



Off Season 'Daily Method of Operation'

Warm Up

- After dynamic warm up
- Toss the Ball
- 8-10 Double Twist Follow Through
 - 10 Yards Apart
 - Feet wide apart
 - Rotate torso to off hand then back to throwing hand side.
 - Throw ball over the top to partner
 - In one motion follow through down and between legs.
- Back up and toss a little farther as needed.
- Start snapping easy at preferred distance. (ie. 10-12-14)
 - Don't spend more than two reps at short yardage without moving back.

(You only get 2 snaps at 10 yards before moving back to 12 and so on.)
- You should be warm in 10 or less snaps.

Live Snaps

- Every reps counts, including the first one. (No Mulligans)
- 15-20 quality snaps.
- Start with the ball on the ground. (like a ref spotted it)
- Go through the same timing/rhythm you would have with a cadence.

Snapping Laces

Consistency is the goal, so if snapper is laces back 100% of the time that is better than 50/50.

Just move the yardage a half yard back.