

JUSTTHROWITTX

★★★ QUICK PASSING GAME SERIES ★★★

BOOK 3A

ADVANCED QUICK PASSING GAME EXECUTION

★ SEE IT. KNOW IT. THROW IT. ★

QUICK GAME = FAST DECISIONS, PERFECT EXECUTION

SLANT

HITCH

QUICK OUT

STICK

QUICK GAME PRINCIPLES

- GET THE BALL OUT FAST
- TRUST YOUR READS
- ACCURACY OVER ARM STRENGTH
- TIMING & RHYTHM
- WIN WITH DISCIPLINE

JUST

THROW

IT TX

QUICK DECISIONS

WIN CHAMPIONSHIPS

★★ BY COACH DAVID DIXON ★★

FOUNDER OF JUSTTHROWITTX

MASTER EVERY QUICK GAME CONCEPT

BEAT EVERY COVERAGE

ANSWER THE BLITZ

PERFECT TIMING, FOOTWORK & MECHANICS

EXECUTE WITH CONFIDENCE

Page 1

BOOK 3A MANUSCRIPT

JUSTTHROWITTX Quick Passing Game Series

Advanced Quick Passing Game Execution

This manual teaches quarterbacks how to think fast, identify the defense, confirm the read, and throw the quick game with discipline. The quarterback must learn to see it, know it, and throw it without guessing.

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- Chapter 2 — Recognizing Defensive Fronts
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- FINAL EXAM CLASSROOM PHOTO**
(Insert uploaded classroom photo here)
- Final Examination
- Final Exam Answer Key
- 80% Passing Score Certificate

INTRODUCTION

Why This Manual Matters

The quick passing game is not just short throws. It is fast decisions, clean footwork, disciplined eyes, and accurate execution. A quarterback who understands the quick game can protect the offense, punish soft coverage, beat pressure, and keep the chains moving.

Book 3A stands on its own as the advanced quick passing game execution manual. It focuses on the first five teaching points: mindset, fronts, linebackers, secondary structure, and progressions. The goal is simple: make the quarterback think faster before the snap and play with confidence after the snap.

Coach Dixon's standard: See It. Know It. Throw It.

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★★★ QUICK PASSING GAME SERIES ★★★
BOOK 3
★★★
CHAPTER 1
THE QUICK GAME MINDSET
SEE IT. KNOW IT. THROW IT.

- ★ THINK FAST BEFORE THE SNAP
- ★ IDENTIFY DEFENSE WITH PURPOSE
- ★ MAKE SIMPLE DECISIONS
- ★ DELIVER ACCURATE QUICK PASSES
- ★ WIN WITH CONFIDENCE

*MAKE FAST DECISIONS.
★★★★★
MAKE WINNING PLAYS.*

THE COMPLETE QUARTERBACK DEVELOPMENT SYSTEM

SCAN QR CODES TO WATCH VIDEOS THAT BRING EACH CHAPTER TO LIFE!

JT BY COACH DAVID DIXON
★★★ FOUNDER OF JUST THROW ITX ★★★

CHAPTER 1

THE QUICK GAME MINDSET

“See It. Know It. Throw It.”

COACH DIXON’S QB CHALLENGE

Watch the videos. Learn the lesson. Watch them again.

Can you recognize it faster the second time?

WATCH BEFORE YOU CONTINUE

The videos below reinforce the concepts taught in this chapter. Watch them before reading whenever possible. If using a printed manual, scan the QR code. If using the digital version, click the video link.

Video 1 – Developing the Quick Game Mindset: Learn how elite quarterbacks prepare mentally before the ball is snapped.

https://youtu.be/S2aa1m_ZwGg?is=YN55Cd5Nb9DYi0jv

Video 2 – Quick Game Timing and Rhythm: Learn why the ball must come out on time and on target.

<https://youtu.be/VziNiwCTXnQ?is=75-bwobjVGPpZfm>

Purpose of the Chapter

The quick game mindset starts before the snap. The quarterback must identify leverage, understand where the quick answers are, and know where the ball should go if the defense gives pressure or soft access.

The quarterback cannot hold the football and hope. He must trust his preparation, trust his feet, and trust the read. Quick game football rewards quarterbacks who are decisive.

