

OFFICIAL CAMP

PLAYBOOK

2015-16

A Guide to the NFA
Camp Experience
for Coaches & Parents

NFA
NATIONAL FOOTBALL ACADEMIES



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There's no greater feeling or reward than watching your athlete utilize his natural abilities and maximize them through learning, growing, and competing.

INTRODUCTION TO CAMP



Thank you for joining us at camp. At NFA, we are highly interested in partnering with you and your developing athlete for the length of his distinguished career. We've put this playbook together to help you maximize your athlete's camp experience and to help you utilize the knowledge gained over the next few days for months to come.

Our goal at NFA is to inspire and develop athletes at all levels, through systematic instruction, innovative drills, passionate intensity, confident leadership, and consistent execution.

With that goal in mind, we know that it's every parent's desire to see their athlete accomplish his athletic goals and dreams. There's no greater feeling or reward than watching your athlete utilize his natural abilities and maximize them through learning, growing, and competing. Today, sports are more competitive and scrutinized at every level and your investment in this camp is a testament to that fact. We would like to thank you for entrusting your athlete to the staff at NFA. It is our desire to help him capitalize on his opportunities by helping him gain a sustainable and competitive advantage through a better understanding of the dynamics and disciplines needed to be a successful player.

Our Coaches will do everything in their power to ensure a world class camp experience and maximize your athlete's time and effort at camp. Even with our best efforts, your son's development isn't a one-time event. It will require dedication, hard work and additional training. NFA has numerous additional resources to aid your athlete's development for his long-term career which will be presented later in this manual.

Now let's explain how you can use this manual to enhance your athlete's camp experience and help you know what to expect at camp!





Darin Slack

In 1988, graduating as an All-American QB at the University of Central Florida, Coach Slack founded National Football Academies. He has pioneered a new way to serve coaches and athletes through specialized training using a biomechanically sound and revolutionary skills system developed over 26 years. Having trained over 60,000 coaches and athletes through NFA and other training clinics, he has positioned himself among the best teachers of QB fundamentals and leadership in the nation.



In the past decade, he's become a nationally recognized developer of coaches and is consistently among the top ranked speakers in coaching clinics he serves. He's created the best-selling quarterback training DVD systems on the market and co-authored two books, *From Headset to Helmet*, and *Cracking the Quarterback Code*. His training techniques are simple, yet extremely effective at producing successful results for any QB, or QB coach, at any level. (Over 100 new NCAA and NFL QBs produced in the past 4 years) During his time with NFA, he has served as a high school head coach, offensive coordinator and athletic director for many years, in addition to starting two high school varsity football programs from scratch.

Coach Slack is presently full time with the Academy and travels year round as a motivational speaker, skills coach, and builder of men seeking to make a difference in the lives and futures of youth throughout this country. Darin has great zeal for the game of football, but not at the expense of his wife and five children. Coach Slack knows that he will be defined not by his accomplishments as a QB or a coach; but by his character as an individual, a husband, and a father.

J.C. Boice

JC Boice has been involved with NFA for nearly a decade as one of the premier throwing mechanics coaches, specializing in biomechanical analysis. Coach Boice was born into a football family and has played and coached the quarterback position for the last 17 years. As a Senior Level, C4 Certified Quarterback Coach, Coach Boice is a highly energetic coach with a passion for developing quarterbacks. Aside from his duties as an NFA camp coach, Coach Boice is a member of NFA's National Management Team and has been a driving force behind NFA's national growth. Coach Boice is also the Regional Director for the Pacific Northwest and Western Canada where he offers personal quarterback coaching and coordinates area development camps.

Coach Boice and his wife, Janiene, have five children: sons Court and Landon and daughters Karter, Brook, and Jordan.

He is currently the Head Coach of the Westshore Rebels, a collegiate program in Western Canada.



NFA LEAD COACHES

Dub Maddox

Coach Maddox is the Offensive Coordinator and QB Coach for the nationally ranked Jenks Trojans in Oklahoma and the Camp/Curriculum director for National Football Academies.

Coach Maddox is considered to be one of the leading experts in QB training and offensive scheme tactics in the country. He is the author and co-creator of the revolutionary R4 system. The R4 system is a reads and recognition system that is used to accelerate decision making for QB's and provide sound offensive concepts for their coaches. The R4 book *From Headset to Helmet* is becoming a foundational tool for every football program. Coach Maddox's QBs and offenses have set numerous state and school records. In 2010 his offense set the all-time state scoring record by averaging 53.4 points per game. His quarterbacks currently hold the Jenks High School all-time career passing yardage record and career touchdown record. Of the four quarterbacks that he has coached at Jenks since 2006, everyone of them has finished with a 70%+ completion percentage along with 20:1 TD to Int ratio.

