, we want the QB to shift his focus from the receiver to the target area just as he steps into the throw. If there is a defender in the area, he will be able to "save the throw" reset his feet and go to an alternate receiver.



Progression Drill

- Call a play
- QB drops back with eyes closed knowing that he will open them at last cross-over and his eyes will go to first progression.
- If the man has his hands up, throw it. If not, reset and go to next progression, then outlet. The idea is that the QB can't see anything until he nears the top of his drop.
- If there is an alert in the play, have the QB open his eyes in the middle of the drop (when he would peek at the alert). If there is a receiver there, he throws.
- Coach can do this drill alone or have receivers stand at the catch area, or have them at the top of their routes and the open man is the only one that starts running when the QB opens his eyes.
- The main idea here is you force the QB to only look at his progressions at the top of the drop rather than cheating and looking the whole time.
- It makes his brain process the information faster and makes him learn faster. At first he will be off-balance in his throws.

Progression Drill



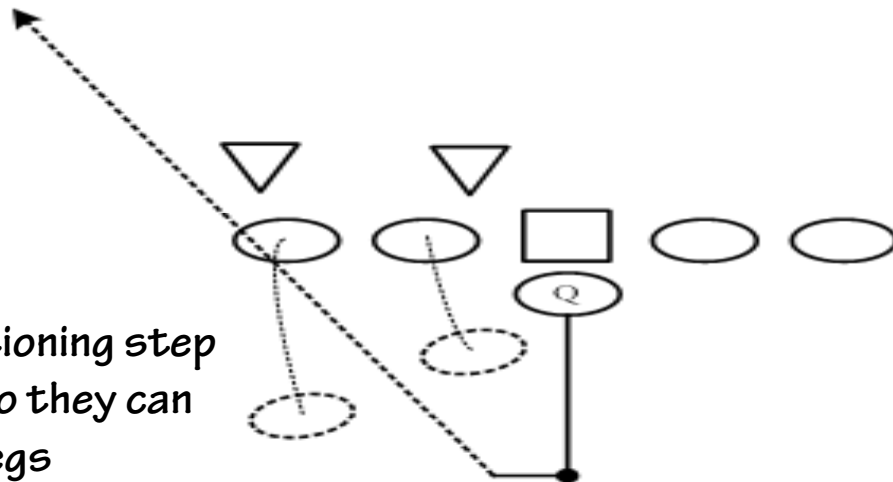
Forces (teaches) the QB to process information quickly and then to throw with balance for more accuracy


Throwing Through Passing Lanes Drill

Prevents QBs from short-arming the throw where they don't use their legs in the motion because they don't want to run into their linemen



QB takes a very small re-positioning step and throws between linemen so they can follow-through and use their legs





End
Of
Presentation