



The Snap



Under Center Snap Basics

Purpose: To teach and reinforce the proper technique for snapping the football

Equipment: One cone for every two players. One ball for every two players.

The Drill: Have players pair up and alternate snapping the ball, with the quarterback directly behind the center. Have each player perform a few under-center snaps, with players rotating at quarterback.



Coaching Points:

This may seem like a very simple drill, but the skill being taught is extremely important, as every play begins with a snap.

Proper technique begins with the center grasping the ball in a similar fashion to which he would grasp the ball to throw a pass. The center's feet should be slightly more than shoulder width apart, and his knees should be bent.

The center executes the snap on the quarterback's signal (set - hike, or whatever cadence you choose). The snap is performed by lifting the ball back towards the quarterback while rotating the wrist 90 degrees. The laces of the football should be parallel to the ground when the quarterback receives the ball.

The quarterback should be directly under center with his eyes forward, not looking under the center's legs for the ball.



Shotgun Snap Basics

Purpose: To teach and reinforce the fundamentals of the shotgun snap

Equipment: One cone for every two players. One ball for every two players.

The Drill: Have players pair up and alternate snapping the ball, with the quarterback starting around five yards behind the center. As players successfully complete consecutive snaps, have them increase the distance.

Coaching Points:

In most non-contact flag football leagues, the defense is allowed to send a pass rusher on an immediate and unobstructed path to the quarterback immediately after the snap. It is imperative that your team master the shotgun snap, as greater distance, speed, and accuracy of the snap will increase the amount of time it will take the pass rusher to reach your quarterback.

The center should grip the ball in the same manner as if they are throwing a pass, with the fingers spread apart on the laces of the football. The center should bend his or her knees, bend at the waist, touch the football to the ground, and look at the quarterback through his or her legs.

There are a number of different ways to teach this skill. Start out with the center throwing the ball back between their legs, just as if they are throwing a pass to the quarterback.

Next, try having the center lock their wrist and perform the same motion. This can increase accuracy, as there are fewer moving parts to account for, and the trajectory is largely determined by the center's release point.

If your center is consistently over-shooting your quarterback, have them rest their elbow against their knee when they snap the ball.

Start out with the center maintaining visual contact with the quarterback until after the quarterback catches the snap. You can eventually work towards having your center looking down field as they snap the ball after they've established the quarterback's position.



Eyes Up High

Purpose: To teach the quarterback to have their eyes down field as they receive the snap.

Equipment: Two cones and one ball for each station.

The Drill: Set up one station per coach. Two players are active per station. Have additional players line up behind the drill (X). Have the first player set up as center (B), while the second player sets up as quarterback (A). The quarterback should be positioned under center.

Have the quarterback call out a three part cadence (i.e. Ready, Set, Hike). After the second part of the cadence, the coach (C) holds up a number of fingers. Have the quarterback call out the number of fingers being held up. As the quarterback calls the third part of the cadence, the center should snap the ball, and the coach should simultaneously flash a different number. The quarterback calls out the second number the coach flashes immediately after receiving the snap.

The coach should immediately close his hand to disguise the number of fingers held immediately after the snap.



Rotation goes from A->B->X

Coaching Points:

Make sure that once your quarterback is positioned under center, his eyes stay down field. Reinforce points from *Under Center Snap Basics*.



Shotgun Distance Progression

Purpose: To reinforce proper technique in the shotgun snap

Equipment: Twelve cones. One ball for every two players.

The Drill: Divide players into pairs. Set-up two rows of six cones far enough apart so that each pair can fit between the cones. Have each pair start with the center (A) at the first cone (1) and the quarterback (B) at the second cone (2). The coach will call out the snap cadence (i.e. Ready, Set, Hike). Each center will then snap the ball to their partner. If the snap is completed successfully, the quarterback will move back to the third cone (3). If the snap is not completed, the quarterback stays at cone two.

Repeat for ten repetitions, with quarterbacks advancing to the next cone on successful attempts and staying put after unsuccessful attempts. Progression distance will vary by age. Use trial and error to determine the right distance for your team.



Coaching Points:

Reinforce points from *Shotgun Snap Basics*. This drill is also helpful in determining the ideal distance between center and quarterback in game situations.



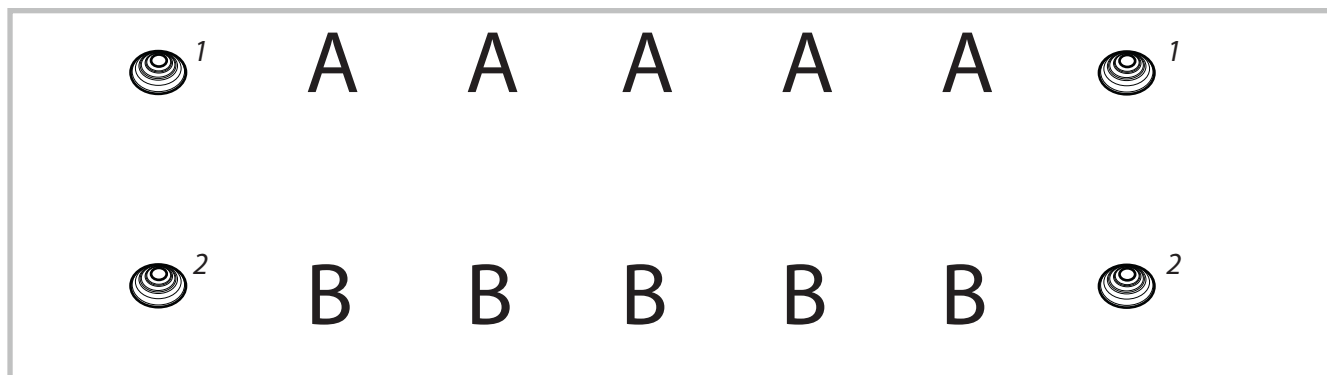
Shotgun Accuracy

Purpose: To reinforce proper technique in the shotgun snap

Equipment: Four cones. One ball for every two players.

