



Winning Edge QB Academy

6 Week *Advanced* Quarterback Training

Winter 2020 – Indoor Training at XL Sports World in APEX, NC (Raleigh)

Available for ages 12-18

Hosted by Coach Eric Smith

former NCAA D-1 Quarterback, HS Coach, Certified Leadership Trainer and Author

Register @ <https://www.winningedgeskills.com/> Cell 919-414-1774

Each week you will build skill in the following areas:

1. **Mechanical/Skill Development** – The ‘Physical Components’ - Footwork and complete throwing mechanics
2. **Tactical** – Bridging the physical aspects of quarterbacking to the mental aspects. Making ‘read’ throws. (throws where decision making is involved)
3. **Mental** – Understanding all important ‘mental components’ of the game
 - Understanding defensive fronts, linebacker role and responsibilities, defensive coverages and schemes and how to attack various schemes
 - Understanding ‘situational football’
4. **Leadership** – Specific strategies on how to *build strong relationships* and *create influence* with your teammates. How to elevate your teammates by helping them become better football players, better teammates and better people! All athletes will receive a copy of Coach Smith’s new book – [*The Winning Edge Way, A Coaches and Athletes Guide to Becoming a 3-Dimensional Competitor*](#)
5. **College Recruiting** – How to navigate the process and *stand out!*
Presented *weekly* by a College Recruiting Speaker and Trainer

Each Quarterback will receive an evaluation by Coach Smith

**** Bonus** – Special Parent Presentation: ‘3 Ways to *Maximize* the Success of Your Athlete’

Week 1

"All men are created equally, some just work harder in the off season"

Mechanical

- Introduce Stroop Test
- Functional quarterback movement – how qb's move! Heavy emphasis on establishing and maintaining proper base for power & balance. A sound base translates into throwing with power, accuracy and with a quick release.
- 1, 2 & 3 step drop
- Intro to proper upper body throw mechanics – 4 Key Elements of the throw

Tactical

- Understanding the 1, 2 & 3 ball throws
- Throwing against leverage. How to throw receivers open
- Throwing with information. How to throw to maximize yards after catch

Mental

- Building your 'QB Binder'
 - **QB Wheel of Success**
- Understanding level 1 defense – **defensive line gaps and techniques**
- Level 2 defenders – **ID, Terminology and Responsibilities**

Leadership

- *"Being a quarterback"* vs. "being an athlete playing the QB position"
- Understanding the foundations of leadership. Fail in this area and you'll never be able to lead!
 - 4 C's of Leadership
- Video – A message from a former NFL QB 'You signed up for it!'

Actual...(no videos, Base, ball carriage, functional movement, qb drop, qb shuffle, 1, 2 and 3 step, throw mechanics, pwp, routes to receivers, QB Voice, 2 Cs of leadership, FORD)

Week 2

"Before you can have something that you've never had before"

you must become someone that you've never been before"

Mechanical

Review

- Review 'functional quarterback movement' – how QB's move! Heavy emphasis on establishing and maintaining proper quarterback base for power, balance, accuracy and quick release.
- 1, 2 & 3 step drop
- Proper Upper Body throw mechanics

Install

- The QB boogie – the why's and how's of **disassociation** for maximum power
 - Toe Tap, Disassociate, Separate & Throw Drill
- QB Pocket Movement Mechanics
 - QB Shuffle / Star Drill / Escape Mechanics & Throw
- Center/QB Exchange & Play Action Mechanics
 - 2 to 1 Reverse Seat
- **Throwing on the run** mechanics
 - Run-Close-Throw & Drag / Down Line / Sprint Out / Man in Face down line / Circle

Tactical

- Commanding at the line of scrimmage – The QB Voice
- Sprint Out Throws
- Play Action Bootleg
- Smash route reads and throws – ***rhythm, reset and throw on the run***

Mental

- Level 2 defenders – Manipulating defenders with play action mechanics
- How to use your eyes as a weapon

Leadership

- The Art of Connection – How to build deep relationships with those you're trying to lead

Week 3

"Intensity is like fire. It can cook your food or burn your house down"

Mechanical

Review

- 1, 2 & 3 step drop
- QB Pocket Movement Mechanics
- Play Action Mechanics
- Proper Upper Body throw mechanics
- Throw on Run Mechanics
- The QB boogie

Install

- 5 Step Drop – Hitch and Solid
- 4 corner QB pocket movement drill with reaction
- The QB tool chest

Tactical

- Rapid release throws – *with proper base*
- Throwing in defensive zones “picket fence drill”
- Throwing vs various defensive coverages including zone & man schemes

Mental

- Level 3 defenders – How to identify defensive secondary coverage schemes
- Cover 1, 2, 3 and 4

Leadership

- Competency and Construction **part 1** – How to elevate further up the leadership ladder.
How to help others get better
- How to **energize** and **inspire** your teammates

Week 4

“
What lies behind you and what lies in front of you are of little significance compared to what lies within you” - Ralph Waldo Emerson

Mechanical

Review

- 1, 2 & 3 & 5 step drop
- QB footwork drills
- Proper Upper Body throw mechanics
- QB Boogie for *disassociation* – creating power!

