



## 2015 Quarterback Academy Grades 9-12

Our 5 weekly sessions are designed for QB's who are serious about improving their physical skills, knowledge and mental aspects pertaining to the position. Participants will work with coaches from the collegiate level dedicated to developing the essential tools for playing the most important position on the field. One-on-one and small group instruction with UW-L offensive coordinator and quarterbacks coach Reed Hoskins will not only provide participants the opportunity to learn skills necessary to improving performance on the field, but also to develop and refine the skills learned throughout the course of the five week sessions.

Cost	All sessions: \$100 Individual sessions: \$25 each <i>Online registration is provided by My online Camp, online fees apply and are not refundable by UW-La Crosse.</i>
Dates	June 15, 29, July 6, 13, 20
Times	6:30-8:00 p.m.
Location	UW-La Crosse
Equipment	All campers are encouraged to bring their own football

### Features:

- Throwing mechanics from head to toe, including; proper warm-up, stance, grip, pre-passing position, eyes, throwing arm, hands, hips and feet
- Perfecting footwork
- Drops - 1 step, 3 step and 5 step drops
- Shotgun mechanics and drops from the gun
- Pocket presence (evade and escape)
- Pocket mobility and passing on the run - progression of drills
- Improving throwing strength and accuracy
- Classroom session on arm strengthening techniques
- Defensive recognition - fronts, blitz and coverages
- Route combinations attacking specific coverages
- Pass game concepts incorporating multiple read progression
- Classroom work, video analysis and interactive read training

Visit [uwlcamps.com](http://uwlcamps.com) for online registration, printable registration, and more information!