

EAST COAST ELITE QB-WR ONE DAY CAMP SCHEDULE

8:00 AM	Registration Starts
9:00 AM	Welcome – Camp Goals – Introduce Staff – Lunch Info – Group Breakdown
9:10 AM	Wide Receivers <ul style="list-style-type: none">-Fundamentals of catching a football-Making the break-Releases-Stance and starts-Blocking-Drill Work-Stem the defender
10:10 AM	Quick Game Passing Routes <ul style="list-style-type: none">-Bubble screen-1-Step hitch-Fade-Go route-Slant-6-yrd out-6-yrd hitch
10:45 AM	5-Step Passing Game Routes <ul style="list-style-type: none">-Curl-Cross-Dig-10-yrd hook-10-yrd out
11:20 AM	Sprint-out Passing Game Routes <ul style="list-style-type: none">-Comeback-10-yrd out-Corner route-5-yrd out
11:50 AM	Rotator Cuff Exercises
12:00 PM	LUNCH
1:00 PM	Wide Receiver Fundamental Stations (3 minutes/station)
1:25 PM	Service the Quarterbacks – Quick Game <ul style="list-style-type: none">-Slant-Quick out-6-yrd hitch
1:55 PM	Service the Quarterbacks – 5-Step Game <ul style="list-style-type: none">-Curl-Dig-10-yrd hook
2:30 PM	Service the Quarterbacks – Sprint Out Game <ul style="list-style-type: none">-Comeback-10-yrd out-Corner route-5-yrd out
2:55 PM	Camp Review, Camp Ends