



The purpose for the step over drill is to develop quick feet. The quarterback steps over the bag with both feet, then steps over and back for a ten second period to see how many times he can step over the bag set and throw. The main coaching point here is to make sure the QB doesn't jump or hop; don't cross the feet. Use a step over. After stepping back and forth for ten seconds set-up and throw to another quarterback and then he repeats the same process.