

## JUSTTHROWITTX – QB DEVELOPMENT LEVELS (AGES 7–18+)

### LEVEL 1: YOUTH BEGINNER QBs (AGES 7–10)

Goal: Build confidence, fun, and basic mechanics.

Skills:

- Grip, stance, base
- Wrist flicks, 5–7 yard throws
- Simple footwork, balance, coordination
- Pocket movement: one-step slide

Cues:

- “Elbow up.”
- “Aim with your eyes.”
- “Slow feet, smooth throw.”

### LEVEL 2: YOUTH DEVELOPING QBs (AGES 11–14)

Goal: Build the foundation of real quarterbacking.

Skills:

- 1-step, 3-step drops, gun footwork
- Hitch + reset steps
- Slants, outs, hitches
- Throwing on the move
- Basic defensive shell ID

Cues:

- “Feet first, arm last.”
- “Load the hip, then go.”
- “Climb, don’t drift.”

### LEVEL 3: HIGH SCHOOL QBs (AGES 15–18)

Goal: Build complete high school quarterbacks.

Skills:

- Full mechanics + sequencing
- Full pocket movement
- Timing routes with WRs
- R4-style concepts
- Coverage ID (Cover 0–7)
- Offscript movement

Cues:

- “Find Waldo.”
- “Watch the safeties.”
- “Throw from a firm front leg.”

### LEVEL 4: COLLEGE / ADULT QBs

Goal: Advanced refinement and football IQ.

Skills:

- Offplatform throws
- Full progression reads
- Situational football
- Arm talent sequencing

CONTACT:

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