Coach Maddox spends the off-season traveling across the country teaching and training quarterbacks. He is also a coaching consultant for football programs on offensive scheme design and implementation. He is passionate about using the game of football to build great men on and off the field. Dub recently married the love of his life, Tanya Renee Maddox, on August 1, 2014.



HOW TO USE THIS MANUAL

Before discussing our coaches, camps, and general schedule, we would like to share some suggestions with you and your athlete about how to maximize every second at camp and sustain the progress.

1 Have an open mind and a willingness to learn.

Our coaches will be presenting information and knowledge gained over the last 27 years. In order to capitalize on the information they will be sharing with you, it's important to keep an open mind and have a willingness to learn or try something different. All the techniques our coaches will teach have been proven to provide consistency in an athlete's performance.

2 Take notes.

Our Coaches will be providing a wealth of information in a very condensed time frame. In order to make sure every detail is captured and available for review, feel free to take notes. Research has proven that your retention of a new idea or behavior increases substantially when you **Hear It, Write It, See It, and Do It!** Try to summarize key coaching points, thoughts, and/or feelings of your camp experience. Use the same language our coaches use in the C-4 Self Correct System.

3 Engage our staff.

Our coaches are all here for you and your athlete's benefit. If you need a coaching point elaborated on, are struggling with one particular aspect, or need advice on where to go from here, please feel free to engage our coaches.

4 Debrief after each day of camp.

Ask your athlete what he liked about camp. What did he specifically learn? What drill did he enjoy the most today? What did he struggle with? What specific action item is he going to implement based on the knowledge, skill or drill he learned today. Based on what he's learned at camp, what specifically will he:

Start Doing?
Continue Doing?
Stop Doing?



5 Become a student of the game.

Take a few minutes every day to study, research, review or discuss your position. Being a student of the game is beneficial for both the athlete and parent. As an athlete, taking mental reps while watching a televised game, studying your playbook etc. will dramatically decrease your learning curve. As a parent, becoming a student of the game will improve communication, express your investment in helping your athlete succeed, and strengthen your relationship.

6 Remember, it's a marathon, not a sprint.

Mastery of anything, no matter how simple or complex, takes time. As previously mentioned, your son's development is an ongoing process, and like anything that is on going there will be setbacks and frustrations, along with dramatic improvements. The desire and mental fortitude to keep practicing, training, and studying is important.

7 Manage your expectations.

In today's world everyone wants everything right now. When we don't get the immediate result we desire, we become frustrated and lose sight of the progress we've made. As a parent, make sure your athlete does not let frustration interfere with making a change for the better and revert to old habits. Remind him what he's learned, why he's working so hard to make changes, and that he will reap the rewards if he stays the course. You will play a critical role in the development cycle, but please remember that NFA is here to support you every step of the way.



WHAT TO EXPECT AT CAMP

Our Coaching Staff

The first thing that will be apparent at our camps is our staff's passion, energy, and dedication to your athlete's improvement. While passion and energy are crucial aspects of effective instruction, the instruction has to be clear and consistent in order to maximize the athlete's understanding.

NFA differentiates itself from every other football training organization through a rigorous Coach Certification Program. To ensure our vast coaching staff remains on the same page, regardless of which camp you attend...

We adhere to these key non-negotiables:

- Minimize confusion through common language.**
- Accelerate the learning process through sequential teaching.**
- Instill self-correction through informed repetition.**

NFA strives to maintain one of the lowest coach-to-player ratios in the nation. Each coaching staff will be directed by one of our senior-level certified coaches with numerous years of experience successfully developing football athletes.



Our Goal for this Camp

The instructional goal of our camp is to enhance your athlete's understanding and execution of the mechanics of his respective position. Ultimately, we want athletes to understand the mechanics of their position so well that they have the ability to **Self-Correct, Not Self-Destruct**. What does that mean? Your athlete will have the ability to immediately self diagnose breakdowns in mechanics which prevent flawless execution during a given play, and instantly know how to fix those breakdowns before the next play.

In order to accomplish our goal, NFA camps follow a sequential four stage development cycle:

Installation, Implementation, Application, and Repetition.

Installation

To accelerate an athlete's development we install a common language, using bio-mechanical non-negotiables, and evaluate each athlete's mechanics towards achieving the desired consistency in specific drills.

The Installation Phase:

- ▲ Leadership and character message
- ▲ Detailed Instruction on the *NFA Self-Correct System*
- ▲ Filming for video analysis
- ▲ Fundamental drills
- ▲ Primary movement mechanics install

Implementation

During this phase we use drills designed to isolate the primary movements and repeat them continuously to discover and fix breakdowns.

Application

With the primary movements installed and drilled, we will progress to live-fire scenarios and multi-tasking drills that stress discipline and awareness of mechanics. Our coaches shift from teaching to aiding the athlete with guided self discovery. After each repetition, our coaches will interact to review situational awareness, grasp of assignment, and mastery of technique.

