

East Coast Elite QB Winter Technique Camps

Day #1 Schedule

9:00 AM	Registration
9:30 AM	Film QB's Release
10:00 AM	Welcome- Camp Goals- Warm up, One-Step Drill
10:20 AM	Five major points of the release: <ol style="list-style-type: none">1. Power position- weight on back foot2. Neutral position- Elbow above shoulder line, elevate the elbow3. Weight transfer- back foot to front foot4. 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: <ul style="list-style-type: none">- Front shoulder is your remote control- point at target- Aim small- Miss small- Replace left shoulder with right shoulder
10:35 AM	Drills to Develop the Release <ul style="list-style-type: none">- Everyone together down the middle of the field1. Knee Drills2. Line Drills3. Rotation Drill4. Soft Toss5. Sky Drill
11:00 AM	Explain to group next camp session
11:10 AM	Skill- 1 step & 3 step drop (10 min. at each station) Break down into 3 groups. QB's will rotate from station to station. Station #1- 1-Step Drop Station #2- 3-Step Drop Station #3- Shotgun 3-Step Drop

11:40 AM

Rotator Cuff Training
(using bands)

Bands:

External Rotation 15 Reps Standing

- * Look at goal post
- * Elbows even with shoulders
- * Arm at a 45 degree angle away from body
- * Pull hands even with head

Internal Rotation 15 Reps

- * Back to goal post on knees
- * Elbows up even with shoulder- hand at ear level
- * Pull forward

Scarecrow: Scapula Development 15 Reps

- * Start with hands together out in front of body with chest high
- * Pull hands apart until hands are even with shoulder

Reverse Throw

- * Start from standing position with arms extended
- * Pull back
- * Extend up and over

Medicine Ball Power Training

1. Stagger Stance Single Arm Chest Pass

Coaching Point: Snap the hips and throw the ball hard

2. 3 Step Drop to a Single Arm Pass

* 3 Step drop with medicine ball- Keep ball at peck and move arm pit to arm pit

* When you hit on the third step, snap the hips and throw the ball

* Shuffle back to starting position

** Do both sides

3. Medicine ball overhead toss

4. Medicine ball crunch toss
5. Medicine ball knee drills
6. Medicine ball chest pass
7. Torso Turn
8. Figure- 8
9. Increase arm strength using the long ball drill

* The only way to increase your velocity is to increase your arm strength. Do this drill after every practice or workout.

* Start 10 yards apart from your receiver or another QB and throw 3 passes to him, each time focus on hitting him right under the chin. After 3, back up ten yards and throw 3 more, always focusing on accuracy. Back up 10 yards and throw 3 more and so on until you can't throw it any further, once you can't throw it to reach him throw 3 passes as far as you can, then stop. Don't over train your arm.

12:10- 12:45 PM

Lunch

12:50- 1:10 PM

Drills to Develop the Release
 - Everyone together down the middle of the field
 1. Knee Drills
 2. Line Drills
 3. Rotation Drill
 4. Soft Toss
 5. Sky Drill

1:15- 1:45 PM

Skill- 5 Step Drop

Break down into 3 stations. QB's will rotate from station to station.
 (10 minutes at each station)

Station #1- 5-step drop with hit
 Station #2- 5-step drop from gun
 Station #3- 5-step drop with hitch step

1:45- 1:50 PM

Self Correction of Throw

1:50- 1:55 PM	5 Minute Break
1:55- 2:30 PM	Drills to develop throwing on the run Break down into 3 stations (10 minutes each) Station #1- Down the line 5 yards apart going across field Station #2- Figure Eights Station #3- Scramble Drisll off 5 Step Drop
2:35- 3:05 PM	Sprint- Out Station #1- Sprint- out under center Station #2- Sprint- out from gun Station #3- Sprint pass to lateral break
3:05	5 Minute Break
3:10	Accuracy Drills (5 minutes each) Station #1- Dart- Touch Drill Station #2- Trees Station #3- Flush Forward
3:30	Footwork Drills (5 minutes each) Station #1- Elway Drill Station #2- Feel the DE Station #3- 5 Step Drop with break and throw
3:50	Day #1 Wrap-Up Review Day #2
4:00	Camp Ends for Day #1

Day #2 Schedule

9:00- 9:30 AM	Drills to Develop the Release - Everyone together down the middle of the field 1. Knee Drills 2. Line Drills 3. Rotation Drill 4. Soft Toss 5. Sky Drill
9:35- 10:05 AM	Drills to help you set your feet and weight transfer Station #1- Bounce Drill Station #2- Step Back Drill Station #3- Bag Drill
10:10- 10:40 AM	Skill- 1 step & 3 step drop (10 min. at each station) Break down into 3 groups. QB's will rotate from station to station. Station #1- 1-Step Drop Station #2- 3-Step Drop Station #3- Shotgun 3-Step Drop
10:40- 10:45 AM	Break
10:45- 11:10 AM	Dropback Drills Station #1- Down the Line Station #2- Swivel Hips Station #3- Kerokie Drills
11:15- 11:45 AM	Skill- 5 Step Drop Break down into 3 stations. QB's will rotate from station to station. (10 minutes at each station) Station #1- 5-step drop with hit Station #2- 5-step drop from gun Station #3- 5-step drop with hitch step
11:45- 12:20 PM	Lunch
12:20- 12:45	Drills to Develop the Release - Everyone together down the middle of the field

1. Knee Drills
2. Line Drills
3. Rotation Drill
4. Soft Toss
5. Sky Drill

12:45- 1:15 Footwork and throwing on the run drills

- Station #1- Scramble drill off dropback
- Station #2- Throwback Drill
- Station #3- Tackle to tackle drill

1:15 Break

1:20- 1:45 Sprint- Out

- Station #1- Sprint- out under center
- Station #2- Sprint- out from gun
- Station #3- Sprint pass to lateral break

1:45- 2:15 Accuracy Drills

- Station #1- Trash Can Drill
- Station #2- Windows
- Station #3- Target Drills

2:15 Increase Arm Strength

1. Long Ball Drill

2:20 Core Development (30- 60 seconds each)

- A. Front Plank
- B. Rt. And Lt. Side Plank
- C. One Arm Plank Rt. and Lt.
- D. Rt. And Lt. crunch
- E. Torso Turn
- F. Lunge Twist
- G. Pointers

2:40 Identifying Coverages- Reading the DEL

3:00 Final Camp Comments