Key Coaching Points

- Think fast before the snap.
- Identify the defense with purpose.
- Make simple decisions.
- Deliver accurate quick passes.
- Win with confidence.

Coach Dixon’s Teaching Point

A quarterback does not need to make the game complicated. He needs to recognize what the defense is giving him, get the ball out fast, and keep the offense on schedule.

Chapter Review

1. What is the most important pre-snap teaching point from Chapter 1?
2. What should the quarterback identify before the ball is snapped?
3. How does this chapter help the quarterback play faster?

Chapter 2

CHAPTER 2

RECOGNIZE. IDENTIFY. DECIDE.
SEE IT - KNOW IT - THROW IT

COMMON DEFENSIVE FRONTS

4-3 OVER

3-4 ODD

NICKEL

KEYS

- ★ # OF DOWN LINEMEN
- ★ LINEBACKER ALIGNMENT
- ★ SAFETY ALIGNMENT
- ★ CORNER ALIGNMENT

★ **RECOGNIZING DEFENSIVE FRONTS** ★



VIDEO INSTRUCTION – WATCH BEFORE YOU READ

The videos below will help you understand the key teaching points in this chapter. Click the links to watch.



[Video 1 – Recognizing Defensive Fronts](#)

[Click here to watch on YouTube](#)



[Video 2 – Identifying the Number of Down Linemen](#)

[Click here to watch on YouTube](#)

WHAT YOU WILL LEARN IN THIS CHAPTER

- What a defensive front is and why it matters.
- How to identify the number of down linemen.
- Common defensive front alignments.
- How defensive fronts affect your pre-snap reads and quick game decisions.

KEY COACHING POINT

“You can’t make the right decision if you don’t first identify what’s in front of you.”

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QUICK PASSING GAME SERIES

SEE IT. KNOW IT. THROW IT.

CHAPTER 2

RECOGNIZING DEFENSIVE FRONTS

Recognize. Identify. Decide.

WATCH BEFORE YOU READ

The videos below help you understand the key teaching points in this chapter. Click the links to watch.

Video 1 – Recognizing Defensive Fronts

<https://youtu.be/kzL9TdjT6yQ?is=TwDgeUfSTvukJ32d>

Video 2 – Identifying the Number of Down Linemen

https://youtu.be/ovSykrb5cvM?is=XyjWaZt1owwXa_3W

What You Will Learn

- What a defensive front is and why it matters.
- How to identify the number of down linemen.
- Common defensive front alignments.
- How defensive fronts affect your pre-snap reads and quick game decisions.

Purpose of the Chapter

The quarterback must know what is in front of him before he can make the right throw. Defensive fronts tell the quarterback where pressure may come from, where the protection may be stressed, and where the quick answer may be located.

A front is the alignment of the defensive linemen and nearby second-level defenders. The quarterback should count the down linemen, locate the linebackers, and identify whether the defense is balanced, overloaded, or showing pressure.

Common Fronts

- 4-3 Over or Under front.
- 3-4 Odd front.
- Nickel front.
- Even front with four down linemen.
- Bear or heavy front near the line of scrimmage.

Coach Dixon's Teaching Point

You cannot make the right decision if you do not first identify what is in front of you.

Chapter Review

4. What is the most important pre-snap teaching point from Chapter 2?
5. What should the quarterback identify before the ball is snapped?
6. How does this chapter help the quarterback play faster?

Chapter 3

CHAPTER 3

KNOW THE DEFENSE BEFORE IT MOVES.

UNDERSTANDING LINEBACKER ALIGNMENT

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QUICK PASSING GAME SERIES

SEE IT. KNOW IT. THROW IT.

UNDERSTAND. LOCATE. EXPLOIT.
SEE IT - KNOW IT - THROW IT

LINEBACKER ALIGNMENTS

INSIDE LINEBACKER (MIKE)
E N T E
O O O O
MIDDLE - RUN FITTER
COMMUNICATOR

WEAK LINEBACKER (WILL)
E N T E
O O O O
W
WEAK SIDE - RUN SUPPORT
COVERAGE RESPONSIBILITY

STRONG LINEBACKER (SAM)
E N T E
O O O O
S
STRONG SIDE - CONTAIN
PASS RUSHER

KEYS

- ★ DEPTH OF LINEBACKERS
- ★ ALIGNMENT SHIFTS
- ★ EYES AND SHOULDER CLUES
- ★ REACTION TO FORMATION

VIDEO INSTRUCTION - WATCH BEFORE YOU READ

The videos below will help you understand the key teaching points in this chapter. Click the links to watch.

