

# Private QB Skill-Training

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## *Marlborough's Strength Development (MSD)*

**Bryan Marlborough, CSCS**

### **Football (Skill) Highlights –**

- Throwing and Footwork Technique
- Understanding of Offenses & Defenses
- Leadership/Presence On-Field and Off-Field
- 6<sup>th</sup>-8<sup>th</sup> Graders:
  - Basic Throwing and Footwork Technique (Drops, Run Plays, Stance)
  - Body/Throwing Mechanics (Drop-back, Scramble, Rollout, Shotgun)
  - Basic Understanding of Offensive Formations and Schemes
  - Basic Understanding of Defensive Alignments and Coverages
- 9<sup>th</sup>-12<sup>th</sup> Graders:
  - Throwing and Footwork Technique (Drops, Run Plays, Play-Action, Stance)
  - Body/Throwing Mechanics (1,3,5,\*7-Step Drops, Scramble, Rollout, Shotgun)
  - Basic/Advanced Understanding of Offensive Formations and Schemes
  - Basic/Advanced Understanding of Defensive Alignments and Coverages

### **Physical (Strength/Agility) Highlights –**

- Throwing-Shoulder Health/Injury-Prevention (Top-Priority)
- Core-Strength, Rotational Power, Stabilization
- Single-Leg Training for Balance, Strength, Flexibility, Power, Lateral Agility
- Upper-Body Strength Training focusing on the muscles of Upper-Back/Rear-Shoulder
- Reactive Quickness/Power

### **Contact Information:**

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