

East Coast Elite Quarterback Leadership Academy

2008

DAY #1 SCHEDULE

Two Group Rotation

8:00 – 9:00	Registration
9:00 – 9:45	Campers release will be filmed. QB's will be assigned a number for release evaluation.
10:00 – 10:10	Camp expectations and introduction of staff
10:10 - 10:20	Group breakdowns – Divide QB's into 2 groups for classroom Station breakdowns – Divide QB's into 7 groups
10:20 – 10:35	Group #1 Explain the 5 parts of the release and demonstrate the knee and line drills to warm up. Group #2 Classroom <i>Topic: Leadership sessions with Coach Masters</i>
10:35	Switch
10:40 – 10:55	Group #1 Classroom <i>Topic: Leadership sessions with Coach Masters</i> Group #2 Explain the 5 parts of the release and demonstrate the knee and line drills to warm up.
10:55 – 11:25	Fundamental Stations (10-min per station) 1. Drills to develop the release 2. 1-step drop 3. Screen and zone boot
11:25	Break
11:30 – 12:00	Fundamental Stations (10-min per station) 4. 3-step drop 5. 5-step drop 6. Sprint out
12:00	Lunch QB's assigned film release numbers 1-15 will eat lunch first and be ready for release evaluation at 12:30 p.m. in the film room. Remaining players will be evaluated during the afternoon session.
1:00	College Recruiting Information
1:30	Station warm-up, knee drills and line drills.
1:35 – 2:20	Fundamental Stations (15-min per station) 1. Drills to develop the release 2. 1-step drop 3. Sprint out
2:20	Break
2:25 – 3:20	Fundamental Stations (15-min per station) 4. 3-step drop 5. 5-step drop 6. Screens and zone boot
3:20	Break
3:30 – 4:00	Group #1 3-step passing game from shotgun, 5-step passing game from shotgun. QB steps and footwork. Divide Group #1 into 2 groups. 15 min. shotgun, 3-step game and 15 min. shotgun 5-step game. Group #2 Classroom <i>Leadership sessions with Coach Masters</i>
4:00	Switch

4:05 – 4:35	<p>Group #1 Classroom <i>Leadership sessions with Coach Masters</i></p> <p>Group #2 On the field vs. Cover 3. Routes you run vs. Cover 3. 3-Step under center and shotgun: Quick out – Hitch combo Slant – Flat combo Hitch – Seam combo 5-Step under center and shotgun: Curl – Flat combo Flat – 10 yd Out combo</p> <p>Note: Explain shotgun steps for 3-step game and 5-step game. Divide Group #2 into 2 groups 15 min at each station. 3-step and 5-step drop vs. cover 3</p>
4:35	Switch
4:40 – 5:10	<p>Group #1 On the field vs. Cover 3. Routes you run vs. Cover 3. 3-Step under center and shotgun: Quick out – Hitch combo Slant – Flat combo Hitch – Seam combo 5-Step under center and shotgun: Curl – Flat combo Flat – 10 yd Out combo</p> <p>Group #2 Classroom <i>Leadership sessions with Coach Masters</i></p>
5:15	<p>Dinner</p> <p>QB's assigned film release numbers 16-35 will eat dinner first and be ready for release evaluation at 6:00 p.m. in the film room. Depending on number of campers the numbers can change.</p>
6:30	Station warm-up, knee drills and line drills.
6:35 – 6:55	<p>Fundamental Stations (6-min per station)</p> <ol style="list-style-type: none"> 1. Drills to develop the release 2. 1-step drop 3. Sprint out
6:55	Break
7:00 7:20	<p>Fundamental Stations (6-min per station)</p> <ol style="list-style-type: none"> 4. 3-step drop 5. 5-step drop 6. Screens and Zone Boot
7:20	Break
7:25	<p>Group #1 Classroom <i>Leadership sessions with Coach Masters</i></p> <p>Group #2 On the field throwing routes vs. Cover 2 Hitch – Smash Combo Fade Fade-Seam Combo</p>
7:55	Switch
8:00 – 8:30	<p>Group #1 On the field throwing routes vs. Cover 2 Hitch – Smash Combo Fade Fade-Seam Combo</p> <p>Group #2 Classroom <i>Leadership sessions with Coach Masters</i></p>
8:30	<p>Day #1 Ends</p> <p>Review Day #2 Schedule QB's assigned numbers 36-55 report to the film room at 8:30 A.M. Day 2.</p>
<p>Topics to be discussed whenever we have a free minute during camp:</p> <ol style="list-style-type: none"> 1. Rotator Cuff Exercises 2. Medicine Ball Warm-Up 3. Footwork Drills – Boxes, Lines 4. Speed Option 5. Core Exercises 	

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DAY #2 SCHEDULE

Two Group Rotation

6:45	Overnight campers rise and shine.
7:20	Bus departs for Indoor Sports Complex – Check out of room only if we are not eating at hotel.
7:30	Breakfast for overnighters at hotel or at complex. Bus departs at 8am if we had breakfast at hotel.
8:15	Commuter arrive
8:30	QB's assigned film release numbers 36-55 report to the film room for evaluation. All remaining QB's on the field. Station warm-up, Knee drills-line drills
8:35 – 9:23	Fundamental Stations (15-min per station) 1. Drills to develop the release 2. 1-step drop 3. Screen and zone boot
9:23 – 9:33	Break
9:33 – 10:20	Fundamental Stations (15-min per station) 4. 3-step drop 5. 5-step drop 6. Sprint out
10:20 – 10:30	Break
10:30 – 11:00	Group #1 Classroom <i>Leadership sessions with Coach Masters</i> Group #2 On the field (4) new stations. 1. Bubble Screen 2. Iso play action throwing curl 3. Draw – drop back action 4. Waggle Boot – I and Wing-T
11:00	Break
11:05 – 11:35	Group #1 On the field (4) new stations. 1. Bubble Screen 2. Iso play action throwing curl 3. Draw – drop back action 4. Waggle Boot – I and Wing-T Group #2 Classroom <i>Leadership sessions with Coach Masters</i>
11:45	Lunch
12:45	Station warm-up, knee drills and line drills. (5-min)
12:50 – 1:25	Fundamental Stations Competition (10-min per station) 1. Drills to develop the release 2. 1-step drop 3. Screen and zone boot
1:25 – 1:55	Fundamental Stations Competition (10-min per station) 4. 3-step drop 5. 5-step drop 6. Sprint out
2:00 – 2:30	New Station Rotation (5-min per station) 1. Medicine Balls 2. Rotator Cuff Exercises 3. Footwork Drills 4. Speed Option 5. Core Exercises
2:30	Camp Ends – Good Luck