

# A COMPLETE SERIES OF LESSONS : SUMMER 2021

## **QB/TE/WR SKILLS SCHOOL**

- Skills school is open to *any athlete from any school* interested in playing QB/TE/WR.
- During each lesson, we will work on Essential Traits, Fundamentals, Inside Chalk Talk, Outdoor Field Work, Player Development, & Vital Leadership Skills.

### TRAIN THE BODY – TRAIN THE MIND – TRAIN TO BE THE BEST

#### **Varsity Session ( 6 Lessons )**

June 14, 16, 17, 21, 23, 24 (Mon, Wed, Thur)

- Essentials/Fundamentals to QB/TE/WR Play
- Throwing Fundamentals
- Footwork Musts
- Routes / Releases
- Drops
- Pocket Awareness
- Escaping Pressure the Correct Way
- Play Fakes & Ball Handling
- Throwing on the Run
- EZ Throws – TD Plays
- Understanding Field Zones & Coverage Recognition
- Finding Weaknesses in a Defense
- Attacking Coverages
- Leadership/Character Training
  - “Perfect Practice”
  - “Knowledge & Confidence”
  - “No Excuses – Mental Toughness”
  - “Understand Your Influence”
  - “Calm in the Chaos”
  - “Thrive Under Pressure”

#### **Youth Session ( 4 Lessons )**

June 14, 15, 21, 22 (Mon, Tues)

- Fundamentals to Maximize QB Play
- Throwing Fundamentals
- Quick Passing Game – 3 Step Drops
- Play Fakes & Ball Handling
- Leadership & Character Training



#### **Varsity (7<sup>th</sup> – 12<sup>th</sup> Grade QB/WR/TE)**

11:30 – 1:00PM

Inside Chalk Talk, Outdoor Field Work,  
Player Development and Leadership Training,  
QB Academy T-shirt

#### **Youth (2<sup>nd</sup> – 6<sup>th</sup> Grade QB/WR/TE)**

1:00 – 2:00PM

Inside Chalk Talk, Outdoor Field Work,  
Player Development and Leadership Training,  
QB Academy T-shirt

**Cost:** \$90 for Youth  
\$110 for Varsity

**Location:** Union High School (UMAC)

#### **What to Bring:**

Football cleats, inside shoes (weather reasons only), own football (if needed), water and/or snacks  
Parents and/or coaches are welcome to attend

#### **Contact:**

Coach Dub Maddox [dub.maddox@gmail.com](mailto:dub.maddox@gmail.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>June 14<sup>th</sup></b> Day 1 – HS Day 1 – Youth	<b>15<sup>th</sup></b> Day 2 - Youth	<b>16<sup>th</sup></b> Day 2 – HS	<b>17<sup>th</sup></b> Day 3 – HS	
<b>June 21<sup>st</sup></b> Day 4 – HS Day 3 – Youth	<b>22<sup>nd</sup></b> Day 4 – Youth	<b>23<sup>rd</sup></b> Day 5 – HS	<b>24<sup>th</sup></b> Day 6 – HS	

# UNION SKILLS SCHOOL REGISTRATION FORM

Athlete's Name \_\_\_\_\_ Phone \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Grade Entering (2019-2020) \_\_\_\_\_

Parent's Name \_\_\_\_\_ Emergency # \_\_\_\_\_

(Please ✓ select)

**7<sup>th</sup> – 12<sup>th</sup> Grade:**  
Lessons (Mon, Tues, Thurs)

**2<sup>nd</sup> – 6<sup>th</sup> Grade:**  
Lessons (Mon, Tues)

**\$110 7<sup>th</sup> – 12<sup>th</sup> Grade**  
**\$90 2<sup>nd</sup> – 6<sup>th</sup> Grade**  
 Make Checks Payable to Union Public Schools  
  
**Contact:**  
 Coach Dub Maddox [dub.maddox@gmail.com](mailto:dub.maddox@gmail.com)



**REGISTER ONLINE WITH QR CODE OR AT:**  
<https://forms.gle/oiLRNTiSji4aTf4y9>

**PARENTAL CONSENT**

I certify that my child has been examined by a physician and has been found to be in good health and able to compete in all camp activities without restriction. In addition, I acknowledge that I have medical insurance to cover the cost of any injury or illness that may occur during my child's participation in this camp. Furthermore, I authorize the staff of the UNION SKILLS SCHOOL 2021 to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the UNION SKILLS SCHOOL 2021 and Union Public Schools from all claims resulting from any injury my child may sustain while attending.

\_\_\_\_\_  
 Parent/Guardian (PRINT)                      Date

\_\_\_\_\_  
 Parent or Guardian's Signature              Date

**Make all checks payable to Union Public Schools**

**Please send payment and registration to:**  
 Union Athletics  
 6836 S. Mingo  
 Tulsa, OK 74133

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