

EAST COAST ELITE QB-WR ONE-DAY CAMP SCHEDULE

Wide Receivers

8:00 AM Registration Starts

9:00 AM Welcome – Camp Goals – Introduce Staff – Lunch Info – Group Breakdown

9:10 AM Wide Receivers

- Fundamentals of catching a football
- Making the break
- Releases
- Stance and starts
- Blocking
- Drill Work
- Stem the defender

10:10 AM Quick Game Passing Routes

- Bubble screen
- 1-Step hitch
- Fade
- Go route
- Slant
- 6-yrd out
- 6-yrd hitch

10:45 AM 5-Step Passing Game Routes

- Curl
- Cross
- Dig
- 10-yrd hook
- 10-yrd out

11:20 AM Sprint-out Passing Game Routes

- Comeback
- 10-yrd out
- Corner route
- 5-yrd out

11:50 AM Rotator Cuff Exercises

12:00 PM LUNCH

1:00 PM Wide Receiver Fundamental Stations (3 minutes/station)

1:25 PM Service the Quarterbacks – Quick Game

- Slant
- Quick out
- 6-yrd hitch

1:55 PM Service the Quarterbacks – 5-Step Game

- Curl
- Dig
- 10-yrd hook

2:30 PM Service the Quarterbacks – Sprint Out Game

- Comeback
- 10-yrd out
- Corner route
- 5-yrd out

2:55 PM Camp Review, Camp Ends