Implementation & Application Phase

- ▲ Leadership and Character
- ▲ High Performance footwork and drops
- ▲ Video analysis
- ▲ Coverage and how to attack it
- ▲ On-Field escape drills
- ▲ Throwing under pressure

Repetition

This period is about integrating the full scope of learned behavior with immediate feedback, skill recruitment, and intense effort. We do this by creating a competitive environment through multiple footwork drills, 7-on-7, route throwing and other high repetition scenarios that challenge the athlete to apply all their training. We provide the QBs another video analysis session on the field to assess the level of change penetration in their mechanics, and the coaching staff will provide drills for off-season training and improvement.

LEADERSHIP LESSON

There are many people pulling for your son – his coach, his fans, his teammates, etc... but none are more enthusiastic than you, the parent. NFA is dedicated to helping men reach their full potential. These concepts are designed to help your son gain the perspective necessary to take his mental game to the level of manhood. When they can give all of themselves for something bigger than who they are, then true success is attained. Please take notes below and use this as a tool to follow up with your son to insure he is on the path to true success as both a quarterback and a person.

We use buoys to position the importance of having something we can hold onto when we are tempted to sink in the *ocean of emotion* that challenges young men's hearts.

OSD Talk 1

Buoy 1: It's not about _____.

This is the first *Milestone of Manhood* and it will confront the decision-making process of any young man forced to make important calls while under pressure.

He must always remember that his attitude is a _____ to other's hearts that he is serving and he must manage the temperature at all times in service to those around him

Buoy 2: Get _____.

The need for this discipline is critical to incremental improvement as a person. There are no shortcuts to maturity and this highlights the mindset we must have in our every day lives as men.



COMPANY OVERVIEW

National Football Academies' mission is to provide the highest quality skill development for all ages and experience levels. We provide this development through camps, small-group training, private instruction, clinics, books, DVDs, and coach certification. Our athletes range from those just starting at the youth level to those performing in the college and professional ranks.

National Football Academies is an expansion of the highly successful *Darin Slack Quarterback Academy* originally founded in 1988 in Orlando, FL. *Darin Slack Quarterback Academy* was a pioneer in the development of quarterbacks through systematic instruction, innovative drills, and passionate intensity. NFA seeks to take the same core values and principles that propelled the Quarterback Academy to success and apply them to other positions within the game of football.



Over the past 27 years NFA has had the privilege of sharing these core values and principles with countless athletes and coaches. With our continued expansion into other positions, coach certification, clinics and partnerships with other companies in the industry, we look forward to sharing these values with the next generation of athletes.

NFA's Core Values

- **The highest achievement isn't a scholarship or a victory, but earning the respect of teammates.**
- **Every athlete can make a difference, and therefore must achieve their personal potential.**
- **It's our privilege to assist coaches in developing skilled, self-motivated young men for their programs that reinvigorate their love for coaching.**
- **If we reach only one athlete every place we go, then we've succeeded.**
- **Confidence, Character, Commitment and Consistency are the basis for any great athlete and man.**
- **Tomorrow's leaders are today's football leaders.**





THE SELF-CORRECT SYSTEM

SKILLS DEVELOPMENT



The Quarterback Self-Correct System – Throwing Mechanics

For those desiring an informative and clear explanation of quarterback passing mechanics, this DVD series has redefined the standard for the industry. This portion of the Self-Correct System DVD series covers not only the science behind throwing mechanics, it revolutionizes the quarterback's learning process for throwing the football, dropback footwork, and self-correction.

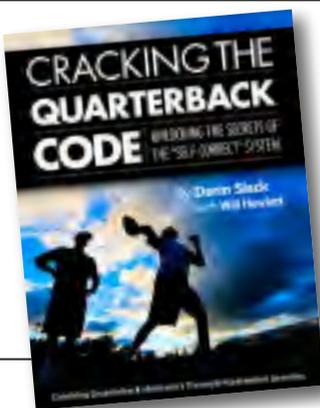
Disc 1	Teaches the science behind the throwing motion with drills for proper mechanics
Disc 2	Teaches drills for power and accuracy in the throwing motion, combining proper dropback passing with game footwork.
Disc 3	Teaches proper run-game disciplines including ISO, Bootleg, Counter, and zone handoffs with play-action mechanics.



The Quarterback Self-Correct System – Complete Quarterback Disciplines and Drills

For coaches seeking a competitive quarterback development advantage or for parents seeking a better understanding of advance QB mechanics this series takes you deeper than any other product on the market. This portion of the Self-Correct DVD series covers the primary run game disciplines, basic defensive reads and recognition, and advanced throwing mechanic drills with specific emphasis on *WHY* each teaching point is important.

