

Confidence & Consistency

QBA
QUARTERBACK ACADEMY

BY: *Darin Slack*



- Develop a competitive advantage in your quarterbacks this off-season
- Put QBA's Self-Correct training tools to work on throwing mechanics in your program

PRESEASON PREPARATION CAMP — Better QBs in just 2 days!

- **Two-day Preseason Prep Camp with 10:1 Player-to-Coach ratio**
 - Emphasis on learning Self-Correct skills, game-readiness, and focus on balancing all phases of a QB's responsibilities
- **Additional Opportunities:** Combine skill testing, and Performance Camp (QB competition event)
 - **Two chances to better your QBA Skill Score**

DATES:

- **Combine & Performance:** July 9, 2010.
- **Preseason Prep:** July 9 and July 10, 2010.

LOCATION:

- **Bonney Lake High School**
10920 199th Ave Ct E, Bonney Lake WA 98391

FEE:

- **Includes lunch on Day 2, lodging not provided**
 - Preseason Prep camp: **\$329** (discount available)
 - Performance camp: **\$49**
 - Combine: **\$49**
- **Age 8-18 (players peer-grouped by age and skill level, 8-year-olds must be accompanied by parent)**

"Coach Slack's program is the best I've ever seen on throwing mechanics. We use these techniques with our QBs at LSU. I'm totally sold on this program."

— **Gary Crowton**, LSU Offensive Coordinator, former BYU Head Coach and Chicago Bears Offensive Coordinator.

SCHEDULE:

Combine

Day 1 – 8 am - noon

Performance Camp

Day 1 – Noon - 4 pm

Preseason Prep Camp

Day 1 – 4 pm - 8 pm

Day 2 – 8 am - 4 pm

Note: Dryfit camp t-shirt, Water and Day 2 lunch are provided.

**Register early for discounts at www.quarterbackacademy.com/camps/
Or call Quarterback Academy toll free at 866.735.3267 to register**

QBA's C4 system effectively improves:

Confidence

RUNNING GAME MECHANICS

- The inside game
 - Explosive footwork
 - Stance, exchange and handoff
 - Playaction off Iso and Counter
 - Bootleg and Zone
- The outside game
 - Toss sweep
 - Option mesh, read and pitch mechanics
- Self-Correct language for consistent mechanics

PASSING GAME MECHANICS

- Reducing variables
 - Joint-alignment for spiral consistency
 - Accuracy and control by feel
 - Footwork: 2-step, 3-step, 5-step, Sprint and Shotgun
 - Increased torque and velocity
- Reads and recognition
 - Multi-tasking line of sight reads
 - Defeating common coverages
 - R4 Accelerated decision-making

Consistency

PARTNERSHIP IN TRAINING

- QBA-certified coaching staff
 - Low player:coach ratios
 - Coach interaction with players and parents
- High-rep environment
 - Individual coaching and input
 - Time-efficient camp model for maximum volume of reps
- Self-Correct computer video analysis and instant feedback drills



OVERALL QB PLAY

- Implementing C4 system
 - Building a sense of urgency
 - 10-yard goals, move the chains
 - Rush avoidance, gap escapes
- Facing blitz / rush
 - Reflex control
 - Accuracy under pressure
 - Focusing through distractions
- Leadership keys to crack the code of conviction, discipline and respect

Commitment

Character

Register online

www.quarterbackacademy.com

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