

EAST COAST ELITE QB-WR ONE DAY CAMP SCHEDULE

- 8:00 AM Registration Starts
- 9:00 AM Welcome – Camp Goals – Introduce Staff – Lunch Info – Group Breakdown
- 9:10 AM Quarterbacks-
- Five Major Points of the Release:
1. Power position- weight on back foot
 2. Neutral position- Elbow above shoulder line, elevate the elbow
 3. Weight transfer- back foot to front foot
 4. 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:*
- Front shoulder is your remote control- point at target
 - Aim small- Miss small
 - Replace left shoulder with right shoulder
- 9:30 AM Break quarterbacks into 7 groups- quarterbacks will rotate from station to station
- 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
- Station #2 5- Step Drop from the Gun
- Station #3 Down the Line Drill, Backward Run Drill, Swivel Hips, Kerioki Drop

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