

East Coast Elite QB  
Mini Camp

<b>8:30 AM</b>	Registration Opens		
<b>9:00 AM</b>	Welcome Five major points of the release- Coach Cantafio		
<b>9:15 AM</b>	Drills to Develop the Release 1. Knee Drills 2. Line Drills 3. Rotation Drill 4. Dart- Toss 5. Sky Drill 6. Quick Release 7. Prefect Throw 8. Throwing on the Run		
<b>Group Activity</b>		Quick Game from under center and gun	
	Group #1	3 step drop from under center	Routes: 6 hitch 6 out slant
	Group #2	3 step game from gun	Routes: 6 hitch 6 out slant
<b>Group Activity</b>		5 step drop from under center and gun	
	Group #1	5 step drop from under center	Routes: curl dig 10 yd. out
	Group #2	5 step drop from the gun	Routes: curl dig 10 yd. out
<b>Group Activity</b>		Sprint out from under center and gun	
	Group #1	Sprint out from under center	Routes: Comeback 10 yd. out smash
	Group #2	Sprint out from the gun	Routes: Comeback 10 yd. out smash
<b>Group Activity</b>	Camp cool down		
<b>Camp Ends</b>	12 noon		