

**WE ARE
THE OMAHA "AIR STRIKE"
QUARTERBACK ACADEMY**

We are a local program, for local athletes, by local coaches with championship experience.

We provide affordable, off-season instruction for athletes attending any school.

We are experienced coaches with a proven track record of developing All-State, All-District, and All-Conference quarterbacks.

We employ positive coaching methods aimed at building confidence and success.

We are career coaches who are state-certified-educators.

We are "safe environment," "heat acclimation," and "concussion awareness" certified.

We are fathers who strive to coach our athletes the way we would want our own children to be treated.

We are the first, local program in Omaha to offer annual **camps** designed specifically for youth QB's.

We are committed to developing our quarterbacks in fundamentals critical for success: Drops, Reads, Execution, Accuracy, Mechanics
The D.R.E.A.M.

Camp Director: Shelby Sweetmon
sweetmon@gcgmail.org

**For bio's of our championship coaches please visit

www.omahaqbacademy.com

QB'S WILL LEARN

Proper grip

Proper stance

Drop techniques

Foot speed drills

QB keys for success

Moving in the pocket

Throwing with accuracy

Proper throwing mechanics

Huddle & cadence procedures

Quick release & efficiency drills

Read-recognition and "chalk-talk"

WHAT IS INCLUDED

- INSTRUCTION BY CHAMPIONSHIP COACHES**
- TARGETS
- AGE SPECIFIC FOOTBALLS
- *DISCOUNTS ON INDIVIDUAL LESSONS FOR ALL CAMP ATTENDEES!!!!*

WHAT TO BRING

- EXTRA T-SHIRT & SHORTS
- WATER BOTTLE/JUG
- CLEATS (NO BASEBALL SPIKES PLEASE)
- HAND TOWEL (OPTIONAL)
- A GREAT ATTITUDE! (MANDATORY)

10TH ANNUAL
YOUTH

**QUARTERBACK
CAMP**

Presented by

**OMAHA "AIR STRIKE"
QUARTERBACK ACADEMY**

www.omahaqbacademy.com

OMAHA QUARTERBACK ACADEMY



WWW.OMAHAQBACADEMY.COM

Target your D.R.E.A.M.

Ages 6-8
Wednesday
July 12
9:00 - 11:00
\$30

Ages 9-11
Thursday
July 13
9 - 11:45am
\$50

Ages 12-14
Friday
July 14
9 - 11:45am
\$50

Register at:
www.omahaqbacademy.com



AGES 6-8

WEDNESDAY

July 12, 2017

9:00 a.m. – 11:00 a.m.

\$30

Register at:

www.omahaqbacademy.com

SCHEDULE*

8:30 - 9:00 Registration

9:00 – 9:15 Proper warm-up techniques, grip, stance, throwing mechanics

9:15 Break

9:20 - 9:35 QB Competition (Emphasis on FUN!)

9:35 Break

9:40 - 9:55 Reinforce throwing mechanics. Progress to throwing for accuracy.

9:55 Break

10:00 - 10:15 QB Competition (Emphasis on FUN!)

10:15 Break

10:20 - 10:35 Intro to receiving the snap and 3-step-drop mechanics

10:35 Break

10:40 - 10:55 Reinforce receiving snaps & 3-step-drop mechanics.

10:55 - 11:00 Break-it-down

*Subject to modification

AGES 9-11

THURSDAY

July 13, 2017

9:00 a.m. – 11:45 a.m.

\$50

Register at:

www.omahaqbacademy.com

SCHEDULE*

8:30 - 9:00 Registration

9:00 – 9:30 Proper warm-up techniques, grip, stance, throwing mechanics, throwing for accuracy.

9:30 - 9:35 Break

9:35 - 9:50 QB Competition (Emphasis on FUNdamentals)

9:50 – 10:20 3 & 5 step drop techniques, footwork and balance drills, movement in the pocket drills.

10:20 - 10:25 Break

10:25 - 10:40 QB Competition (Emphasis on FUNdamentals)

10:40 - 11:10 Roll-out techniques, throwing on the run, basic routes & reads.

11:10 - 11:15 Break

11:15 - 11:40 QB-Competition (Emphasis on FUNdamentals)

11:40 - 11:45 Break-it-down

*Subject to modification

AGES 12-14

FRIDAY

JULY 14, 2017

9:00 a.m. – 11:45 a.m.

\$50

Register at:

www.omahaqbacademy.com

SCHEDULE*

7:30 - 8:00 Registration

8:00 – 8:50 Proper warm-up techniques, grip, stance, throwing mechanics, throwing for accuracy.

8:50 - 8:55 Break

8:55 - 9:20 3 & 5-step drop techniques, footwork and balance drills, movement in the pocket drills.

9:20 - 9:25 Break

9:25 - 9:50 Roll-out techniques, throwing on the run, basic routes & reads.

9:50 - 9:55 Break

9:55 - 10:50 NFL style QB competition

10:50 – 11:00 Break

11:00 – 11:40 Chalk-talk, understanding coverages, reads & recognition

11:40 - 11:45 Break-it-down

*Subject to modification