Disc 1	Teaches the 5 non-negotiables of quarterback leadership and includes drills for the outside run & pass game - Toss Sweep, Option, Sprint -Out.
Disc 2	Teaches basic defensive front alignment & coverage recognition
Disc 3	Teaches drills for decision-making under pressure including route specific quarterback & receiver timing on throws
Disc 4	Teaches Advanced Throwing & Footwork Drills to Improve Consistency & Self-Correction in Passing Mechanics



Cracking the Quarterback Code

by Darin Slack with Will Hewlett

Coaching your quarterbacks, particularly their throwing mechanics, may be the most complicated task you'll ever perform. Darin Slack and Will Hewlett developed this in-depth, easy-to-understand training resource for any level QB after years of coaching and observing hundreds of hungry QBs.

Forging biomechanics, science and simplicity, they deliver a clear, concise language that builds immediate confidence in any coach or QB seeking a competitive edge.

PHYSICAL DEVELOPMENT



The Quarterback Self-Correct System – Development Drills

F4 is the latest installment of videos specifically designed for quarterback fitness training. Not only is F4 intended for Off-season Preparation, but for year round physical fitness development. This series includes over 9-hours of instruction and over 225 drills for position-specific quarterback development.

Disc 1	Throwing drills and dropback footwork training concepts
Disc 2	Advanced quarterback position-specific training drills
Disc 3	Advanced quarterback position-specific core strengthening and footwork drills
Disc 4	Advanced quarterback position-specific upper body strengthening and warm-up drills (part 1)
Disc 5	Advanced quarterback position-specific upper body strengthening and warm-up drills (part 2)
Disc 6	Advanced functional throwing drills using hangers

MENTAL DEVELOPMENT



Mastering the R4 System – Rhythm, Read, Rush, Release

In this video series, Coach Slack, Founder of NFA, and Dub Maddox, QB Coach and Offensive Coordinator at Jenks High School in Tulsa, OK, teach a powerful system of QB reads, recognition and decision-making – a system that accelerates passing game progressions, accelerates defender key decisions, and accelerates disciplined footwork in any offensive scheme.

Disc 1	Language, function, and the rules of the modern concept passing game
Disc 2	Accelerating QB decision making through reads and recognition drills and skills
Disc 3	Executing the R-4 System in modern passing concepts utilizing actual game footage and drill demonstrations



From Headset to Helmet: Coaching the R4 Expert System by Dub Maddox with Darin Slack

Like a powerful operating platform for a computer, Dub Maddox and Darin Slack have spent years perfecting the R4 QB Expert System as a powerful quarterback communication tool for today's offensive coach. Recognized by many as the most innovative solution for overly-complex passing game structures, this system is designed to streamline and structure any scheme it influences.

THE DUEL



The Duel is a national quarterback skills competition sponsored by NFA and held each summer in the second weekend of July, at the birthplace of High School Football in Massillon, Ohio. Athletes from all NFA regions around the country come to showcase their quarterback skills against the elite athletes in their age group.

The Duel is quickly becoming the premier event for the nation's rising stars at the quarterback position. Athletes wanting to earn an invitation need to attend an NFA camp and receive an invitation from an NFA Senior-Level Certified Coach.

Age Groups:

Rising 11th, 10th, 9th, 8th, 7th, 6th and 5th Grade Athletes

Scoring:

The competition is organized by grade level. The Duel scoring is calculated using the NFA Skill Score System developed by Coach Slack and Master Certified Coaches J.C. Boice and Dub Maddox.

Seize your opportunity! Get better at an NFA Camp near you and earn your invitation to see where you stack up against some of the best athletes in the country!



What Should I Do After Camp?

What's Next?

You may be asking, *Where is my son in his development process?* Make sure you speak with an NFA Senior-Level Certified Coach regarding your athlete's current situation and a strategic plan. We can provide insight regarding goals and benchmarks that will guide you through the development process wherever your athlete is positioned along the **prospect timeline**. The prospect timeline includes everything an athlete must do to prepare himself for the collegiate recruiting process.

The four primary gauges of an athlete's readiness for exposure to college coaches

Position Specific Skills: talent, varsity game performance, play-making ability and consistency

Physical Attributes: size, strength, speed and athleticism

Mental and Emotional Maturity: GPA, confidence, decisions and coachability

Character Qualities: moral fiber, responsibility, discipline and attitude

NFA is committed to coming alongside you as a parent or coach in achieving these timeline milestones that will give your athlete the competitive advantage they need to realize their dreams of playing football at the next level.

Where Do We Start?

