



**HOCKMAN / SMITH**  
Blue Ridge QB ACADEMY

**B**ecause playing the quarterback position is so much more than being athletic and having the ability to throw, we have put together a comprehensive 3 day & night QB Summit at Chestnut Creek Lodge deep in the Blue Ridge Mountains of Virginia!!

**July 12th – 15th**

**[Click Here To Watch Video](#)**



Join Coach [Eric Smith](#) & [Kyle Hockman](#), two of the country's elite Quarterback coaches & mentors.



**Coach Smith**, a former D-1 Quarterback, operates the Winning Edge Quarterback Academy in North Carolina. He is also a published author and certified leadership trainer with The John Maxwell TEAM, the foremost leadership organization in the world. [BIO](#)



**Coach Hockman**, two-time Cobb County (Atlanta) coach of the year, has spent over 32 years coaching all levels of college and high school football. Coach Hockman is considered nationally to be a 'Quarterback Guru'. His last 9 consecutive quarterbacks have gone on to play at the college level... including his son, Baily (Florida State & North Carolina State).

Over the course of 3 days and 3 nights, this QB Summit will be jam packed with content and instruction on how to become an elite quarterback and complete leader of men. [BIO](#)



# Curriculum

## **Skill Development / Mechanics**

Throwing, Footwork, Run Game, Play Action & RPO

## **Football IQ**

Mental Understanding both Offensive and Defensive football

## **Leadership**

How To Lead in Football and LIFE!

Social Conditioning – Connecting In a Disconnected World

## **Physical Development**

'QB Specific' Strength, Mobility & Agility

## **Mental Performance**

*Develop The Mindset of A Mental Warrior*

Mindset, Resilience, Preparation, Recovery & Mental Health

## **Physical Conditioning**

*Get Ready For Fall Camp!*

Nature Runs, Cycling & Paddling!!

## **Nutrition Education**

*Learn How To Eat Like A Champion*



## **Meal Preparation & Basic Nutritional Knowledge**

Benefit from World Class QB Training from sunup to sun down while we mix in the outdoor activities of Kayaking, Tubing and Cycling on Chestnut Creek, The New River and River Trail!!



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

# **Blue Ridge QB Summit Curriculum**

## **QB Skill Development**

- ✓ Proper Throwing Mechanics – From Pocket and On The 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**

### *Chalkboard Sessions & Film Room Sessions*

- ✓ The Importance of a QB Understanding Defense
- ✓ Understanding Gaps, Holes & D-Line Techniques
- ✓ Understanding Defensive Fronts & Core & Box
- ✓ Defensive Apex, Alley & Seam Players – roles & responsibilities
- ✓ Learning High Safety Identification
- ✓ Understanding 2 High Coverages
- ✓ Understanding Quarter & Quarter-Quarter Half Coverage
- ✓ Understanding Cover 2 Rock & Cover 2 Roll
- ✓ Tampa 2 Coverage
- ✓ Two High Coverage Summary
- ✓ One High & Zero Coverages
- ✓ Understanding Various Quarterback Reads
- ✓ Film Room Sessions that support All Chalk Lessons Above
- ✓ 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 Cs of Leadership
- ✓ Watch NFL QB Leading From The Field
- ✓ 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 D-1 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
- ✓ Learn To Unplug From Tech and Plug In To Your Soul
- ✓ 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
- ✓ Building Hand and Arm Strength
- ✓ QB Specific Agility Drills
- ✓ Developing Proper QB Range of Motion
- ✓ Learn Proper Nutrition and Learn How To Cook

### **College Recruiting**

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

## **QB Summit Fee**

**\$1,995**

**Ages 13 – 18**

*(call coach to discuss lower ages)*

**Summit Is Limited To 10 Quarterbacks**

### **Summit Also Includes the following:**

- ✓ Summit Shirt
- ✓ Hat
- ✓ QB Binder
- ✓ Leadership Book & Companion Course
- ✓ All Meals – Healthy, Organic and Delicious
- ✓ QB Development App that includes everything you learned at Summit & More!!



Summit is designed for Quarterbacks age 13+ who have prior experience playing the quarterback position and are looking to take a deeper dive into becoming a complete 'college' ready QB.

Chestnut Creek Lodge in Galax, VA is located about 90 minutes from Greensboro International Airport. Transportation to and from Greensboro Airport is available for an additional fee. If flying and in need of transportation, athletes should arrive by 1 pm Friday and depart after 2 pm Monday afternoon.

**[Click Here](#) to complete an Interest Form and Coach Smith will be in touch with you personally.**

Feel Free To Call Coach Smith with questions 919-414-1774

Your Partner In Success,

*Coach Smith*



## *Photos of The Facility & Local Attractions*













