



## **TRAINING PHILOSOPHY**

In order to build and motivate the "Complete Quarterback", the focus needs to be on the development of the core fundamentals of "Complete Quarterback" play.

## **TRAINING SESSION FEATURES**

High intensity repetition in throwing mechanics

Throwing with accuracy and proper ball placement

Proper stance

3-5-7 step dropback footwork with corrective teaching/training

On the run mechanics

Route throwing with situational pocket awareness

Reads/coverage recognition input to accelerate decision making

Run game mechanics

Strength & core training specific to QB development

Explosive power, speed, agility & foot quickness training

## **SCHEDULING**

Clients discretion, a week in advance is encouraged

## **TRAINING EQUIPMENT**

Proper athletic dress attire

Proper sneakers/cleats

Bottles water/sports drink

Footballs

## **FEE**

\$50 per session (4-8 session packages are encourages for scheduling purposes.  
All sessions must be paid in full prior to training.