

East Coast Elite QB-WR Mini Camp Schedule

1. Five Essentials of a Great Leader

- A. Communication
- B. Competitive Spirit
- C. Caring
- D. Confidence
- E. Character

2. Core Development for QB's and WR – Strong Abs are a Must!

- A. Front Plank
- B. Rt. Side Plank
- C. Left Side Plank
- D. One Arm Plank Rt.
- E. On Arm Plank Lt.
- F. Rt. and Lt. Crunch

3. Warm-Up

The QB warm-up is the most important element to a successful day at practice or game.

- A. Ball Drops – 10-15 drops with right and left hand. Strengthen fingers.
- B. Turn Outs – 5-10 reps with each arm. Good football position – turn palm to the sky – stretch the elbow and bicep.
- C. Globetrotter – Around the waist and legs. Figure eights.
- D. Ball drops between the legs.
- E. Circle Drill – Drop ball and take hand and circle it around ball and then catch the ball.

4. QB's

5 Major Points of the Release

- A. Power position – Weight on back foot
- B. Neutral position – Elbow above shoulder line. Elevate the elbow.
- C. Weight transfer - back foot to front foot.
- D. Front foot just slightly left of target. You are throwing down an 18" hallway. Step to left 9" and throw to the right 9".
- E. Follow through with elbow breaking plane of back. Extension to target with throwing hand with follow through to inside of opposite thigh.

WR'S

Fundamentals of catching a football

5. QB's

Medicine Ball Drills

- A. Knee Drill – Overhead release with two hands on the ball.
- B. Standing Overhead – Same technique as on knees
- C. Chest Pass – Two hand in side
- D. One Hand Chest Pass – Right hand behind ball
- E. Torso Turn with a partner
- F. Sit-up Medicine Ball Throw
- G. Lunge Twist – Knee or medicine ball don't touch the ground.

WR's

Stance and Starts – Releases

Making the break – drills to help make the break

6. QB's

Three Standards of Ball Flight

- A. Nose up trajectory at release.
- B. Maximum Spin – rotation or spiral
- C. Throw in an 18" hallway

Three Standards of the Arm that Controls Ball Flight

- A. Thumb – Control nose of the ball – palm pocket
- B. Wrist – Controls spin and consistency of flight – cocked wrist
- C. Elbow – Must elevate above shoulder line

Self Correction of Throw

- A. Elbow – has to pass above the shoulder line.
- B. Wrist – must fire after the elbow arrives in lead position.
- C. Elbow drops below shoulder line the following will happen:
 - i. Forearm orbits
 - ii. Wrist curls
 - iii. Ball goes down
- D. Wrist fires early the following will happen:
 - i. Ball wobbles
 - ii. Ball sails over the target

WR's

Catching Drills

7. QB's

Drills to Develop the Release

- A. Knee Drills
 - i. Right knee down
 - ii. Left knee down
 - iii. Both knee's down
 - iv. Sit on ground
- B. Line Drills
 - i. Right foot forward
 - ii. Left foot forward
 - iii. Both feet on the line
- C. Rotation Drill
- D. Rope or Fence Drill
- E. Step and Throw Drill

WR's

3-Step Passing Game Routes

- A. 1-Step Hitch
- B. 3-Step Hitch
- C. 5-Yard Slant
- D. 5-Yard Out
- E. Fade

8. QB's

Drills to Develop Throwing on the Run

- A. Down the Line – Going across the field 5-yards apart
- B. Walk and Run at Your Partner
- C. Figure Eights

WR's

Sprint-out Routes

- A. Comeback
- B. 10-Yard Out
- C. Flag

