

East Coast Elite QB/WR Leadership and Skills Academies

Day #1 SCHEDULE

Two Group Rotation

8:00 – 9:00 AM	Registration- Note: WR Registration starts at 8:30 AM	
9:00 – 9:45 AM	QB's release will be filmed. QB's will be assigned a number for release evaluation.	
10:00 – 10:10 AM	Camp expectations and introduction of staff- Camp Picture	
10:10 – 10:20 AM	Group breakdowns- Divide QB-WR in two groups	
10:20 – 10:50 AM	Coach Masters- Introduction to Leadership Program- on the field	
10:50 – 11:20 AM	<u>QB's:</u> Explain the five parts of the release and cover knee, line drills, soft toss and dart toss <u>WR's:</u> Introduction to fundamental stations	
11:25 – 11:55 AM	Group #1 QB-WR <i>on the field</i> Station Rotations- Part I (10 minutes each) <u>QB's:</u> 1. 1- Step Drop 2. 3- Step Drop under Center 3. 3- Step Drop Gun <u>WR's:</u> 1. Making the break 2. Releases, Stance, Starts, Fade 3. 3- Step Routes 5 yd. out, 5 yd. slant, 5 yd. hitch	Group #2 Classroom Instruction- Session I Leadership with Coach Masters
11:55 AM	Lunch	
12:45 – 1:30 PM	All QB's and WR in classroom. Power Point Presentation on Coverages- Cov. 1-2-3-4	
1:35 PM	Camp Warm-up- Knee & Line Drills- WR Catch for QB's	
1:40 – 2:10 PM	Group #1 Classroom Instruction- Session I Leadership with Coach Masters	Group #2 <i>on the field</i> Station Rotations Part I (10 minutes each) <u>QB's:</u> 1. 1- Step Drop 2. 3- Step Drop under Center 3. 3- Step Drop Gun <u>WR's:</u> 1. Making the break 2. Releases, Stance, Starts, Fade 3. 3- Step Routes 5 yd. out, 5 yd. slant, 5 yd. hitch
2:15 – 2:45 PM	Group #1 <i>on the field</i> Station Rotations Part II (10 minutes each) <u>QB's:</u> 1. 5- Step Drop under Center 2. 5- Step Drop Gun 3. Down the Line Drill, Swivel Hips, Backward Run, Kerioki Drop <u>WR's:</u> 1. Catching Drills 2. Blocking: Slow block, bubble screen, slip screen 3. 5-Step Game- Curl, 10yd. out, post, comeback	Group #2 Classroom Instruction Session II Leadership with Coach Masters
2:45 PM	5 minute break	
2:50 – 3:20 PM	Group #1 Classroom Instruction Session II Leadership with Coach Masters	Group #2 <i>on the field</i> Station Rotations Part II (10 minutes each) <u>QB's:</u> 1. 5- Step Drop under Center 2. 5- Step Drop Gun 3. Down the Line Drill, Swivel Hips, Backward Run, Kerioki Drop <u>WR's:</u> 1. Catching Drills 2. Blocking: Slow block, bubble screen, slip screen 3. 5-Step Game- Curl, 10yd. out, post, comeback
3:20 PM	5 minute break	

3:25 – 3:45 PM	Group #1 and #2 <i>on the field</i> demonstration Cover 3 and Cover 2. Leverage	
3:45 – 4:15 PM	Group #1 <i>on the field</i> 1. Sprint- out from Under Center- Comeback, 10 yd. out 2. Sprint- out from Gun- 5 yd. out, 6 yd. hitch 3. Drills to throw on the run: - Figure Eights - Scramble Drill off 5- Step Drop - Down the Line <u>WR's</u> : Breakdown into 2 groups and service the QB's at Station #1 & #2	Group #2 Classroom Instruction Session III Leadership with Coach Masters
4:15 PM	Break	
4:20 – 4:50 PM	Group #1 Classroom Instruction Session III Leadership with Coach Masters	Group #2 <i>on the field</i> 1. Sprint- out from Under Center- Comeback, 10 yd. out 2. Sprint- out from Gun- 5 yd. out, 6 yd. hitch 3. Drills to throw on the run: - Figure Eights - Scramble Drill off 5- Step Drop - Down the Line <u>WR's</u> : Breakdown into 2 groups and service the QB's at Station #1 & #2
4:50 PM	Review afternoon sessions	
5:00 PM	Camp ends for the day	

* Day #2 Starts at 9:00 AM *

BE ON TIME AND READY TO GO.