Non-Negotiables of the Athlete Development Process

- Learn the basic "Self-Correct System" through DVDs, Camps or Private Skills Instruction
- Establish a solid development process for the youth athlete
Answer these questions:
 - *Why is my son doing each drill?*
 - *Which ONE mechanics concern matters right now?*
 - *How am I making this fun for my son?*
 - *How is my son responding to correction?*
 - *Where is my son going to play, train and develop for the next 6 months, 1 year, 3 years and 5 years?*
- Establish a solid development process for the High School Athlete
Answer these questions:
 - *What resources am I currently utilizing to advance my son's development? (Review Key Development Resources)*
 - *Which ONE gauge of your son's collegiate readiness is lacking? (Skills, Physical, Maturity, Character)*
 - *What am I willing to invest in my son's future in football? (Time, Finances, Resources)*
 - *Has my son taken ownership of his development process?*
 - *Where is my son going to play, train and develop for the next 6 months, 1 year and 3 years?*
- Schedule a meeting with your son to discuss his camp experience, desire to accelerate the development process, and goals for his future in football.
- Have your son meet with his current or upcoming coach about areas of improvement.
- Contact your nearest NFA representative to discuss your plan and begin moving the chains!

Key Development Resources

- Books and DVD Series - *The Self-Correct System*
- OSD Camps (December through May)
- PSP Camps (June and July)
- Private Skills Instruction (Year Round)
- Performance and Nutritional Guidance (Year Round)
- Recruiting and Exposure Consulting (Year Round)
- Game and Skills Video Evaluation (Year Round)

NFA Training Tips

- Remember that flexibility is as important as throwing, lifting, nutrition and rest and must be a key aspect of an athlete's daily development process
- Consistently focus on core and lower back strength and "prehabilitation" (injury prevention)
- Utilize NFA staff experience while managing multi-sport commitments and obligations
- Regularly review with NFA staff your prospect timeline, athlete development process, and goals to assess progress toward the next level.

PROSPECT TIMELINE



6th Grade and Lower

- Parent or coach facilitates implementation of core *Self-Correct System* concepts through DVDs, camps and private skills instruction
- Decide what training opportunities are best
 - Schedule NFA camps and private skills instruction throughout the year
 - Build a sports performance training relationship for flexibility, growth and health utilizing NFA's network of fitness professionals
- Incorporate body weighted movements
- Participate in multiple sports to cultivate balance, athleticism and self-awareness
- Establish a proper rest, recovery and nutrition plan utilizing NFA's network of sports performance professionals

7th Grade

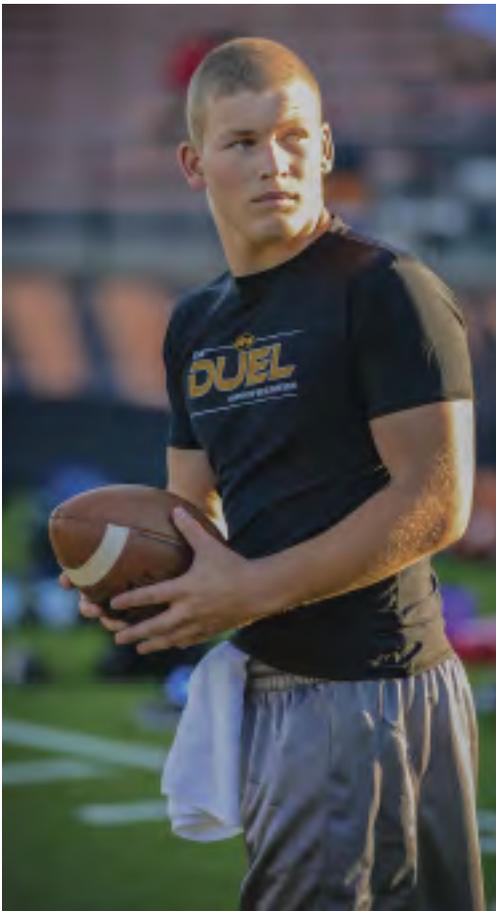
- Utilize the NFA staff to establish a year-round plan for NFA camps and physical training
- Set an NFA Certified Coach Personal Skills Instruction calendar to accelerate the development process
- Begin narrowing physical focus to strength, speed and weight gain with the athlete taking more ownership
- Develop a clear understanding of defensive fronts and coverages
- Establish relationships with potential high school coaches
- Begin regular film study as a discipline of the position
- Pursue promotional, competitive and ranking events nationally

8th Grade

- Increase communication with an NFA certified coach through a customized personal training program
- Develop a training relationship with your nearest NFA certified coach
- Build a solid development process for all four seasons of the year: *Pre-season, In-season, Off-season, and Post-season*
- Closely track targeted weight, strength and speed gains
- Position specific skills should be emphasized for competitive advantage throughout the year into high school
- Begin tracking combine testing numbers for setting a baseline in each area

High School

- Master high school offense and coach expectations
- Lead all facets of team training in the weight room, academics, nutrition, and four-season field work (Pre-season, In-season, Off-season and Post-season)
- Sustain communication with an NFA certified coach through a customized personal training program
- Begin attending college one-day evaluation opportunities
- Initiate NFA's two-phase marketing strategy for securing an athletic scholarship
- Leverage contacts and network relationships for collegiate connections
- Select college recruiting "fit", or track, based on GLA (Grade Level Aptitude) assessed by an NFA senior-level certified coach
- Earn invitations to high-profile NFA and national exposure events
- Maintain consistent attendance at NFA camps and access to NFA certified coach personal skills instruction



PERSONAL INSTRUCTION

For continued development between camps, NFA offers personal instruction in numerous locations around the country via our network of certified coaches. Our coaches will build upon the core *Self-Correct* curriculum learned during camp and tailor it to fit the individual athlete's developmental needs. Our coaches will clearly lay out a development plan that will outline key areas of improvement and provide the instruction necessary.

