

Blue Ridge QB Summit Daily Script

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Friday

- 2-3 Check In
- 3-4 Opening Meeting: “What Is A Quarterback?”
- 4-5 **Field Session 1:** QB Footwork – Intro to QB Drops, Pocket Movement
- 5:30 – 6:30 **Chalk Session 1:** Defensive ID
- 6:30 Dinner
- 7:15 – 8 **Chalk Session 2:** Coverage Basics
- 8 – 8:45 **Field Session 2:** Throwing Progression – Quick Game Throws (1 & 2 Step Drop)
- 8:45 Break Shower, Creek Swim
- 9:15 **Campfire Leadership:** “The 4 C’s of Leadership” & Connection Using ‘*FORD*’
- 11 Lights Out!!

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Saturday

7 am	Wake – Creekside Meditation & Visualization using Acronym ‘ <i>BALL</i> ’
7:45	Conditioning: Trail Run
8:15	Breakfast
8:45 – 9:30	Chalk Session 3: Cover 1 & 3 (Match) + Coverage Beaters
9:30 – 10:15	Film – “What It Takes To Be a Quarterback” from NFL Quarterbacks
10:15 – 11:45	Field Session 3: Footwork & QB Movement Review + Escapes 3 Step Drops (Rhythm & Reset)
11:45	Shower / Creek Swim
12:30	Lunch & Rest
1:30 - 2:30	Film Study 1: Cover 1 & 3 Concepts
2:30 – 3:30	Field Session 4: Play Action, RPO & Zone Stretch (+ <i>Throwing</i>)
3:30 – 4	Throwing Competition
4 – 6	Swim, Tube Creek, Archery
6	Dinner
7:15 – 8:15	Chalk Session 4: Cover 2 & 4 + Coverage Beaters
8:30 – 10:30	Movie: ‘WE ARE MARSHALL’
11	Lights Out!!

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Sunday

- 7 am Wake – Creekside Meditation & Grounding Routines
- 7:45 Conditioning: Trail Run
- 8:15 Breakfast
- 8:45 **Film Study 2:** Cover 2 & 4
- 9:45 - 11 **Field Session 5:** Throwing on The Run & Off Platform (Naket, Sprint Out, Escapes)
- 11:15 – 12:45 **Chalk Session 4 & Film Study 3:** Cover 0 + Cover 0 Beaters
- 12:45 Lunch
- 2:30 Kayaking on The New River
- 5:30 Dinner
- 6:30 - 8 **Field Session 6:** Window Throws
- 8:00 **Leadership: Getting REAL**
- Campfire Burn Party! – *How To Clear the Mechanism & Demonstrating Connection Skills*
- 10:30 Lights Out!!



Monday, July 15

- 7:30 – 8:45 Wake: Creekside Meditation: Developing a Growth Mindset & *Well-Better-How!!*
- 9:00 Breakfast
- 9:30 **Field Session 7:** Putting It All Together – FULL REVIEW + COMPETITION!!
- 11 – 12 **Leadership:** ‘The Commitment Continuum’
- 12:30 Lunch & Camp Closing!!

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