“You only live once, but if you do it right, once is enough.”

-Joe. E. Lewis

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2011

Day #2 SCHEDULE

Two Group Rotation

9:00 AM	Camp Starts	
9:10 AM	Group #1 QB-WR <i>on the field</i> Station Rotations- Part I (10 minutes each) QB's: 1. 1- Step Drop 2. 3- Step Drop under Center 3. 3- Step Drop Gun WR's: 1. Making the break 2. Releases, Stance, Starts, Fade 3. 3- Step Routes 5 yd. out, 5 yd. slant, 5 yd. hitch	Group #2 Classroom Session V Topic: Cover 1 – Cover 2 – Cover 3 Speaker: Tim Lucci
9:45 AM	Group #1 Classroom Session V Topic: Cover 1 – Cover 2 – Cover 3 Speaker: Tim Lucci	Group #2 QB-WR <i>on the field</i> Station Rotations- Part I (10 minutes each) QB's: 1. 1- Step Drop 2. 3- Step Drop under Center 3. 3- Step Drop Gun WR's: 1. Making the break 2. Releases, Stance, Starts, Fade 3. 3- Step Routes 5 yd. out, 5 yd. slant, 5 yd. hitch
10:20 AM	Group #1 <i>on the field</i> Station Rotations Part II (10 minutes each) QB's: 1. 5- Step Drop under Center 2. 5- Step Drop Gun 3. Down the Line Drill, Swivel Hips, Backward Run, Kerioki Drop WR's 1. Catching Drills 2. Blocking: Slow block, bubble screen, slip screen 3. 5-Step Game- Curl, 10yd. out, post, comeback	Group #2 Classroom Session VI Topic: Pass Protection Speaker: Mark Evans
10:55 AM	Group #1 Classroom Session VI Topic: Pass Protection Speaker: Mark Evans	Group #2 <i>on the field</i> Station Rotations Part II (10 minutes each) QB's: 1. 5- Step Drop under Center 2. 5- Step Drop Gun 3. Down the Line Drill, Swivel Hips, Backward Run, Kerioki Drop WR's 1. Catching Drills 2. Blocking: Slow block, bubble screen, slip screen 3. 5-Step Game- Curl, 10yd. out, post, comeback
11:30 AM	Group #1 <i>on the field</i> 1. Sprint- out from Under Center- Comeback, 10 yd. out 2. Sprint- out from Fun- 5 yd. out, 6 yd. hitch 3. Drills to throw on the run: - Figure Eights - Scramble Drill off 5- Step Drop - Down the Line WR's: Breakdown into 2 groups and service the QB's at Station #1 & #2	Group #2 Classroom Session VII Leadership with Coach Masters
12:05 PM	Lunch	
1:00 PM	Warm-up	

1:10 PM	Group #1 Classroom Session VII Leadership with Coach Masters	Group #2 <i>on the field</i> 1. Sprint- out from Under Center- Comeback, 10 yd. out 2. Sprint- out from Fun- 5 yd. out, 6 yd. hitch 3. Drills to throw on the run: - Figure Eights - Scramble Drill off 5- Step Drop - Down the Line WR's: Breakdown into 2 groups and service the QB's at Station #1 & #2
1:45 PM	<u>COMPETITION</u>	
2:45 PM	Camp Final Remarks	
3:00	End Camp	

“Don't let winning make you soft. Don't let losing make you quit. Don't let your teammates down in any situation.”
-Larry Bird