[Video 1 - Understanding Linebacker Alignments](#)
Click here to watch on YouTube

[Video 2 - Reading Linebacker Depth and Movement](#)
Click here to watch on YouTube

WHAT YOU WILL LEARN

- The roles of the Mike, Will, and Sam linebackers.
- How linebacker alignment affects run and pass defense.
- How to read linebacker depth and leverage.
- How linebacker movement reveals defensive intentions.
- How to use linebacker alignment in your pre-snap reads.

KEY COACHING POINT

“Linebackers tell the truth about the defense. Learn to hear what they are saying before the snap.”

CHAPTER 3

READING LINEBACKERS

Understand. Locate. Exploit.

WATCH BEFORE YOU READ

Video 1 – Understanding Linebacker Alignments

https://youtu.be/zSZd2PhwG7Q?is=-klqh_0tcLh8F0-8

Video 2 – Reading Linebacker Depth and Movement

<https://youtu.be/VziNiwCTXnQ?is=h8yC5zYrFjFwHKil>

What You Will Learn

- The roles of the Mike, Will, and Sam linebackers.
- How linebacker alignment affects run and pass defense.
- How to read linebacker depth and leverage.
- How linebacker movement reveals defensive intentions.
- How to use linebacker alignment in your pre-snap reads.

Purpose of the Chapter

Linebackers tell the truth about the defense. Their width, depth, leverage, and movement can reveal pressure, coverage rotation, or the area the defense is trying to protect.

The quarterback must know the middle linebacker, understand where the overhang defenders are, and recognize whether linebackers are walked up, stacked, shaded, or widening with slot receivers.

Key Coaching Points

- Identify the Mike linebacker.
- Recognize linebacker depth.
- Watch eyes, stance, and movement.
- Understand overhang defenders.
- Confirm the read after the snap.

Coach Dixon's Teaching Point

Linebackers tell the truth about the defense. Learn to hear what they are saying before the snap.

Chapter Review

7. What is the most important pre-snap teaching point from Chapter 3?
8. What should the quarterback identify before the ball is snapped?
9. How does this chapter help the quarterback play faster?



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QUARTERBACK
DEVELOPMENT SYSTEM

CHAPTER 4

DEFENSIVE SECONDARY STRUCTURE

SEE IT - KNOW IT - THROW IT

THE SECONDARY IS THE LAST LINE OF DEFENSE.
UNDERSTAND THEIR ALIGNMENT. ANTICIPATE THEIR COVERAGE.



DISCIPLINE
FOCUS
DETAILS
TOUGHNESS

COMMON SECONDARY ALIGNMENTS

COVER 0 (MAN)	COVER 2 (ZONE)	COVER 3 (ZONE)	COVER 4 (ZONE)	COVER 6 (ZONE)
MAN COVERAGE NO SAFETY HELP OVER THE TOP	TWO SAFETIES DEEP HALF FIELD COVERAGE MIDDLE OPEN	THREE DEEP ONE SAFETY MIDDLE THIRDS COVERAGE	FOUR DEEP QUARTERS COVERAGE ALL ZONES COVERED	TWO DEEP FOUR UNDERNEATH COMBO COVERAGE

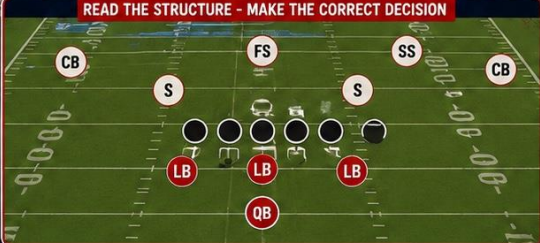
KEY POINTS

- LOCATE THE SAFETIES FIRST
- COUNT THE DEEP DEFENDERS
- IDENTIFY CORNER ALIGNMENT & DISTANCE
- RECOGNIZE ZONE VS. MAN STRUCTURES
- USE ALIGNMENT TO ANTICIPATE COVERAGE & BLITZES

WHAT TO LOOK FOR

- ✓ HOW MANY SAFETIES ARE DEEP?
- ✓ WHERE ARE THEY ALIGNING?
- ✓ CORNERBACK ALIGNMENT & DEPTH
- ✓ IS THE DEFENSE IN ZONE OR MAN?
- ✓ DOES ANYTHING LOOK UNUSUAL?