The Drill: Determine the ideal distance between center and quarterback for your group using the *Shotgun Distance Progression* drill. Divide players into pairs. Set up two pairs of cones at the prescribed distance with enough space in between to accommodate your paired players.

The center (A) is positioned at the first cone (1), while the quarterback (B) is positioned at the second (2). On your cadence (i.e. Ready, Set, Hike), each center will snap the ball to his partner. Repeat 20-30 times, then have partners switch roles. Have your player keep track of the maximum number of consecutive successful snaps achieved.



Coaching Points:

Reinforce points from *Shotgun Snap Basics*.



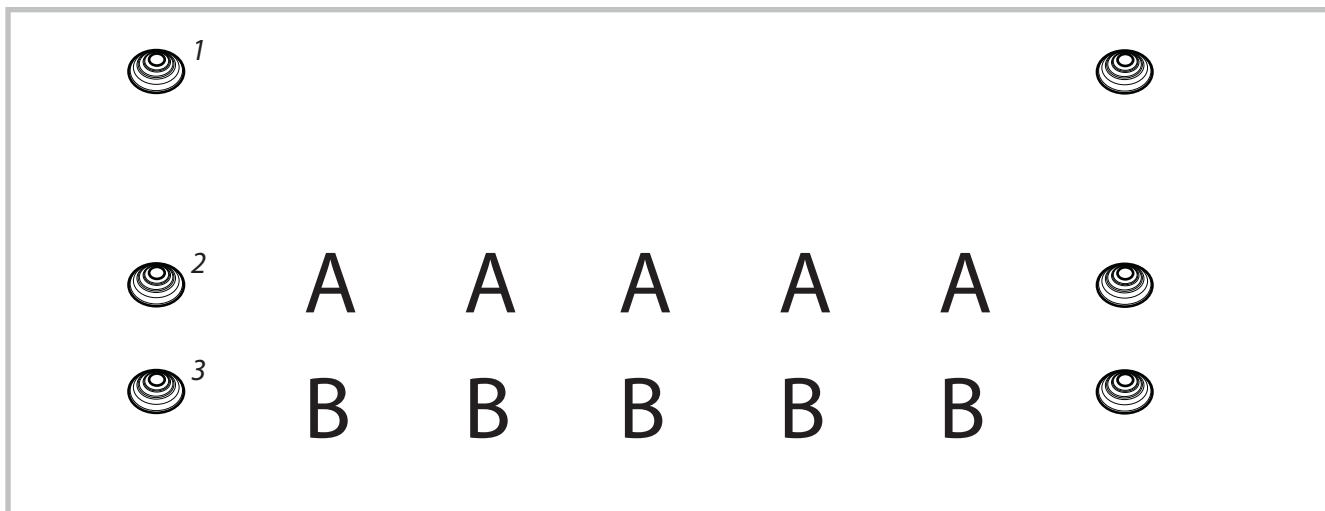
Center Off the Line

Purpose: To teach the center to get off the line of scrimmage after the snap

Equipment: Six cones. One ball for every two players.

The Drill: Divide players into pairs. Set-up two rows of three cones far enough apart so that each pair can fit between the cones. Have each pair start with the center (A) at the second cone (2) and the quarterback (B) at the third cone (3). The coach will call out the snap cadence (i.e. Ready, Set, Hike). Each center will then snap the ball to their partner.

After the snap, the center runs a five-yard curl route to the first cone (1), and the quarterback throws the ball. Run 5-10 repetitions and have partners switch roles.



Coaching Points:

Reinforce points from *Shotgun Snap Basics*. The goal is to have the center get off the line quickly and complete their route.



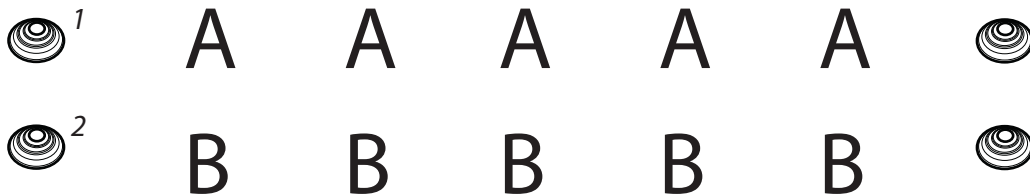
Center Snap Count

Purpose: To teach the center to snap the ball with different types of counts

Equipment: Six cones. One ball for every two players.

The Drill: Divide players into pairs. Set-up two rows of three cones far enough apart so that each pair can fit between the cones. Have each pair start with the center (A) at the first cone (1) and the quarterback (B) at the second cone (2). The coach will instruct the group on the desired snap count. For instance, "on two" would indicate that the center should snap the ball on the second snap indicator (i.e. "Ready, Set, Hike, Hike").

Repeat 5-10 times, with the quarterback under center, and 5-10 times with quarterback lined up for the shotgun snap.



Coaching Points:

Reinforce points from *Shotgun Snap Basics* and *Under Center Snap Basics*. You can also instruct your players on a variety of silent snap counts. With a silent snap, the quarterback indicates to the center through a body movement when they are ready for the snap. The most common movement is for the quarterback to lift his knee to indicate readiness.