



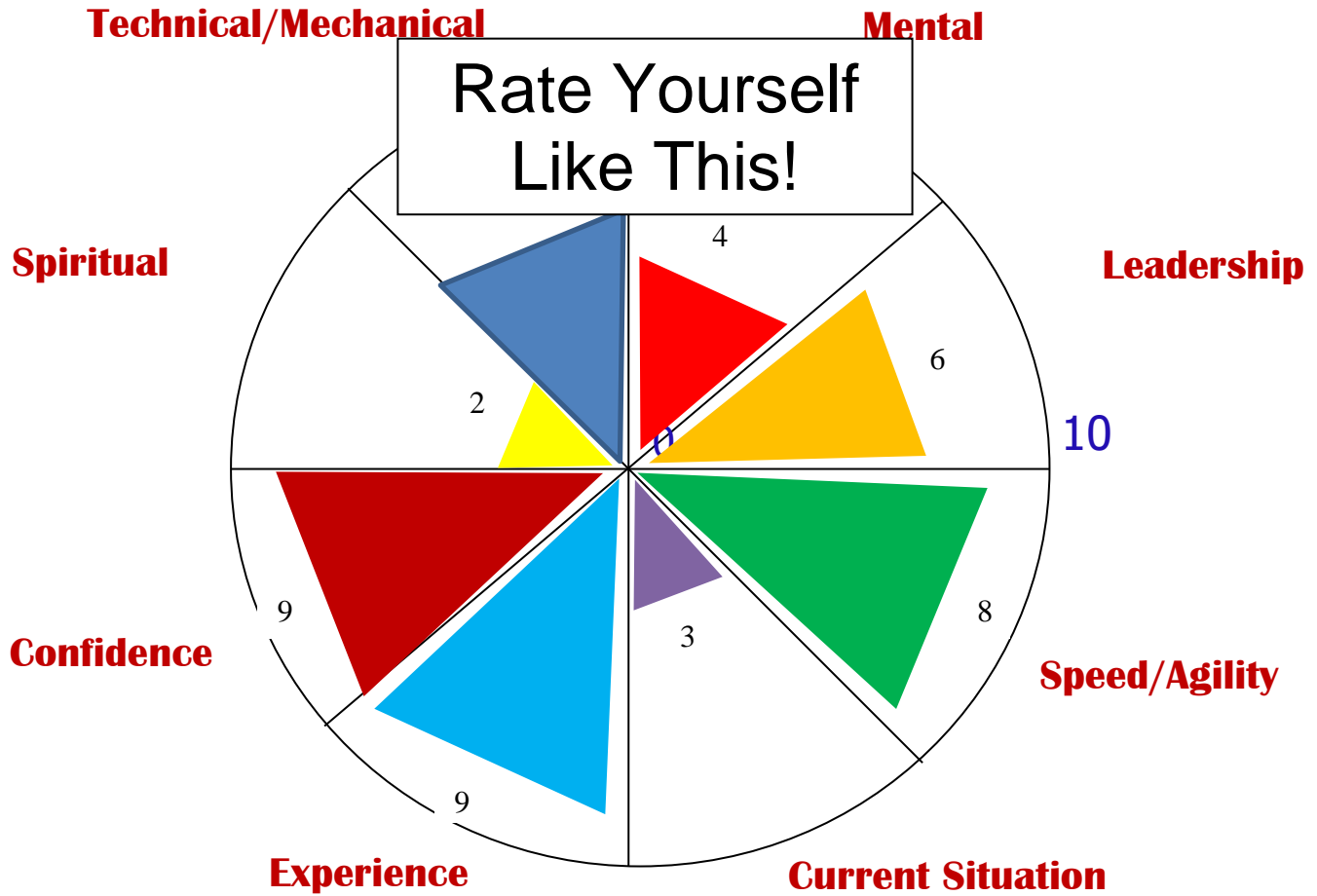
QB Wheel of Success



SAMPLE

NAME: Gunner Slinger

DATE: Sept. 2018 (Jr)





