## Year 6 - American Football - Throwing (Quarterback)

**Learning objective:** Demonstrate how to throw the ball with correct throwing technique.  
To understand the basic throwing principles. 
Demonstrate a good 1 handed throw to a wide receiver. 
To understand the 2 offensive positions and how they work.

### Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm-up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
</table>
| Introduce 2 of the offensive positions. The quarterback is the player that passes the ball to the wide receiver by throwing the ball. The wide receiver will then try to score a touchdown without having their flag taken.  
**Quarterback and wide receiver drill**  
[Youth Flag Football Drill | QB Throwing - Passing Drill for Beginners](#) | 15 Minutes | **Coaching Tips**  
- How is the quarterback holding the ball? They need to be holding the ball by their fingertips and not sitting in the palm of their hand.  
- What hand position does the wide receiver take? The wide receiver makes a diamond with their hands and holds their arms extended at chest height with arms slightly bent inwards. |
| Set up 4 cones with 2 inner cones being 2 metres apart and the 2 outside cones being 5 to 8 meters away from both inner cones. Both players facing each other the player with the ball (quarterback) passes the ball to the other player (wide receiver). Players then take a step back and continue to throw the ball to each other. If a pass is not successful the players must stay at that range until a pass is completed successfully.  
**Slow Motion Quarterback Clip**  
[Drew Brees Slow Motion Quarterback Throwing Mechanics Passing - Saints Purdue NFL QB Tips Drills](#) | | **Extension**  
- Add a timer for 45 seconds, see how many complete passes they can make.  
- Set some players to take 2 steps back instead of one. |

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**Main (Development/Application)**

**Jingle Jangle**
In pairs or groups of 3 to 4 players. Set up a 5 by 5 square that has 4 different colour cones. There should also be 1 extra cone 3 meters away from the square that the quarterback will stand next to. The quarterback calls out a colour cone, the wide receiver gets to the cone and once this is done the quarterback throws the ball to be caught by the wide receiver.

![Diagram of football movements](image)
- Early Cocking
- Late Cocking
- Acceleration
- Follow Through

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**With timings**

15 Minutes

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**Differentiation (Extension/Support)**

**Extension**
- Wide receiver must try to catch the ball with one hand.
- Quarterback calls out 2 cones, on the second colour call they then throw to the receiver, number of cones increase per turn.
- Encourage wide receivers to face the quarterback while travelling to the cones remembering to keep their eyes up and hands up in the ready position so that they are able to complete the pass successfully.

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**Leading The Receiver**
Mark off a 2 by 4 squares with cones and work in groups of 4. The goal is for the receiver to catch the ball inside one of these areas. This will teach the quarterback to lead the receiver to an area instead of throwing to a receiver that has just run a hook and is facing the quarterback. This will also teach the receiver to sprint away from the defender while catching the ball.

**Passing Drill - Leading the Receiver**

![Diagram showing cones and a ball being thrown into a square]

<table>
<thead>
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</tr>
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<tbody>
<tr>
<td>● Add a defender that can only move outside of the squares 10 Points for every complete pass (caught ball).</td>
</tr>
<tr>
<td>● 5 Points if a hand touches the ball from the pass.</td>
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<tr>
<td>● Have a defender start off outside of the squares marking the wide receiver but can't enter the squares.</td>
</tr>
</tbody>
</table>

**Plenary**

In Pairs, kneeling down on the floor and 5 yards apart practice your passing, remembering to aim before throwing to the other student.

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