You have one shot
to make it count.
**Don't leave
anything in
question.**



Comprehensive Video Assessment and Online Video Analysis

Using cutting edge video technology, we help the athlete understand how the **4 Dynamics of the Throwing Motion** (Drive, Turn, Elevate, Extend) will rapidly improve their current throw. Using a variety of angles and techniques, we can quickly paint the picture of how to start the process of becoming an elite quarterback. Instant feedback will be provided throughout the session using the Coach's Eye App available on IOS and Android platforms. If you are interested in post camp online video analysis from a senior certified

coach, contact nfacoach@gmail.com for details or see below.

Online Video Analysis

A regional, senior certified staff coach will:

- Review two videos sent by email from the player from the side and back (Coach will direct how to shoot and send).
- The coach will provide 3-6 minutes of recorded feedback and coaching points on each video.
- He will email the video analysis to the client following his review.
- Cost for evaluation ranges from \$20-\$50 depending on how many clips are reviewed and how long. Contact nfacoach@gmail.com for more information on available coaches.



Building the Model Quarterback

Constructing the perfect throw, drop back, and fluid pocket movement under pressure takes a precise and trained eye that can identify mechanical breakdowns and deficiencies in movement, as well as provide a quick and reliable correction. Private instruction



Topics Covered During a Session

Power Development with Mechanical Precision

In order to do this we must maintain a fluid motion while still generating large amounts of force behind each throw. With our experience in maximizing every quarterback's athletic potential, we feel that any prospect can improve their current velocity, accuracy and precision. Our coaching staff can communicate several ways to improve based on each athlete's skill set.

Rhythm Footwork

We have cracked the code in rhythmic footwork and precision timing to make every throw needed to perform exceptionally at camp, combines, and most importantly during the season. Putting the athlete in a position to succeed with quick precise footwork at NFA is a priority. Athletes will learn techniques that improve or teach the 3, 5 and 7-step drop to match up to elite speed and consistency.

Pocket Movement

There is a reason why Drew Brees and Aaron Rodgers move well in the pocket. Maintaining mechanics under pressure is what separates the good from the great. On average, 64% of the time, your feet will not be completely 'set ready' to throw on any given pass play. We have developed a way to teach quarterbacks to react faster, maintain their passer profile and poise under maximum pressure. Through repetitive drilling and understanding the defense's weaknesses, we can build and improve the quarterback's technique for maintaining a play.



**If you are a professional, collegiate, high school or youth athlete, please contact us for more information regarding private instruction.
info@nfanation.com
or 1-866-735-3267**