Install

- Run / Throw recognition drill
- Balance at top of drop – ‘hang on the hinge’
- Proper ‘*Avoid and Escape*’ Pocket Movement Mechanics

Tactical

- Horizontal stretch reads & throws
- Horizontal stretch reads & throws including RPO mechanics and reads

Mental

- Understanding the basics of horizontal and vertical stretch schemes
- Situational football part – 1 *working the clock*
- Cover 1, 2, 3 and 4 review

Leadership

- Competency and Construction part 2 – How to climb the leadership ladder. How to help others get better
- How to **energize** and **inspire** your teammates
- How to identify leadership opportunities
- $E + R = O$

Week 5

“A commitment to winning means a commitment to the work that winning requires”

Mechanical

Review

- Week 1 – 4 drills including drops, throwing mechanics and pocket mobility

Install

- Video Review of individual 'slow motion' throwing mechanics and foot work from previous week

Tactical

- Vertical & Horizontal stretch throws & decision making
- Mock 2-minute drill

Mental

- Diving deeper into the vertical stretch concept / Y-Cross Concept
- Situational football part – 2 *working the clock*

Leadership

- QB Leadership video from a legendary high school coach
- Getting **R-E-A-L** in dealing with and growing from adversity **Part 1**

Week 6

"If you want to team to play at the next level then you had better be leading at the next level"

Mechanical

Review

- Week 1 – 5 drills including drops, throwing mechanics and pocket mobility
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Install

- Screen pass theory and mechanics
- Moving through the read progression. How to get to and complete the 3rd read successfully!!
- Finding receivers after being flushed from the pocket & drills

Tactical

- Getting to the 3rd read with pressure and confusion

Mental

- Situational football part – 3
- Understanding the basics of run blocking schemes
- Defining and recognizing the ‘defensive box’, Blitz threats and how to respond

Leadership

- Getting **R-E-A-L** in dealing with and growing from adversity **Part 2**
- 4 KEYS to Greatness



Hosted by Coach Eric Smith – former NCAA D-1 Quarterback, HS Coach and certified Leadership Trainer and [Author](#)

Attend all 6 indoor sessions 2-hour sessions for only \$650

(\$550 for repeating 2019 attendees)

Register ONLINE at <https://www.winningedgeskills.com/>

Register ONLINE by 12/15 and receive LIFETIME **FREE** ACCESS to Coach Smith's
'ONLINE QB ACADEMY' containing 70 instructional videos!!
(a \$179 value!!)

Call Coach Smith with any questions! Cell 919-414-1774

Call Coach Smith with Financial Questions

Credit Cards, Cash or Check payable to 'Winning Edge Academy, LLC'

What They Have to Say....

*"My son, Logan, has been to several nationally recognized QB Academies including The Whitfield Academy and QB Epic. While traveling to North Carolina we connected with Eric. My son found him to be genuine, caring and very helpful in his continued development as a Quarterback " **Poly Logan** - San Antonio, TX*

*I took 4 student athletes to a Winning Edge QB/R camp of varying ages and abilities. Each of the student Athletes gained valuable skills and insight on how to be a leader. I would highly recommend this camp to teams or individuals looking to improve their football knowledge and skillset. **Coach Miller**, Grant Union Prospectors*

"After coaching football at both the High School and College level for 23 years and witnessing the evolution of the quarterback position and its importance to developing a winning program I believe it's critical for young aspiring Quarterbacks to get coaching from knowledgeable quarterback coaches. Even in the rare circumstances that a High School or College coach has specific knowledge of teaching proper quarterback mechanics they often don't have the time required to develop a quarterback properly.

I have spent time with Coach Smith and come to know him as a person of character who has a deep passion for sharing his knowledge and love for football and leadership with developing athletes. He has not only helped a few of the kids on our roster but some of our assistant coaches and athletes also assist Coach Smith as staff members of his Winning Edge camps.

I would encourage any developing Quarterback or Receiver who is motivated to improve the finer points of their game to attend one of his Winning Edge Camps"

Coach Bryon Hamilton, Offensive Coordinator / Assistant Head Coach
Shasta College Knights

"I would like to endorse the Winning Edge quarterback/receiver skills camp. I drove my son from Reno, NV to Sacramento, Ca My son had a great experience, Eric and his coaches teaching and coaching of throwing and footwork mechanics was at a top level, my son improved dramatically in just two days.

The positive atmosphere and fundamental breakdown of playing quarterback is really at a high level, I would encourage any athlete who wants to play quarterback or receiver to get with Coach Smith to improve their skills"

- **Matt Vestbie**, Athlete Parent

"In my 34 years coaching high school football I have sent countless players to various camps in my time. Some have been better than others but all have had some good concepts for kids to take home and thus improve their game.

My program's quarterbacks and receivers just attend and completed our first "Winning Edge Skills" camp this last week-end. We are scheduled and pumped to go to your Redding Camp at the end of school in June. I want to thank you for this week-end.

You and your staff helped my players significantly. I don't know who got more out of it; my staff or my players! I saw improvement throughout the day with each and every athlete. I was so impressed with your team talk! Your talk was higher level coaching which every player should have the opportunity to glean. I am confident that my players left the field this week-end and were better at their collective positions, better understanding their positions, better equipped to improve as football players, but most important, they left the field this week-end better men! Thank you for an exemplary job coaching my players"

- **Coach Greg Grandell** West Valley High School Head Football Coach

"Coach Smith, I have to tell you that the skills and techniques that your coaching staff brought to the players here in Northern Nevada were a great reminder to us all as to the keys for success both in football and in life. The lessons on leadership and character were equally as important as the skills they learned for the grid iron in your two-day camp. I have no doubt that every kid who attended your camp this year learned what it takes to not only become a better football player, but a better leader and teammate. The kids from McQueen High School will definitely be attending your camp again next year."

Jim Snelling, Head Football Coach / Strength Coach, Robert McQueen High School, Reno, NV