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Mentally Prepared Quarterbacks

If you want to be successful as a Quarterback you must begin by understanding the commitment to prepare. Let's do some math and see if you have the commitment:

A typical play for a Quarterback lasts 6 seconds. Over 60 plays, provided you take every snap in the game, that's 360 seconds or 6 minutes. That is the length of a full high school game for the Quarterback - 6 minutes.

In many cases, it could be less than that depending on the number of plays, their duration, and how long you play. Over an entire season that is only 60 minutes - ONE HOUR! Your whole season, if you start every down, will only last ONE HOUR!

Contrast that with two-hour practice/training workouts over five days during a typical week for 45 weeks(if you're serious) and that is looking an awful lot like 450 hours. In other words, that's 450 hours for ONE HOUR of football. At a minimum, the success of your ONE HOUR in the spotlight will be determined by the 400+ hours you spent outside. In a high school career that amounts to over 2,000 + hours of work for FOUR in-season hours - if you start every down of every season!

Only the great ones make the commitment when no one sees. Oddly enough, it is only other great ones who see you because they are there doing it too!

Your character will not be built in the ONE HOUR, it will be built in the 450+ HOURS. All we see in the ONE HOUR is the character revealed that was built through that tremendous sacrifice and effort in the 450!

Make the place no one sees, the place you go to get better, faster, and stronger. Make it so that when the fans finally do see you they might not see where you were, but they will see every bit of what you did, because it will be demonstrated in your FINEST HOUR!