READ THE STRUCTURE - MAKE THE CORRECT DECISION



COACH DIXON'S POINT

"THE SECONDARY REVEALS THE COVERAGE. YOUR JOB IS TO SEE IT FIRST. THEN ATTACK IT WITH CONFIDENCE."

SEE IT. KNOW IT. THROW IT.

CHAPTER 4

DEFENSIVE SECONDARY STRUCTURE

The secondary reveals the coverage.

WATCH BEFORE YOU READ

Video 1 – Defensive Secondary Structure

<https://youtu.be/ywFXMI1X-Ys?is=TI8LzP4fXmssnDOB>

Video 2 – Reading Coverage Structure

<https://youtu.be/joChlj1yxFc?is=AgRt1QjpM1JYMnP0>

Purpose of the Chapter

The secondary is the last line of defense. The quarterback must understand their alignment and anticipate the coverage before the ball is snapped.

The quarterback should locate the safeties first, count the deep defenders, identify cornerback alignment, and decide whether the defense is showing man, zone, or pressure indicators.

What To Look For

- How many safeties are deep?
- Where are they aligned?
- Are cornerbacks pressed, off, inside, or outside?
- Is the defense in zone or man structure?
- Does anything look unusual?

Common Secondary Structures

- Cover 0 — no safety help, man pressure structure.
- Cover 1 — one high safety with man coverage underneath.
- Cover 2 — two high safeties with squat or rolled corners.
- Cover 3 — one high safety with three deep zones.
- Cover 4 — four deep defenders and quarters principles.
- Cover 6 — quarter-quarter-half structure.

Coach Dixon's Teaching Point

The secondary reveals the coverage. Your job is to see it first, then attack it with confidence.

Chapter Review

10. What is the most important pre-snap teaching point from Chapter 4?
11. What should the quarterback identify before the ball is snapped?
12. How does this chapter help the quarterback play faster?

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QUARTERBACK TRAINING

5

COACH DIXON
Coach Dixon

CHAPTER

QUICK GAME PROGRESSIONS

SEE IT. KNOW IT. THROW IT.

THE QUARTERBACK
LEADER
DECISION MAKER
DIFFERENCE MAKER
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1 → 2 → 3

JTXX
★
SEE IT.
KNOW IT.
THROW IT.

12

7

3

JTXX
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QUARTERBACK TRAINING

CHAPTER 5

QUICK GAME PROGRESSIONS

1 → 2 → 3

WATCH BEFORE YOU READ

Video 1 – Quick Game Progression Reads

https://youtu.be/S2aa1m_ZwGg?is=AF1LquJbxAeuTY67

Video 2 – Quick Game Timing and Answers

<https://youtu.be/L6jIEUcx2xg?is=SjNxdsNUhqvRYXBL>

Purpose of the Chapter

Quick game progressions teach the quarterback where to put his eyes and how to move from one answer to the next. The quarterback does not drift, panic, or stare down one receiver. He follows the progression and throws the ball on time.

Progressions protect the quarterback from guessing. They give him a plan: identify the best leverage, confirm the first read, move to the second read if needed, and use the checkdown when the defense takes away the primary throw.

What You Will Learn

- How to work from the first read to the second read.
- How to use quick game rhythm.
- How to avoid holding the ball.
- How to understand slant, hitch, quick out, stick, and spacing concepts.
- How to stay disciplined when the first option is covered.

Quick Game Rules

- Pre-snap picture first.
- Eyes move with purpose.
- Feet match the concept.
- Ball comes out on time.
- Take the completion and stay on schedule.

