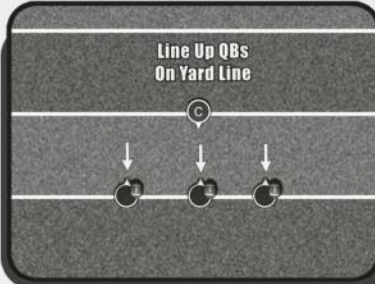


3 Step Passing



01 ★

Line up all QBs, straddling a yard line.



02 ★

Have them take a "just-snapped" stance.



03 ★

Begin by pushing off foot opposite throwing hand and take the 1st step back with other foot.



04 ★

Then QB brings ball to chest, securing it with both hands.



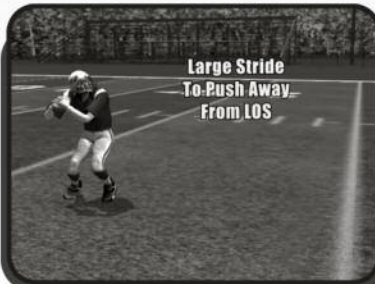
05 ★

He takes crossover step and 3rd step, stopping momentum.



06 ★

He brings feet under hips, holding ball chest high.



07 ★

Emphasize large but comfortable stride to push away from LOS.



08 ★

QB's use quick feet and once momentum is stopped, they set quickly to deliver the ball.

Notes: