

### Foot position throwing to left



Left foot comes out first, turn heel inside at a 45 degree angle which opens the hips, push off instep of front foot.

### Foot position throwing to right



Right foot comes out first, turn heel inside at a 45 degree angle which opens the hips, push off instep of front foot.

Quarterback throwing to another quarterback should be at a distance of 15 yards apart, take a two step drop throwing to the left side first for two minutes then to the right side.