Coach Dixon's Teaching Point

The quarterback is a leader and decision maker. A clean progression turns pressure into answers and confusion into order.

Chapter Review

13. What is the most important pre-snap teaching point from Chapter 5?
14. What should the quarterback identify before the ball is snapped?
15. How does this chapter help the quarterback play faster?

CHAPTER REVIEW QUESTIONS

16. Explain the phrase “See It. Know It. Throw It.”
17. Why does the quick game require fast decisions?
18. What does a defensive front tell the quarterback?
19. Why must the quarterback count the down linemen?
20. What can linebacker depth and leverage reveal?
21. Why is identifying the Mike linebacker important?
22. What should the quarterback locate first in the secondary?
23. How do safety alignments help identify coverage?
24. Why are progressions important in the quick game?
25. What does it mean to stay on schedule?

FINAL EXAMINATION

26. What is the main purpose of the quick passing game?
27. What does "See It. Know It. Throw It." mean for a quarterback?
28. Why must the quarterback identify the defensive front?
29. Name two common defensive fronts.
30. What information can linebackers give before the snap?
31. Why is the Mike linebacker important?
32. What should the quarterback look for when reading the secondary?
33. What is the difference between one-high and two-high safety structure?
34. Why should the quarterback avoid staring at one receiver?
35. What is a quick game progression?
36. How does quick game rhythm protect the quarterback?
37. What should the quarterback do if the first read is covered?
38. Why is leverage important in the quick game?
39. How can quick game concepts beat pressure?
40. What is the quarterback's job before the snap?
41. What is the quarterback's job after the snap?
42. Why should the quarterback take easy completions?
43. What does it mean to keep the offense on schedule?
44. How does preparation create confidence?
45. What is Coach Dixon's standard for Book 3A?

Passing Score: 80% or higher.

FINAL EXAM ANSWER KEY

1. Make fast, accurate decisions and get the ball out on time.
2. Recognize the defense, understand the answer, and deliver the throw.
3. The front shows pressure, protection stress, and possible quick answers.
4. Examples: 4-3, 3-4, nickel, even, bear.
5. Depth, leverage, pressure indicators, and coverage clues.
6. He helps set the protection and identifies the middle of the defense.
7. Safeties, corner alignment, depth, leverage, and unusual movement.
8. One-high usually shows a middle-field-closed look; two-high shows middle-field-open structure.
9. It allows defenders to break on the throw and takes the quarterback off rhythm.
10. A planned order of reads from first option to second option to checkdown.
11. It prevents sacks, hesitation, and late throws.
12. Move through the progression and take the correct answer.
13. Leverage shows where the defender is vulnerable.
14. It gives the quarterback built-in fast answers.
15. Identify front, linebackers, secondary, and leverage.
16. Confirm the picture and throw on time.
17. Completions keep the offense ahead of the chains.
18. Avoid negative plays and stay in manageable down-and-distance.
19. Preparation removes hesitation.
20. See It. Know It. Throw It.

80% PASSING SCORE CERTIFICATE



This certificate is awarded after successful completion of Book 3A and a passing score of 80% or higher on the final examination.

Clickable Video Links

Chapter 1

https://youtu.be/S2aa1m_ZwGg?is=YN55Cd5Nb9DYi0jv

<https://youtu.be/VziNiwCTXnQ?is=75-bwobjVGPPzfm>

Chapter 2

<https://youtu.be/kzL9TdjT6yQ?is=TwDgeUfSTvukJ32d>

https://youtu.be/ovSykrb5cvM?is=XyjWaZt1owwXa_3W

Chapter 3

https://youtu.be/zSZd2PhwG7Q?is=-klqh_0tcLh8F0-8

<https://youtu.be/VziNiwCTXnQ?is=h8yC5zYrFjFwHKil>

Chapter 4

<https://youtu.be/ywFXMI1X-Ys?is=TI8LzP4fXmssnDOB>

<https://youtu.be/joChlj1yxFc?is=AgRt1QjpM1JYMnP0>

Chapter 5

https://youtu.be/S2aa1m_ZwGg?is=AF1LquJbxAeuTY67

<https://youtu.be/L6jlEUcx2xg?is=SjNxdsNUhqvRYXBL>