

**EAST COAST ELITE QB
TWO DAY CAMP SCHEDULE
JAN – FEB – MARCH - APRIL**

Day #1

- 9:00 AM Registration Starts
- 9:15 AM Film Release
- 10:00 AM Welcome – Camp Goals – Introduce Staff – Group Breakdown
- 10:10 AM ***Quarterbacks***
Five Major Points of the Release:
1. Power position- weight on back foot
 2. Neutral position- Elbow above shoulder line, elevate the elbow
 3. Weight transfer- back foot to front foot
 4. Front foot just slightly left of target. You are throwing down an 18’ hallway. Step to left 9” and throw to the right 9”.
 5. Follow through with elbow breaking plane of back. Extension to target with throwing hand with follow-through to inside of opposite thigh.
- * Important:*
- Front shoulder is your remote control- point at target
 - Aim small- Miss small
 - Replace left shoulder with right shoulder
- 10:30 AM Break quarterbacks into 7 groups- quarterbacks will rotate from station to station
Drills to Develop the Release (5 minutes/station)
1. Knee Drills
 2. Line Drills
 3. Rotation Drill
 4. Dart- Toss
 5. Sky Drill
 6. Weight Transfer Drill
 7. Perfect Throw
- 11:00 AM **Group #1** On the Field (10 minutes/station)
Group will be divide into 3 stations
Station #1 1-Step Drop
Station #2 3-Step Drop Under Center
Station #3 3-Step Drop Shotgun
- Group #2** Classroom Session #1 (30 minutes)
Topic: Attitude as it Relates to QB Play
Speaker: Mark Evans

Camp Ends for Day #1
Day #2 starts at 9:00 AM sharp

Day #2

- 9:00 PM Begin with Drills to Develop the Release
- Everyone together down the middle of the field
1. Knee Drills
 2. Line Drills
 3. Rotation Drill
 4. Dart- Toss
 5. Sky Drill
 6. Weight Transfer Drill
 7. Perfect Throw
- 9:20 AM **Group #1** On the Field (12 minutes/station)
- Station #1 1-Step Drop
- Station #2 3-Step Drop Under Center
- Station #3 3-Step Drop Shotgun
- Group #2** Classroom Session #4 (36 minutes)
- Topic: Pass Protection
- Speaker: Mark Evans
- 9:56 AM **Group #1** Classroom Session #4 (36 minutes)
- Topic: Pass Protection
- Speaker: Mark Evans
- Group #1** On the Field (12 minutes/station)
- Station #1 1-Step Drop
- Station #2 3-Step Drop Under Center
- Station #3 3-Step Drop Shotgun
- 10:32 PM **Group #1** On the Field (12 minutes/station)
- Station #1 5- Step Drop from Under Center- Hitch Step
- Station #2 5- Step Drop from the Gun
- Station #3 Down the Line Drill, Backward Run Drill, Swivel
Kerioki Drop
- Group #2** Classroom Session #5 (36 minutes)
- Topic: Defensive Fronts
- 43 – 52 - 44
- Speaker: Tim Lucci

11:08 AM	Group #1	Classroom Session #5 (36 minutes) Topic: <u>Defensive Fronts</u> 43 – 52 - 44 Speaker: Tim Lucci
	Group #2	On the Field (12 minutes/station) Station #1 5- Step Drop from Under Center- Hitch Step Station #2 5- Step Drop from the Gun Station #3 Down the Line Drill, Backward Run Drill, Swivel Kerioki Drop
11:44 AM	Group #1	On the Field (10 minutes/session) Station #1 Drills to throw on the run Figure Eights Scramble Drill off 5- Step Drop Down the line- 5 yards apart Station #2 Sprint out from Under Center - Comeback Station #3 Sprint out from the Gun – 5 yard out
	Group #2	Classroom Session #6 (30 minutes) Topic: <u>College Recruiting: Academic Requirements</u> Speaker: Mark Evans
12:15 PM	LUNCH	
11:00 PM	Group Warm-Up	
1:15 PM	Group #1	Classroom Session #6 (30 minutes) Topic: <u>College Recruiting: Academic Requirements</u> Speaker: Mark Evans
	Group #2	On the Field (10 minutes/session) Station #1 Drills to throw on the run Figure Eights Scramble Drill off 5- Step Drop Down the line- 5 yards apart Station #2 Sprint out from Under Center - Comeback Station #3 Sprint out from the Gun – 5 yard out
1:50 PM	Three Station Competition	
3:00 PM	Camp Ends	