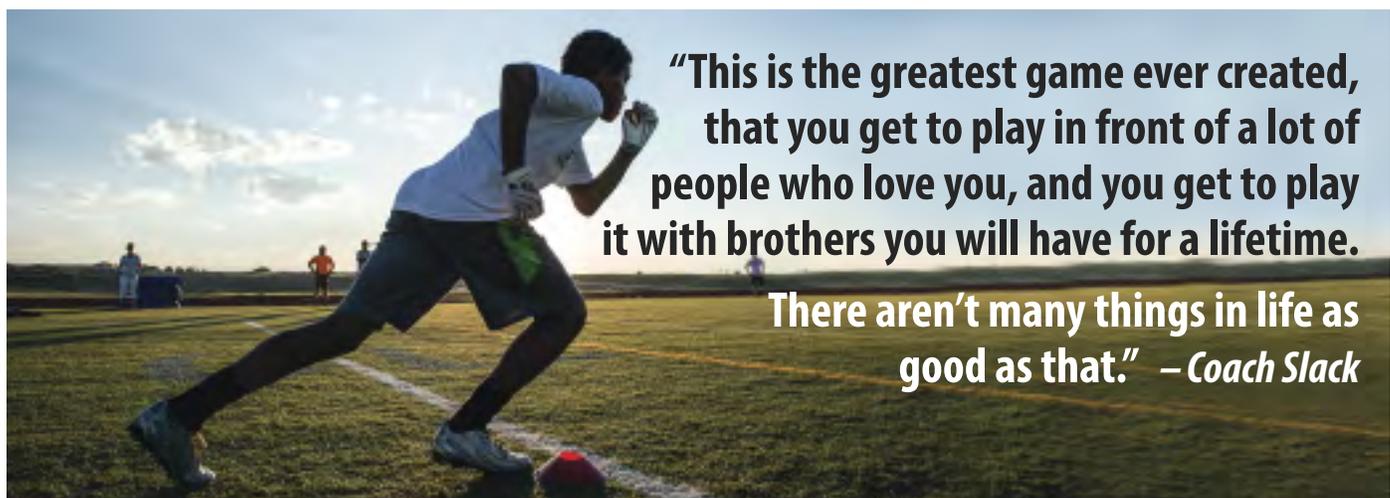
OFF-SEASON DEVELOPMENT

The Off-Season Development Camp (OSD) accelerates understanding and execution of each player’s primary movements (mechanics), while helping them develop the ability to *Self-Correct, Not Self-Destruct* under pressure. This goal is achieved through the simple process of **Installation, Implementation, Application, and Repetition** of the training content over a 3-day period.

NFA also provides a focused emphasis on the mental process of reads and recognition with the inclusion of specific training from the nationally renowned R4 System developed by Coach Dub Maddox and Coach Darin Slack.

2015/16 OSD CAMP SCHEDULE

December 11-13	ATLANTA, GA	QBs and Receivers
December 27-29	ORLANDO, FL	QBs and Receivers
December 27-29	HOUSTON, TX	QBs, Receivers, RBs
December 27-29	SOUTHERN CALIFORNIA	QBs, Receivers, RBs
January 8-9	PHOENIX, AZ	QBs, Receivers, RBs
January 15-17	FORT SMITH, AR	QBs and Receivers
January 26-28	DENVER, CO	QBs, Receivers, RBs
March 4-6	CHARLOTTE, NC	QBs and Receivers
March 11-13	NASHVILLE, TN	QBs, Receivers, RBs
March 18-20	DALLAS, TX	QBs, Receivers, RBs
March 18-20	ORLANDO, FL	QBs and Receivers
April 8-10	BALTIMORE, MD	QBs, Receivers, RBs
April 8-10	MINNEAPOLIS, MN	QBs and Receivers
April 15-17	ATLANTA, GA	QBs and Receivers
April 15-17	INDIANAPOLIS, IN	QBs and Receivers
April 15-17	SEATTLE, WA	QBs, Receivers, RBs
April 22-24	NORTHERN CALIFORNIA	QBs, Receivers, RBs
April 29-May 1	CHICAGO, IL	QBs and Receivers



“This is the greatest game ever created, that you get to play in front of a lot of people who love you, and you get to play it with brothers you will have for a lifetime.

There aren’t many things in life as good as that.” – Coach Slack

PRE-SEASON PREPARATION

The Pre-Season Preparation Camp (PSP) is a 2-day primer for an athlete to make final mental and mechanical adjustments for the upcoming season. We maintain the same unwavering commitment to help him develop the ability to *Self-Correct, Not Self-Destruct* under pressure and a high priority is placed on meaningful repetition, game-like drills, and player skill assessment so that each athlete is given the competitive advantage he needs for high-performance output.

2016 PSP CAMP SCHEDULE

June 3-4	ORLANDO, FL	QBs and Receivers
June 8-9	DALLAS, TX	QBs, Receivers & RBs
June 10-11	JENKS, OK	QBs, Receivers & RBs
June 10-11	NASHVILLE, TN	QBs and Receivers
June 17-18	DENVER, CO	QBs, Receivers & RBs
June 17-18	SAN ANTONIO, TX	Quarterbacks
June 17-18	JACKSONVILLE, FL	Quarterbacks
June 17-18	ORANGE COUNTY, CA	QBs, Receivers & RBs
June 22-23	INDIANAPOLIS, IN	QBs and Receivers
June 24-25	FAIRFAX, VA	Quarterbacks
June 24-25	SACRAMENTO, CA	QBs, Receivers & RBs
June 24-25	CHARLOTTE, NC	QBs and Receivers
July 1-2	PITTSBURGH, PA	Quarterbacks
July 1-2	BOSTON, MA	Quarterbacks
July 6-7	CLEVELAND, OH	Quarterbacks
July 6-7	PHILADELPHIA, PA	Quarterbacks
July 6-7	CINCINNATI, OH	Quarterbacks
July 8-9	THE DUEL - MASSILLON, OH	Quarterbacks
July 15-16	ATLANTA, GA	Quarterbacks
July 22-23	FORT LAUDERDALE, FL	Quarterbacks
July 29-30	ORLANDO, FL	QBs and Receivers



▶▶ **Get Ready**

FOR THE SEASON :: At Our PSP Camps

REGISTRATION BEGINS JANUARY 1ST.

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QUESTIONS AND ANSWERS

■ How do I measure my athlete's improvement from this camp?

NFA is built on Coach Slack's C-4 model of athlete development. *C-4 stands for Confidence, Consistency, Character, and Commitment.* You should expect to see a marked increase in each of these areas as a direct result of their camp experience. *Confidence* will rise through their improved understanding of their position's role, mechanics and responsibilities. *Consistency* will improve through the informed feedback process of self-correction. *Character* will be evident in their changing language and attitude driven from our leadership sessions. *Commitment* will be observable in their improved willingness to engage discipline, responsibility, and sacrifice stemming from the coaches' challenge to embrace their manhood.



