

Individual QB Notes

QB Name: _____

Posture:
Under center

Feet	
Knees	
Back/Hips	
Elbows	
Head	

Throwing

Knees	
Elbows	
Shoulders	
Head	

Hands:

Under Center	
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On the ball to throw	
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Throwing motion:

Elbow	
Off hand	
Shoulder rotation	
Follow Through	

Feet:

Throwing

Pocket	
On the run	
Handing off Tossing Option	