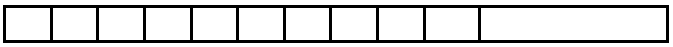
The QB Tutor: Preparing QBs for GAME TIME! **At Home preparation**

Days, Mirror Drill 100 Times a daily	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	
Always work both hands, both directions											
Ball handling drills:											
Slap ball											
Grip, Regrip											
6 inch drop											
Drop to floor											
Around the ball											
Around the waist											
Around both ankles											
Around Rt ankle											
Around Lft ankle											
Figure 8											
Finger dips, back and forth											
Finger tips figure 8											
Throwing:											
Parallel Feet											
Opposite throw											
One knee											
Throwing arm foot forward, on run work											
Regular stance											
Regular stance move feet											
Walk											
Jog											
Run											
Drops:											
2 step Rt											
2 step Lft											
3 step											
3 step to left											
5 step											
5 step to left											
Sprint out Rt											
Sprint out Lft											
Dash Rt after 5 step drop											
Dash Lft after 5 step drop											
Play action drop Rt, Iso, Other											

Option Lft