

PROB TRAINING

QUARTERBACK PROFILE

QB: Clayton [REDACTED]

Session Date: July 10, 2010

Session Summary: Clayton possesses the necessary physical tools needed to excel at the quarterback position. During the training session, he demonstrated great athleticism, he was very coachable, and displayed a high level of confidence, which are all very important attributes in terms of becoming a successful quarterback. In regard to his strengths, he has good size for his age, he has the demeanor and confidence that a quarterback must have, and is a very athletically gifted kid. In terms of his weaknesses, he displayed a tendency to 'wind up' while delivering the ball and was sometimes 'choppy' and inconsistent in his footwork. Overall, Clayton has great potential and truly improved throughout the course of his session in terms of his release angle, release velocity, and his footwork.

Suggested Workout Plan:

FOOTWORK	RELEASE ANGLE	RELEASE VELOCITY
3X10 Shotgun Footwork (pick a short route: catch ball, left/right, and step open to target)	3X10 Up and Out Drill (move arms to the up and out position at a rapid pace)	3X10 Wind Drill (without a ball, try to hear the wind sound that your arm makes)
3X10 Step Open Drill (work on stepping left of target at a rapid pace)	3X10 High Release High Clap Drill (have someone hold hand high and then clap it)	3X10 Both Feet Forward (have someone call out "ball" and respond/throw fast)
3X10 Step Open/Up and Out Drill (work on stepping open and going up and out w/ arms)	3X10 High Release High Clap and Low Clap (clap at high and low point)	3X10 Left Foot Open and Forward (same as above but just change feet positioning)
3X10 3 Camera Drill (pick a target, and point both sets of 3 cameras at target)	3X10 Throw Over Drill (throw over something that is about 2 feet or more over your head)	3X10 Turn Easy Way (left) (stand and face opposite direction and turn left and throw)

*This is a suggested workout plan that consists of many of the drills that were performed during the session. This workout can be done in any order or frequency. It can be completed in approximately 30 minutes and can be done everyday leading up to the next session in order to further develop the skills necessary to ensure that there is performance "improvement" and "development". Please contact Ryan with any questions concerning this workout plan.

PHOTO BREAKDOWN



This photo was taken during the later stages of the training session. This picture shows that his release angle has increased tremendously over the course of the session considering the fact that he was releasing the ball at about shoulder height during the earlier stages of the lesson. Though his release angle could be higher, this picture shows a great improvement. Also, notice how his left foot is not open and not allowing his hips to come through. His left foot should be at least 6 inches more open than it is, which would truly give way to better accuracy and more velocity behind his ball.