■ Why doesn't NFA offer any overnight camps?

All of our camps are commuter camps because we believe strongly in having parents and coaches present and engaged in the athlete development process. We hope to establish a long-term partnership with you and your athlete through interaction with our coaches, leadership message, and training system.

■ What role does competition play in NFA's camps?

Competition is a critical proving ground for an athlete's performance and is strategically included by age group and skill level. In addition to controlled learning environments, the athletes will be placed in high pressure situations and game-like simulations to maximize new skills and accelerate improvement.

■ Will college coaches or scouts be at the camp?

By NCAA rules, Division 1 college coaches are not permitted to attend or work at NFA camps. While we wholeheartedly support athletes pursuing "college coach included" events, NFA camps are focused on making players college ready which prepares them for those exposure opportunities. We have relationships with 3rd party scouting organizations that permit college coaches to attend a select number of invitation-only events. For more information on these events email us at nfacoach@gmail.com or call us at 866-735-3267

■ What if I want my athlete to be in an older age group?

Our goal is to provide age and skill appropriate training that challenges your athlete and each is expected to learn the *Self-Correct System* language and teaching concepts, however, if you believe your athlete is excelling in the core material and needs to be placed into an older age group please speak to the NFA Senior-Level certified coaches on staff. Generally this is not an issue, unless the athlete is not mentally or physically ready for the higher level. First time campers, regardless of age, are typically required to participate in foundational self-correct system drill periods during the first practice.

■ My son's attending a QB-only camp, how does not having WRs and RBs impact his camp experience?

NFA's QB-only camps emphasize individual skill development and mechanics improvement. The *Self-Correct System* is about learning the process of self-correction through informed drill repetition and measurable feedback. We will include routes, spot throwing, and targets. This process does not require receivers to be involved. The goal is not to build timing with receivers at a camp, but rather to improve your QBs self-awareness in leadership, timing in his mechanics, power and accuracy.

■ I have a younger athlete, how should I participate at the camp as a parent/coach?

We strongly suggest that any athlete under the age of 10 have a parent/coach shadow him throughout the camp. The goal is to educate you on the *Self-Correct System* being installed. This is to ensure that you have a working understanding of the drills, mechanics, concepts and the athlete's needs for on-going development after the camp.

■ What's the difference between Off-Season Development (OSD) and Pre-Season Prep Camps (PSP)?

	OSD Camps	PSP Camps
Staff	Directed by a Master Certified Coach with a 1:5 Coach to Player Ratio (2X more coaches)	Directed by a Senior-Level Certified Coach with a 1:10 Coach to Player Ratio
Schedule	3 Days	2 Days
Video Evaluations	2 Video Evaluations	1 Video Evaluation
Focus	In-depth <i>Self-Correct System</i> skills training, goal-setting for off-season, and developing a focused plan for total athlete improvement.	Finalizing pre-season mechanics improvement, goal-setting for the season and preparation for competition

■ If I come to another NFA camp this off-season is there a multi-camp discount?

Our multi-camp discount is 20% off the pre-registration price of \$595 (\$476 for QBs/\$144 for WRs/RBs) for OSD camps and 15% off the pre-registration price for PSP 2-day summer camps. To secure this code email nfacoach@gmail.com or call **866-735-3267**. Visit nationalfootballacademies.com/camps to view the most current camp listings.

■ Are there any discounts for products offered at NFA camps?

Yes, we do offer special "camp-only" and "packaged" discounts. For more information please speak with our On-Site Logistics Coordinator at the product table about discounts available at your camp.

■ Where can I get information on the following areas?

- Personal Skills Instruction
- Recruiting information, highlight films, and exposure opportunities
- Information on The Duel
- Information on the Blackshirt Academy
- Information on nutritional programs and supplementation
- Assistance with selection of performance trainers

Send an email to nfacoach@gmail.com with your requested information in the subject line and our national staff will be happy to assist you.

■ I would like to thank the NFA certified coaches at my camp. How can I get in touch with them?

The majority of our coaches are on Facebook and Twitter. If you forgot how to spell their names go to nationalfootballacademies.com/staff or you can send us an email at nfacoach@gmail.com and we will pass along the message.

■ How can I keep NFA and it's coaches updated on my son's progress?

NFA is active on Facebook, Instagram([nfacoach](https://www.instagram.com/nfacoach)), and Twitter and always read with our athletes and parents. Our twitter username is [@nfacoach](https://twitter.com/nfacoach), and our Facebook page is **National Football Academies**. You can also send us emails at nfacoach@gmail.com. Please visit nfanation.com to keep up with stories on our athletes, coaches and camps.



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