

PROB TRAINING

QUARTERBACK PROFILE

QB: Derek [REDACTED]

Session Date: October 9, 2010

Session Summary: It was obvious throughout the entirety of the session, that Derek possessed many of the necessary tools needed to excel as a quarterback. He displayed great athleticism, size, and coachability. Throughout the session he never ceased to amaze me with his ability to take what I was telling him and then applying it to his technique. He truly does have fairly sound technique in terms of his throwing technique when it comes to releasing the ball high, which is usually something that many quarterbacks his age struggle with. Though he showed many great things during the session, he does need to work on his front arm (left arm) movement during his throw. If he was able to increase the overall speed and placement of his front arm, then it would ultimately result in the ball coming out of his hand quicker with more velocity because of the torque that front arm produces. When a quarterback is able to pull his front arm down in pulling motion then it causes the body to ultimately rotate faster. The movement of the arm is likened to trying to put a hole through a wall behind you with you elbow. The left arm or lead arm should act as a catapulting force for the rest of his body and truly provide torque for his upper body which will lead to greater velocity and power behind his ball. He had a great tendency to keep his arm close to his body during the up and out position, which in a way, keeps him from delivering the ball properly. Also, though his release angle is rather high, it could even be higher. If he could increase his release angle during the peak of his throw, this would ultimately help him achieve greater height as a quarterback and a greater possibility of the ball being able to clear the hands of defensive lineman and linebackers. Overall, Derek utterly impressed me with his ability to be coacheable and throw the football, and I know that if he continues to work and develop that he will be able to become a great quarterback.

Suggested Workout Plan:

FOOTWORK	RELEASE ANGLE	RELEASE VELOCITY
2X10 Throw on the Run Accordion Drill (with a partner throw on the run to each other keeping feet moving throughout the throw, and then retreating backwards to catch, then repeating.)	3X10 Up and Out Drill (move arms to the up and out position at a rapid pace with the left arm also making an upward 'L' shape.)	3X10 Follow Through Wind Drill (without a ball, and with a towel or net in hand, try to hear the wind sound that the towel/net makes and finish low touching the ground with the towel/net)
3X10 Step Open Drill (work on stepping left of target at a rapid pace) *could do this with a resistance band.	3X10 High Release Hand Hit Drill (have someone hold hand high and hit hand applying pressure on hand with ball for 2 seconds)	3X10 each: Quick Release Drills: standing still (Up and Out/Cement/turn easy/turn hard) (respond to clap and respond/throw fast)
3X10 Step Open/Up and Out Drill (work on stepping open and going up and out w/ arms)	3X10 High Release Band Drill (with a band attached to a pole, pull band high and over shoulder finishing low on opposite side of body)	3X10 each: Quick Release Drills: moving (walk easy, walk hard, back out, walk forward) (respond to Clap and respond/throw fast)
3X10 3 Step Drop On Time to the RT/LT Drill (undercenter, short route drops, and no hitch)	1X15 Reach Back/Release High Throws (with ball in hand, reach back with arm and touch the backside of your body and then come over the top with the football and release as high as possible.	3X10 Slant/Quick Out throws (go through the 3 step drop and focus on throwing the slant route and quick out route quickly with as much accuracy and precision as possible.)

*This is a suggested workout plan that consists of many of the drills that were performed during the session. This workout can be done in any order or frequency. It can be completed in approximately 30 minutes and can be done everyday leading up to the next session in order to further develop the skills necessary to ensure that there is performance "improvement" and "development". Please contact Ryan with any questions concerning this workout plan. ■ AREAS OF FOCUS

Photo Breakdown:



As you can see in this picture, Derek's front arm (left arm) is tied in very close to his body which should not be the case. If Derek were able to get his front arm in the position that Drew Brees has his in the picture to the right, then he would be able to create much more torque, in turn becoming much more powerful and quick with the football.