

# Blue Ridge QB Summit '24 Script

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## **Friday July 12**

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

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## **Saturday July 13**

- 7 am Wake – Creekside Meditation & Visualization using Acronym ‘BALL’
- 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 (+ *Throwing*)
- 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, July 14**

- 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:** 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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