

Quarterback Fakes

Quarterbacks are often called upon to fake a handoff and then give to a second back or even roll out and pass. Many times the QB will not place the ball all the way in the pocket because he is afraid the back will “take” the ball or he doesn’t realize that not putting the ball all the way in is an easy read for the defense. Therefore, holding the ball with both hands in the middle is the most secure grip for a fake (actually I teach the QB to have his pass grip with one hand and have the other hand opposite the grip hand on the ball). When taking the ball out, the QB should roll his wrist under towards him and push the back away with his nearest forearm. When a QB is confident he can control the ball, he will be willing to put the ball in deeply to make a convincing fake.

Submitted by Mike Stanley