

Owasso Skill Development

Quarterback, Receiver, and Running Back Training

Quarterbacks

Individual Instruction:

- Throwing mechanics to improve accuracy, consistency, and power
- Passing game drops from gun and under center
- Drills to develop footwork and release quickness

Group Drills:

- Exchange, playaction, and screen techniques with running backs
- Throwing routes to receivers and running backs

Receivers

Individual Instruction:

- Stance and release from the line of scrimmage
- Proper catching technique and ball security
- Mechanics of cutting and drills to maximize route running effectiveness

Group Drills:

- Running the following routes with quarterbacks:
 - Slant
 - Stop
 - Out
 - Fade
 - Post
 - Comeback
 - Flag
 - Dig

Running Backs

Individual Instruction:

- Stance and footwork from under center and gun
- Drills to develop ball security in every facet of the RB position
- Reading blocks and making cuts off defenders body position.

Group Drills:

- Handoff exchanges with quarterbacks from under center and gun
- Running back routes and screens thrown by quarterbacks

Purpose:

Owasso Skill Development is designed to help offensive skill players grades 5-8 maximize their ability through experienced instruction and high quality repetition.

Coaches:

Chris Bilyeu: Offensive Coordinator / QBs
Owasso High School
Rick Trimble: Inside Receivers / RBs
Owasso High School

Location:

Owasso High School Wellness Center

Contacts:

chris.bilyeu@owasso.k12.ok.us
rick.trimble@owasso.k12.ok.us
(918)-272-8859

Grades:

- 5th Grade through 8th Grade

Time:

Sessions will be from 11:40-12:40
- June 21,22,24, 25,28,29
- July 1,2

Cost:

- Cost is \$100 per player
- This includes 8 one hour sessions and an Owasso Skill Development T-Shirt.
- Mail the following pre-registration form to ensure your spot or register upon arrival.

June						
S	M	TU	W	TH	F	S
20	21	22	23	24	25	26
27	28	29	30			
July						
S	M	TU	W	TH	F	S
				1	2	

Name: _____

Parent: _____

Phone: _____

Grade: 5 6 7 8 T-Shirt Size: YL S M L

Mail Registration to:
Owasso Rams Summer Camps
c/o Rick Trimble
PO Box 628
Owasso, OK 74055
Make Checks Payable to:
Rick Trimble