

**ALAMO CITY QUARTERBACK CAMP
QB WEIGHTED BALL WORKOUT**

WEEK	DAYS	POUNDAGE	MINUTES W/PARTNER	RATE OF THROWS
1	M-W-F	4	15	16-18 @ MINUTE
2	M-W-F	4	25	16-18 @ MINUTE
3	M-T-W-T-F	4	30	16-18 @ MINUTE
4	M-W-F	2	15	20 @ MINUTE
5	M-W-F	2	25	20 @ MINUTE
6	M-T-W-T-F	2	30	20 @ MINUTE
7	M-W-F	1	15	20 @ MINUTE
8	M-W-F	1	25	20 @ MINUTE
9	M-T-W-T-F	1	30	20 @ MINUTE

NOTE: Repeat cycle at the conclusion of 9 weeks.

COACHING TIPS:

Throw using exact technique as throwing the football.
 Throw from 9 feet away with a partner on one knee 1/2 way from the wall to the QB's left.
 Partner catching the ball off the wall and "egg tossing" ball back to the thrower.
 The rate of throws is the pace that the thrower takes as if he threw that many throws a minute.
 The purpose is to increase arm quickness and strength.
 It's critical to take proper step and use proper throwing techniques.
 Every workout includes throwing to warm-up (20%)
 Throwing a little harder (30%)
 Cool down (20%)
 Stretch before and at the conclusion of the work-out.
 The above work-out is an advanced schedule and is just one of the weighted ball routines that I use.

THOUGHTS & PRINCIPLES:

Developing arm speed is crucial for sports requiring throwing.
 Technique and strength must combine to maximize throwing capacity.
 Overweight training improve strength of the throwing using sport-specific movements.
 A lighter ball is ideal for arm speed development.
 A heavier ball is used to achieve strength improvements.
 A combination of light and heavy ball should be used.
 Using a ball that is too heavy may result in unwanted change in technique.
 We do not do a weighted ball workout and throw a regular football in the same 1/2 of the day. We'll do it AM/PM.