Houston Academy Football

All players who are interested in competing for QB this year on Varsity or JV are encouraged to come on Monday and Wednesday mornings at 7:15. Starting February 6th. We will meet at the SAC and do our arm strength training as well as some skill drills.

Houston Academy QB Arm Strength Program 2017

* Mechanics
  + There must be space between palm and the ball, DON’T Palm ball.
  + Upon releasing the ball your index finger should be the last thing touching the ball.
  + After every throw put your throwing thumb in the opposite pocket, this will get you in the habit of finishing your release
  + Exaggerate your shelving of the football ball shelved high beside ear, if you make this muscle memory in a game your release point will be much higher, less balls getting batted down.
  + Always point shoulder at target, keeping core tight

The following program is for Arm Strength and should be done 3x a week and take around 20 minutes

1. On both knees throwing straight ahead, partner at 10 yards throw until you are loose, then partner will take a step back after each throw. Once you cannot get it to his waist stop. (You will have to rotate core to get shoulders pointed each throw, remember to do all the mechanics above while throwing)
2. On both knees throwing to left, partner will start at 10 yards to left at a 90 degree angle and take a step back after each throw, once you cannot get ball to partner’s waist stop.
3. On both knees throwing to right, partner will start at 10 yards to your right at a 90 degree angle and take a step back after each throw, once you cannot get ball to partner’s waist stop. (This drill is the hardest because you are having to turn you whole body but this is critical to being able to run out sprint out passes and bootlegs to the left)
4. With Throwing Arm knee on the ground throwing straight ahead, partner will start at 10 yards straight ahead and take a step back after each throw, once you cannot get ball to partner’s waist stop.
5. With throwing arm knee on the ground throwing to left, partner will start at 10 yards to left at a 90 degree angle and take a step back after each throw, once you cannot get ball to partner’s waist stop.
6. With throwing arm knee on the ground throwing to right, partner will start at 10 yards to your right at a 90 degree angle and take a step back after each throw, once you cannot get ball to partner’s waist stop.
7. Standing up shoulders square knees slightly bent throwing straight ahead, partner will start at 15 yards straight ahead and take a step back after each throw, once you cannot get ball to partner’s waist stop.
8. Standing up shoulders square knees slightly bent throwing to left, partner will start at 15 yards to left at a 90 degree angle and take a step back after each throw, once you cannot get ball to partner’s waist stop.
9. Standing up shoulders square knees slightly bent throwing to right, partner will start at 10 yards to your right at a 90 degree angle and take a step back after each throw, once you cannot get ball to partner’s waist stop.