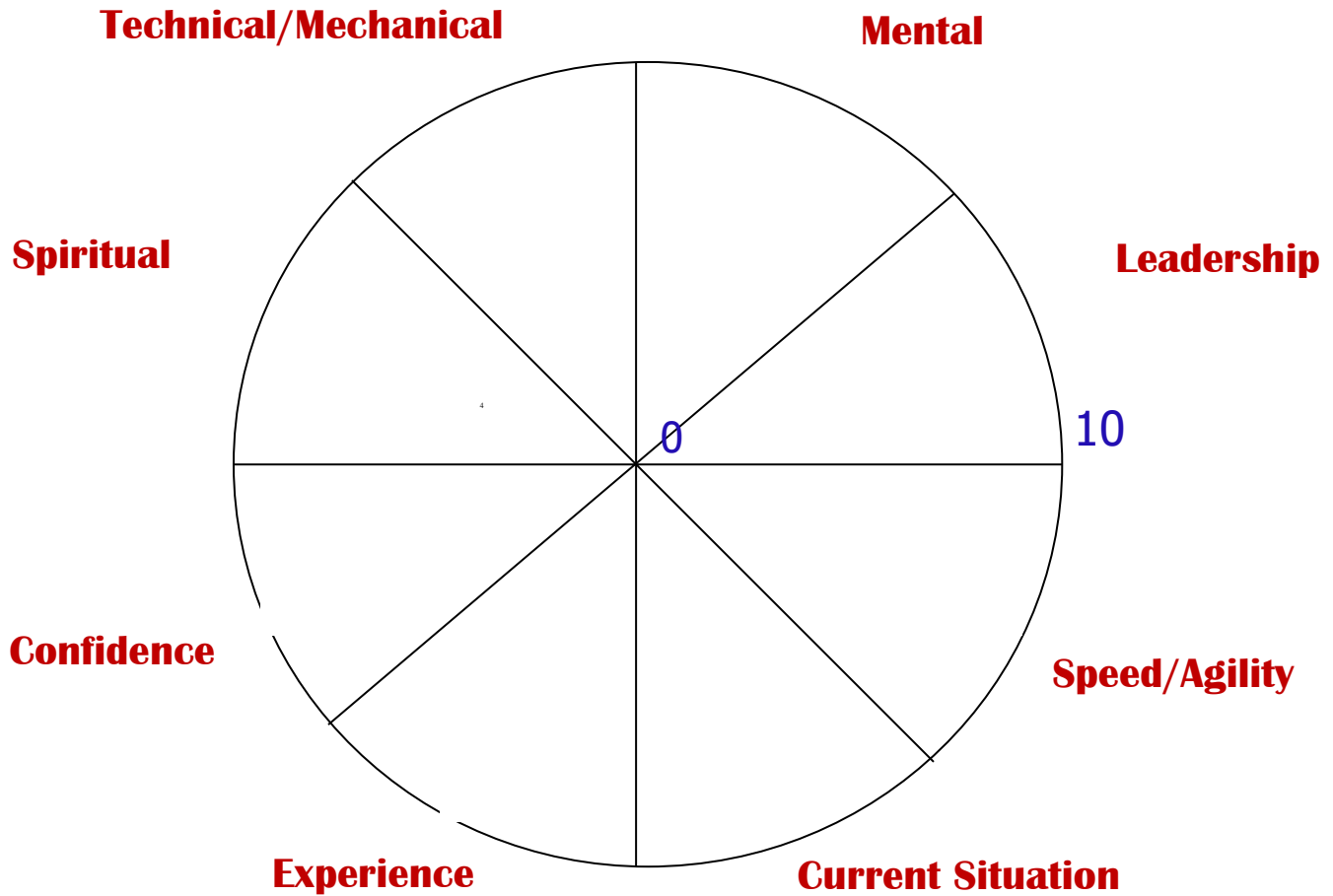
QB Wheel of Success



(Make several copies of this so that you can re-use as you GROW!)

NAME: _____

DATE: _____



Score: _____



QB Wheel of Success



Technical/Mechanical – This category represents how well you’ve mastered the fundamentals. Things like footwork, throwing mechanics, hand-off mechanics etc.. To score highly you should feel like you don’t have to ‘think’ to execute these aspects of the game. You should feel like you are able to do these things sub-consciously. Without thinking.

Mental - This category represents how well you understand the game and your scheme! It’s your knowledge of defensive alignments and coverage schemes. It also includes how well you understand how to attack those coverages and schemes.

Speed/Agility - This category represents where you are from a speed, strength and agility standpoint as compared to where you need to be.

Current Situation - This category represents your current situation. Are you in a position to succeed? If you’re a throwing quarterback but your program runs the option and requires an athletic quarterback, are you in the right situation? Do you have an all-American quarterback with tons of experience to compete against? These are realities and things to consider. The fact is, sometimes you can have potential but no opportunity. You need both!

Experience – When it comes to being a quarterback, nothing can replace experience. To be great, you have to have experience (reps). And you have to experience failure so that you can learn. The earlier you can start gaining experience and learning through failure, the better off you’ll be.

Confidence – Confidence is born out of preparation. Preparation comes from good coaching, experience and hard work. Where do you stand here? What do you need to do to get proper quarterback coaching? How can you gain experience? How hard have you prepared?

Spiritual – If your life is a mess then your game will be a mess. How well balanced are you spiritually? Not necessarily ‘religiously’ but ‘spiritually’.



QB Wheel of Success



Final thoughts...

Be honest with yourself as you go through this exercise. Revisit it often and get an action plan for improving each category.

Remember, I am here to help you grow! Contact me for training opportunities and join the [Winning Edge ONLINE QB Academy](https://www.winningedgeskills.com/). It's ONLY \$179 for LIFETIME access. If you're a coach, consider signing up all of your QBs and QB Coaches for *only* \$249.

Visit Winning Edge QB Academy online at <https://www.winningedgeskills.com/> , join our Facebook page <https://www.facebook.com/winningedgeskills/?ref=bookmarks> and follow me on twitter @winningedgeqb

Yours In Success,

Eric Smith, Quarterback & Leadership Coach

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