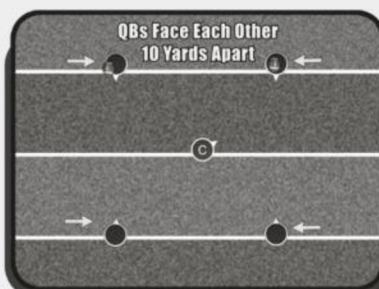


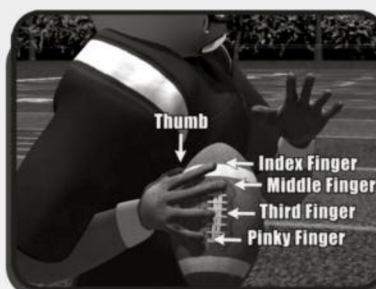
Grip and Throwing Motion



01



QBs face each other 10 yards apart and pass the ball back in forth.



02



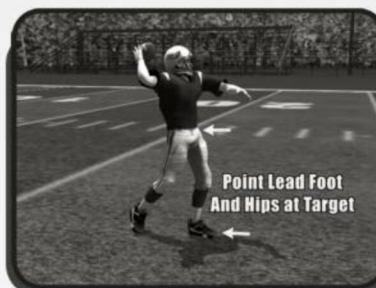
Grip with index finger near tip, middle and 3rd finger across laces and pinky at the laces.



03



Bring ball to chest with 2 hands, push off back foot and step with foot opposite throwing hand.



04



QBs point lead foot and hips at target.



05



Remove non-throwing hand and bring ball back with elbow bent.



06



Ball is brought to ear level as hips and shoulders move toward target.



07



Shoulder and passing arm begin to move to target and QB extends arm fully and delivers ball.



08



Hand and passing arm point to target and index finger comes off last as hand rotates forward.

Notes: