

East Coast Elite QB/WR Leadership and Skills Academies

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 the staff and explain schedule for the day	
9:10-10:00 AM	QB's: Explain the five parts of the release and cover knee, line drills, soft toss and dart toss	WR's Introduction to fundamental stations
10:00-10:45 AM	Quarterbacks 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	Coach Evans – Introduction to Leadership Program – on the field	
11:25-11:55 AM	Group #1 QB-WR <i>on the field</i> Station Rotations – Part I (10 min each) QB's: 1. 1-Step Drop 2. 3-Step Drop Under Center 3. 3-Step Drop Gun WR's: 1. Making the break 2. Releases, Stance, Starts, Fade 3. 3-Step Routes 5 yd out, 5 yd slant, 5 yd hitch	Group #2 Classroom Instruction – Session I Topic: Leadership With Coach Evans
11:55 AM	Lunch	
1:00 PM	All QB's and WR in classroom PowerPoint presentation on coverage's – Cov. 1-2-3-4 – Tim Lucci	
	Camp warm-up, Knee & Line drills – WR's catch for QB's	
	Group #1 Classroom Instruction – Session I Topic: Leadership With Coach Evans	Group #2 QB-WR <i>on the field</i> Station Rotations – Part I (10 min each) QB's: 1. 1-Step Drop 2. 3-Step Drop Under Center 3. 3-Step Drop Gun WR's: 1. Making the break 2. Releases, Stance, Starts, Fade 3. 3-Step Routes 5 yd out, 5 yd slant, 5 yd hitch
	Group #1 <i>on the field</i> Station Rotations – Part II (10 min each) QB's: 1. 5-Step Drop Under Center 2. 5-Step Drop Gun 3. Down the line drill, Swivel hips, Backward run, Kerioki drop WR's: 1. Catching Drills 2. Blocking: Slow block, bubble screen, slip screen 3. 5-Step Routes Curl, 10 yd out, post, comeback	Group #2 Classroom Instruction – Session II Topic: Leadership With Coach Evans
	5 minute break	

Day #1 Schedule

Two Group Rotation

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

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Day #2 Schedule Two Group Rotation

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

Day #2 Schedule Two Group Rotation

11:30 AM	<p>Group #1 <i>on the field</i></p> <p>QB's:</p> <ol style="list-style-type: none"> Sprint-out from Under Center – Comeback, 10 yd. out Sprint-out from Gun – 5 yd out, 6 yd hitch Drills to throw on the run: <ul style="list-style-type: none"> -Figure Eights -Scramble Drill off 5-Step Drop -Down the Line <p>WR's:</p> <ol style="list-style-type: none"> Breakdown into 2 groups and service the QB's at Station #1 and #2. 	<p>Group #2</p> <p style="text-align: center;">Classroom Instruction – Session V</p> <p style="text-align: center;">Topic: Leadership With Coach Evans</p>
12:00 PM	Lunch	
12:30 PM	<p>On the Field Instruction</p> <p>Topic: Pass Protection With Coach Evans</p>	
1:00 PM	Warm-up	
	<p>Group #1</p> <p style="text-align: center;">Classroom Instruction – Session V</p> <p style="text-align: center;">Topic: Leadership With Coach Evans</p>	<p>Group #2 <i>on the field</i></p> <p>QB's:</p> <ol style="list-style-type: none"> Sprint-out from Under Center – Comeback, 10 yd. out Sprint-out from Gun – 5 yd out, 6 yd hitch Drills to throw on the run: <ul style="list-style-type: none"> -Figure Eights -Scramble Drill off 5-Step Drop -Down the Line <p>WR's:</p> <ol style="list-style-type: none"> Breakdown into 2 groups and service the QB's at Station #1 and #2.
	<p><u>COMPETITION</u></p> <p>Station #1: 1 and 3 Step Drop</p> <p>Station #2: Sprint-out</p> <p>Station #3: Obstacle Course</p>	
	Camp Final Remarks	
3:00PM	Camp Ends	

“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