

EAST COAST ELITE QB-WR MINI CAMP

- 8:00 AM Registration Starts
- 9:00 AM
Breakdown Welcome – Camp Goals – Introduce Staff – Lunch Info – Group
- 9:10 AM Quarterbacks-
- Five Major Points of the Release:
Power position- weight on back foot
Neutral position- Elbow above shoulder line, elevate the elbow
Weight transfer- back foot to front foot
Front foot just slightly left of target. You are throwing down an 18’ hallway. Step to left 9” and throw to the right 9”.
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
- 9:30 AM
station to station Break quarterbacks into 7 groups- quarterbacks will rotate from
- 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
- 10:10 AM Divide quarterbacks into 3 groups (10 minutes/ station)
- Station #1 1- Step Drop
Station #2 3- Step Drop Under Center
Station #3 3- Step Drop Shotgun
- 10:45 AM Station #1 5- Step Drop from Under Center- Hitch Step

Hips, Kerioki Drop
Station #2 5- Step Drop from the Gun
Station #3 Down the Line Drill, Backward Run Drill, Swivel

11:20 AM
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 (Come back)
Station #3 Sprint out from the Gun (5 yards out)

11:50 AM Rotator Cuff Exercises

12:00 Noon Lunch

1:00 PM Break quarterbacks into 7 groups- quarterbacks will rotate from station to station

Drills to Develop the Release (3 minutes/ station)

1. Knee Drills
2. Line Drills
3. Rotation Drill
4. Dart- Toss
5. Sky Drill
6. Weight Transfer Drill
7. Perfect Throw

1:25 PM Divide quarterbacks into 3 groups (8 minutes/ station)

Station #1 1- Step Drop
Station #2 3- Step Drop Under Center
Station #3 3- Step Drop Shotgun

1:55 PM
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
Hips, Kerioki Drop

2:30 PM
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 (Come back)

Station #3 Sprint out from the Gun (5 yards out)

2:55 PM

Camp Ends- Review