



QB TRAINING SCHEDULES

2 HR ADVANCED TRAINING SESSION

- 10 minutes: Dynamic Quarterback Warm-Up**
- 15 minutes: Upper and Lower Body Mechanical Strength Drills**
- 10 minutes: Throwing Warm-Up & Long Toss**
- 15 minutes: Quick Release Drills**
- 10 minutes: Run Game Drills**
- 10 minutes: On the Run Throwing Drills**
- 5 minutes: Coverage Talk**
- 15 minutes: Route Throwing and Accuracy Spot Throws**
- 10 minutes: Pocket Presence and Quick Feet Drills**
- 10 minutes: Quarterback Competition**
- 5 minutes: Session Breakdown, Review, and Prayer**

1 HR ROOKIE TRAINING SESSION

- 5 minutes: Dynamic Quarterback Warm-Up**
- 10 minutes: Upper/Lower Body Mechanical Strengthening Drills**
- 10 minutes: Throwing Warm-Up**
- 10 minutes: Quick Release Drills**
- 10 minutes: Footwork and Pocket Presence Drills**
- 10 minutes: Route Throwing and Accuracy Spot Throws**
- 5 minutes: Session Breakdown, Review, and Prayer**

2 HR INTIAL TRAINING SESSION

- 10 minutes: Dynamic Quarterback Warm-Up**
- 10 minutes: Observation/Filming**
- 15 minutes: Upper and Lower Body Mechanical Strength Drills**
- 10 minutes: Throwing Warm-Up & Long Toss (Belt, Chest, Head)**
- 15 minutes: Quick Release Drills**
- 10 minutes: 3 step Drop Work**
- 5 minutes: Shot Gun Footwork**
- 15 minutes: Route Throwing and Accuracy Spot Throws**
- 10 minutes: Pocket Presence and Quick Feet Drills**
- 10 minutes: Quarterback Competition**
- 5 minutes: Session Breakdown, Review, and Prayer**