



Winning Edge Quarterback Academy

Training Program & Packages

Coach Eric Smith


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**WINNING
EDGE SKILLS**
Get Your *EDGE* Here



Because playing the quarterback position is so much more than being athletic and having the ability to throw, Coach Smith takes a comprehensive 360 - degree approach to create a '*complete quarterback*' who can execute all facets of the game at maximum capacity... the physical, mental, emotional and spiritual components that transform both self and others.

Coach Smith believes that because playing the QB position is a leadership position whom an entire program depends on, you need to be either *all in* or *all out!* As a result, his *comprehensive* & *systematic* approach to training is designed to deliver proven results for those who are willing to commit!!

360-Degree Quarterback Training Includes

Skill Development / Mechanics

Throwing, Footwork, Hand-Off, Play Action

Football IQ

Mental Understanding both Offensive and Defensive football

Leadership

How To Lead in Football and LIFE!

Physical Development

'QB Specific' Strength, Mobility & Agility

Mental Performance

Mindset, Resilience, Preparation, Recovery & Mental Health

The training process will include a combination of both 'on field' sessions and 'virtual sessions' via phone or Zoom.

[Click Here](#) to watch video explanation from Coach Smith!

So that the student can continue learning outside of field sessions, Quarterbacks will be equipped with Coach Smith's exclusive 'QB Training App' so that they can plug into training anytime from anywhere! The app contains hundreds of lessons and drills which directly correlate to what the quarterback is learning from Coach Smith during field sessions!! [Click Here](#) to learn more about the **QB App**.

* App is included in all coaching packages



"Eric Smith clearly understands the fundamentals of leadership and the quarterback position. Both of my boys had a very positive experience with Coach Smith and his Winning Edge Camp."

Doug Musgrave, former Div-1 QB (Oregon Ducks)

"Corey Mote's transition from his junior year to his senior year after working with Coach Smith is one of the biggest success stories I've witnessed in my 18 years of coaching. "

- Chris Morris, Head Coach, Dixon HS

"The coaching that I received from Coach Smith at his Winning Edge Academy was extremely influential in my success as a quarterback and team leader"

- Corey Motes, Quarterback

"As a parent and football coach I've worked with my son, Ty, since he was little. Its been a fun successful ride but eventually we found he needed the insight and expertise of a position coach. A coach that could inspire and teach. Eric's QB knowledge, communication skills and passion for the game was a perfect fit. The mechanics and confidence learned gave Ty a competitive edge that directly translated to the field. Our football team went 13-0 this season, with Ty at QB and I feel our time spent with Eric made all the difference. Thanks coach Eric, look forward to working with you this spring."

- Bruce Farrell, Football Coach / Parent

At end of training, pass assessment and receive...

'Winning Edge Quarterback Certification of Completion'

360-Degree QB Coaching Curriculum

QB Skill Development

- ✓ Proper Throwing Mechanics - Pocket & Throwing on Run
- ✓ QB Drops & Theory - 1, 2, 3 & 5 Step
- ✓ QB Stance Under Center & Shotgun
- ✓ QB/Center Exchange
- ✓ Ball Handling Mechanics & Theory - Hand Off & Play Action
- ✓ QB Option Mechanics & Theory
 - RPO (Run Pass Option) & Traditional Triple Option
- ✓ QB Pocket Movement & Drills

QB IQ

Thirty-One Chalkboard Sessions & Film Room Sessions

- ✓ The Value of a QB Learning Defense
- ✓ Understanding Gaps & Holes
- ✓ Understanding D-Line Techniques
- ✓ The Levels of a Defense
- ✓ Understanding Defensive Fronts & Core
- ✓ The Defensive Box
- ✓ Defensive Apex & Alley Players – roles & responsibilities
- ✓ Defensive Seam Players - roles and responsibilities
- ✓ Learning High Safety Identification
- ✓ How To Count Rushers
- ✓ Understanding 2 High Coverages

QB IQ Continued...

- ✓ Understanding Quarters Coverage
- ✓ Understanding Quarter-Quarter Half Coverage
- ✓ Understanding Cover 2 Rock & Cover 2 Roll
- ✓ Tampa 2 Coverage
- ✓ Two High Coverage Summary
- ✓ One High Coverage Part 1
- ✓ One High Coverage Part 2
- ✓ Zero High Man Coverage
- ✓ Understanding Various Quarterback Read
- ✓ Understanding Full Field Reads
- ✓ Film Room – Full Field Reads
- ✓ Film Room – Quick Pass Game
- ✓ Film Room – Play Action Pass Game
- ✓ Film Room – RPOs
- ✓ Film Room – Cover 1
- ✓ Film Room – Cover 2
- ✓ Film Room – Cover 3
- ✓ Film Room – Understanding Cover 3 vs Cover 1
- ✓ Film Room – How To Attack Various Coverages

Leadership

Coach Smith is an author & certified leadership trainer for leading leadership organization in the world – The John Maxwell TEAM

