

3 Step



Depth  
4 yards

5 Step



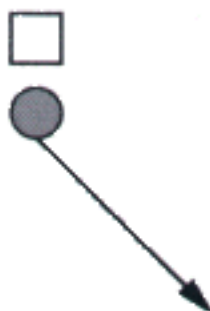
Depth  
7 yards

7 Step



Depth  
9 yards

Sprint Rt.



Square shoulders to  
throw at 5 yards deep and 5  
yards outside the tackle

Sprint Lt.



Set - up drill is designed to develop techniques in setting up for 3, 5, 7, and sprint out pass routes. The quarterback will take his snap and set accordingly. Make sure quarterback is balanced when he sets up to throw.