



Quarterback Mechanics: The Five Point Power and Accuracy Throwing Program

Mr Coach Mike, Mr Ryan Anderson

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Quarterback Mechanics. The Five Points Power and Accuracy Throwing Program is a manual that took over ten years to develop. We have broken down the mechanics of throwing a football with power and accuracy into individual steps. These steps consist of exercise along with the theory behind them. The quarterback exercises and drills in this manual are set-up in a gradient and logical manner. Also, we provide an easy to follow check sheet so the coach and student can keep track of their progress. The manual will teach the quarterback the skills and knowledge to become an excellent passer and leader on the field. The workbook is designed to enhance throwing mechanics and the use spiritual, and mental techniques to improve their skills; creating the complete quarterback. But this workbook gives very little attention to reading defenses. Because we feel that the number one problem for quarterbacks are their throwing mechanics. Through many years of research along with trial and error, we have developed a quarterbacking system that can easily learned by aspiring quarterbacks. This manual deals with the fundamental problems ball speed and placement. We also cover other areas vital to the quarterback's success. Through this workbook, we will teach the quarterback the skills and knowledge necessary for their development of optimum throwing mechanics enabling him to throw with power and accuracy. This course will improve: Ball Speed Ability to throw farther Teach proper footwork and increase foot speed Strength and Quickness Train Quarterback to make different throw for different situations. Increase a quarterback's long throws by 10-20 yards in the first week Reduce interception rates Increase field vision and spot open receivers easier. Train quarterbacks to throw with perfect timing How to be an effective leader How to use your linemen and receiver as a second pair of eyes Why quarterback's should have a different weight training program from the rest of the team. What exercises will increase a quarterback's throwing ability and what exercises decrease their throwing ability. The list goes on. The syllabus of the "Quarterback Mechanics, The Five Points Power, and Accuracy Throwing Program" in check sheet form. Read introduction _____ Read coaching _____ Walking on balls of feet Read _____ Building calf and leg muscles Read _____ Walking on balls of feet Read _____ Drill _____ Duck foot Read _____ Correcting Duck foot Read _____ Read Podiatrists/Chiropractors Read _____ Power and Accuracy Points Read _____ Fundamental Arm Position , The Sling Shot Read _____ The Sling Shot Drill 1 _____ Drill 2 _____ Reprogramming Body Mechanics Read _____ Deprogramming Bad Mechanics Read _____ Warming up the rotator cup Read _____ Rotator Cup Warm Up Drill _____ Second Part of Warm up: Arm Whip Read _____ Drill _____ Third Part of Arm Warm Up and Arm Strengthening Drill Read _____ Drill _____ The Wrist Snap Adds Velocity Read _____ Wrist Snap Developer Drill 3 Read _____ Drill _____ Finding Your Grip Read _____ Find your grip and zip Read _____ First Part Read _____ First Part Drill _____ The check sheet continues. There is more on theory and drills

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