

# East Coast Elite QB/WR 2-Day Camp

## Day #1 Schedule Two Group Rotation

8:15 AM	Registration check in for QB/WR. Everyone must check in by 8:45 AM	
9:00-9:10 AM	Introduce staff and explain schedule for camp.	
9:10-10:00 AM	<b>QB's:</b> Explain the five parts of the release and cover knee, line drills, soft toss and dart toss	<b>WR's</b> Introduction to fundamental stations
10:00 AM	QB's will be filmed for evaluation. WR continue with fundamental stations.	
10:45 AM	Group breakdowns – Divide QB-WR in two groups	
10:50-11:20 AM	QB and WR Rotator cuff and medicine ball drills.	
11:25-11:55 AM	<b>Group #1</b> <b>QB-WR</b> <i>on the field</i> Station Rotations – Part I (10 min each) <b>QB's:</b> 1. 1-Step Drop 2. 3-Step Drop Under Center 3. 3-Step Drop Gun <b>WR's:</b> 1. Making the break 2. Releases, Stance, Starts, Fade 3. 3-Step Routes 5 yd out, 5 yd slant, 5 yd hitch	<b>Group #2</b>  Classroom Instruction – Session I  Topic: Attitude as it Relates to QB Play With Mark Evans
11:55 AM	Lunch	
1:00	<b>All QB's and WR on the field</b>  On the Field Presentation  Topic: Coverages 1-2-3-4 With Tim Lucci	
	Camp warm-up, Knee & Line drills – WR's catch for QB's	
	<b>Group #1</b>  Classroom Instruction – Session I  Topic: Attitude as it Relates to QB Play With Mark Evans	<b>Group #2</b> <b>QB-WR</b> <i>on the field</i> Station Rotations – Part I (10 min each) <b>QB's:</b> 1. 1-Step Drop 2. 3-Step Drop Under Center 3. 3-Step Drop Gun <b>WR's:</b> 1. Making the break 2. Releases, Stance, Starts, Fade 3. 3-Step Routes 5 yd out, 5 yd slant, 5 yd hitch
	<b>Group #1</b> <i>on the field</i> Station Rotations – Part II (10 min each) <b>QB's:</b> 1. 5-Step Drop Under Center 2. 5-Step Drop Gun 3. Down the line drill, Swivel hips, Backward run, Kerioki drop <b>WR's:</b> 1. Catching Drills 2. Blocking: Slow block, bubble screen, slip screen 3. 5-Step Routes Curl, 10 yd out, post, comeback	<b>Group #2</b>  Classroom Instruction – Session II  Topic: Defensive Fronts With Tim Lucci
	5 minute break	

# Day #1 Schedule

## Two Group Rotation

	<p><b>Group #1</b></p> <p>Classroom Instruction – Session II</p> <p>Topic: Defensive Fronts With Tim Lucci</p>	<p><b>Group #2</b> <i>on the field</i></p> <p>Station Rotations – Part II (10 min each)</p> <p><b>QB's:</b></p> <ol style="list-style-type: none"> <li>1. 5-Step Drop Under Center</li> <li>2. 5-Step Drop Gun</li> <li>3. Down the line drill, Swivel hips, Backward run, Kerioki drop</li> </ol> <p><b>WR's:</b></p> <ol style="list-style-type: none"> <li>1. Catching Drills</li> <li>2. Blocking: Slow block, bubble screen, slip screen</li> <li>3. 3-Step Routes</li> </ol> <p>5 yd out, 5 yd slant, 5 yd hitch</p>
	5 minute break	
	<p><b>Group #1 and #2</b> <i>on the field</i></p> <p><b>QB's:</b></p> <ol style="list-style-type: none"> <li>1. Sprint-out from Under Center – Comeback, 10 yd. out</li> <li>2. Sprint-out from Gun – 5 yd out, 6 yd hitch</li> <li>3. Drills to throw on the run: <ul style="list-style-type: none"> <li>-Figure Eights</li> <li>-Scramble Drill off 5-Step Drop</li> <li>-Down the Line</li> </ul> </li> </ol> <p><b>WR's:</b></p> <ol style="list-style-type: none"> <li>1. Breakdown into 2 groups and service the QB's at Station #1 and #2.</li> </ol>	
3:00 PM	End camp for the day	

**\*Day #2 Starts at 9:00 AM\***

**BE ON TIME AND READY TO GO!**

“You only live once, but if you do it right, once is enough.”

-Joe E. Lewis

# East Coast Elite QB/WR 2-Day Camp

## Day #2 Schedule Two Group Rotation

9:00 AM	Camp Starts – Camp Warm-Up	
9:10 AM	<p><b>Group #1</b>                      <b>QB-WR</b>                      <i>on the field</i></p> <p>Station Rotations – Part I (10 min each)</p> <p><b>QB's:</b></p> <ol style="list-style-type: none"> <li>1-Step Drop</li> <li>3-Step Drop Under Center</li> <li>3-Step Drop Gun</li> </ol> <p><b>WR's:</b></p> <ol style="list-style-type: none"> <li>Making the break</li> <li>Releases, Stance, Starts, Fade</li> <li>3-Step Routes</li> </ol> <p>5 yd out, 5 yd slant, 5 yd hitch</p>	<p><b>Group #2</b></p> <p>Classroom Instruction – Session III</p> <p>Topic: Pass Protection With Mark Evans</p>
9:45 AM	<p><b>Group #1</b></p> <p>Classroom Instruction – Session III</p> <p>Topic: Pass Protection With Mark Evans</p>	<p><b>Group #2</b>                      <b>QB-WR</b>                      <i>on the field</i></p> <p>Station Rotations – Part I (10 min each)</p> <p><b>QB's:</b></p> <ol style="list-style-type: none"> <li>1-Step Drop</li> <li>3-Step Drop Under Center</li> <li>3-Step Drop Gun</li> </ol> <p><b>WR's:</b></p> <ol style="list-style-type: none"> <li>Making the break</li> <li>Releases, Stance, Starts, Fade</li> <li>3-Step Routes</li> </ol> <p>5 yd out, 5 yd slant, 5 yd hitch</p>
10:20 AM	<p><b>Group #1</b>                      <i>on the field</i></p> <p>Station Rotations – Part II (10 min each)</p> <p><b>QB's:</b></p> <ol style="list-style-type: none"> <li>5-Step Drop Under Center</li> <li>5-Step Drop Gun</li> <li>Down the line drill, Swivel hips, Backward run, Kerioki drop</li> </ol> <p><b>WR's:</b></p> <ol style="list-style-type: none"> <li>Catching Drills</li> <li>Blocking: Slow block, bubble screen, slip screen</li> <li>3-Step Routes</li> </ol> <p>Curl, 10 yd out, post, comeback</p>	<p><b>Group #2</b></p> <p>Classroom Instruction – Session IV</p> <p>Topic: College Recruiting Academic Requirements</p>
10:55 AM	<p><b>Group #1</b></p> <p>Classroom Instruction – Session IV</p> <p>Topic: College Recruiting Academic Requirements</p>	<p><b>Group #2</b>                      <i>on the field</i></p> <p>Station Rotations – Part II (10 min each)</p> <p><b>QB's:</b></p> <ol style="list-style-type: none"> <li>5-Step Drop Under Center</li> <li>5-Step Drop Gun</li> <li>Down the line drill, Swivel hips, Backward run, Kerioki drop</li> </ol> <p><b>WR's:</b></p> <ol style="list-style-type: none"> <li>Catching Drills</li> <li>Blocking: Slow block, bubble screen, slip screen</li> <li>3-Step Routes</li> </ol> <p>Curl, 10 yd out, post, comeback</p>

## Day #2 Schedule Two Group Rotation

11:30 AM	<p><b>Group #1 and #2 on the field</b></p> <p><b>QB's:</b></p> <ol style="list-style-type: none"> <li>1. Sprint-out from Under Center – Comeback, 10 yd. out</li> <li>2. Sprint-out from Gun – 5 yd out, 6 yd hitch</li> <li>3. Drills to throw on the run: <ul style="list-style-type: none"> <li>-Figure Eights</li> <li>-Scramble Drill off 5-Step Drop</li> <li>-Down the Line</li> </ul> </li> </ol> <p><b>WR's:</b></p> <ol style="list-style-type: none"> <li>1. Breakdown into 2 groups and service the QB's at Station #1 and #2.</li> </ol>
12:05 PM	<b>Lunch</b>
1:00 PM	<b>Warm-up</b>
	<p><b>Group #1 and #2 on the field</b></p> <p><b>QB's:</b></p> <p>Station #1: Zone Boot  Station #2: Play Action Pass  Station #3: Speed Option</p> <p><b>WR's:</b></p> <ol style="list-style-type: none"> <li>1. Service the QB's at Stations 1-3.</li> </ol>
	<b><u>COMPETITION</u></b>
	<p><b>Station #1: 1 and 3 Step Drop</b>  <b>Station #2: Sprint-out</b>  <b>Station #3: Obstacle Course</b></p>
	<b>Camp Final Remarks</b>
3:00 PM	<b>End Camp</b>

“Don’t let winning make you soft. Don’t let losing make you quit.  
Don’t let your teammates down in any situation.”

-Larry Bird