- ✓ What Is Leadership & Why It's Important To Success!
- ✓ Understanding The 4 C's of Leadership
- ✓ Examples of Leadership In Action
- ✓ The QB 'VOICE' – Deep Dive Into How To Lead Now!
- ✓ How To Manage Emotions & Behavior For Better Outcomes
- ✓ The QB's Line of Scrimmage Voice
- ✓ Assessing Your Leadership ABILITY
- ✓ Learning The Journey To Success QB From A D1 QB



Mental Performance

Coach Smith is a certified mental performance coach with The Brian Cain Organization - a mental performance trainer to Olympians, UFC Fighters and many Professional Athletes and Major College Programs

Simply put, because of the stress load placed on today's quarterback, Mental Performance training can mean the difference between success and failure!

- ✓ How Your Mind Works
- ✓ How To Set Goals That Transform
- ✓ Understanding Moral vs. Performance Character.
- ✓ The Power of Visualization
- ✓ Resilience – How to Regain Control During Challenging Moments
- ✓ Learning Mental Health Strategies From a D-1 Athlete
- ✓ How To Manage Emotions to Create Better Outcomes
- ✓ The Power of LOVE in Sport
- ✓ How To Create Routines & Positive Habits

QB Strength Development

- ✓ How To Build Stability & Strength Through the Core – 4 Sessions
- ✓ Building Hand and Arm Strength
- ✓ QB Specific Agility Drills – 3 Sessions

College Recruiting

- ✓ Understanding The Recruiting Game & How to Get Recruited!

Packages

Youth Prep – \$1,695

- ✓ 4 Field Sessions (90 to 120 minutes) – Individual or Small Group (Max 4 QBs)
- ✓ Weekly 'Virtual Session' - (minimum 6 sessions) – Via Zoom or Phone until all 'age appropriate' aspects of curriculum from above is covered sufficiently.
- ✓ QB APP 1 Year Access **** (Entire Curriculum Above) ****
- ✓ Winning Edge Sport Tech Shirt & Hat
- ✓ Book & FREE Online Companion Course
- ✓ QB Training Binder
- ✓ 25% Off 6-Week Winter Indoor Academy Greensboro, NC
- ✓ Free Access To All Group QB Zoom Training Sessions

Varsity & College Prep – \$2,495

- ✓ **6** Field Sessions (90 to 120 minutes) – Individual or Small Group (Max 4 QBs)
- ✓ Weekly 'Virtual Session' - (minimum **10 sessions**) – Via Zoom or Phone until all 'age appropriate' aspects of curriculum from above is covered sufficiently.
- ✓ QB APP **LIFETIME ACCESS** **** (Entire Curriculum Above) ****
- ✓ College Recruitment Training & Social Media Training
- ✓ Winning Edge Sport Tech Shirt & Hat
- ✓ Book & FREE Online Companion Course
- ✓ QB Training Binder
- ✓ 25% Off 6-Week Winter Indoor Academy Greensboro, NC
- ✓ Free Access To All Group QB Zoom Training Sessions
- ✓ **1 College Recruiting** Training Session w/ highlight film review

Location

Winning Edge QB Lodge, Blue Ridge Mountains of Galax, VA

** Field Sessions can be satisfied with a **weekend stay at the lodge** for small additional fee!!**

Call Coach Smith to Get Started! 919-414-1774

Through my years of coaching, raising athletes and teaching, I've learned that kids typically don't take full control of their athletic journeys. They don't grow enough when they're alone, away from coaches.

It's important to understand that to become a leader, one must learn how to lead **themselves** first! This program is designed for the quarterback to work through the curriculum on their own, with my guidance along the way. They are able to navigate this process using my exclusive [Phone App](#)! It's like having me in their pocket, whenever and wherever they want to practice and learn!

During their time alone (between on-field sessions), they will be expected to work on the skills they're learning. They will use the phone app to work through the various assigned drills and lessons.

To hold the QB accountable, their activity will be monitored weekly in our virtual sessions via Zoom or Phone Call. Accountability – Accountability - Accountability!!! You have the reassurance of knowing that your money is NOT being wasted. An important feature of the training app's functionality is that I can monitor the quarterback's activity on my end. This way, we'll know how invested they are in their development.

At the end of the training program, the QB will be given an assessment. I will evaluate the results and consult the QB for proper understanding.

Simply put, I've learned that maximum growth comes from guided training and weekly accountability sessions. Normally, quarterback coaches and skill trainers teach skills then leave the athlete to their own devices, with no accountability. Those results are marginal at best. I'm all about RESULTS!! SUCCESS!! After all, that's what you're paying for!!

To get started or discuss further, call me at **919-414-1774** or email me at winningedgeqb@gmail.com. Also, be sure to visit my website www.WinningEdgeSkills.com

I'm looking forward to helping your son reach his quarterback goals!!
Your Partner in Success,

Coach Smith

