NATE LONGSHORE

QB Method

Football • Las Vegas, NV

app.og1.app/p/mrlongshore

Biography

As a quarterback turned coach, my journey has been defined by a deep love for the game and an unwavering commitment to growth. From the first time I stepped onto the field, I was captivated by the complexity of the quarterback position; the mental preparation, the physical demands, and the leadership required to guide a team. Playing quarterback taught me invaluable lessons about discipline, resilience, and the importance of teamwork, lessons that I now strive to pass on to the next generation of players.

As a player, I learned that being a quarterback is more than just throwing a football; it's about mastering the art of decision making under pressure, understanding offensive and defensive schemes, and inspiring teammates to perform with confidence. I embraced the challenge of studying playbooks, analyzing film, and preparing for every possible scenario. Those hours of preparation weren't just about winning games, they were about building a foundation of trust and confidence with our team. I learned to stay composed in the face of adversity, to lead with both words and actions, and to always put the team first.

Transitioning into coaching was a natural evolution for me. I wanted to take the knowledge and experience I had gained as a player and use it to help others succeed. Coaching allows me to combine my passion for football with my love for teaching and mentoring. I believe that every quarterback has unique strengths and potential, and my role as a coach is to help them unlock that potential. Whether it's refining their mechanics, improving their ability to read defenses, or developing their leadership skills, I am dedicated to helping my players grow both as athletes and as individuals.

One of the most rewarding aspects of coaching is watching my players overcome challenges and achieve their goals. I've seen quarterbacks struggle with accuracy or confidence, only to rise above those obstacles through hard work and perseverance. I've witnessed the transformative power of preparation, discipline, and belief in oneself. These moments remind me why I chose this path, to be a part of their journey and to help them realize their full potential.

As a coach, I emphasize the importance of mental toughness, situational awareness, and a team-first mentality. I encourage my players to embrace the grind, to learn from their mistakes, and to approach every practice and game with focus and intent. I also stress the importance of servant leadership, both on and off the field. A quarterback is not just a player; they are the heartbeat of the team, the one who sets the tone and takes the accountability for the team as their own.

Statement

My goal as a coach is to instill in my players the same love for the game that I have enjoyed throughout my career. Football is more than a sport, it's a framework for growth, a test of character, and a lifelong passion. I am proud to be a part of this journey, helping

quarterbacks develop the skills, mindset, and confidence they need to succeed, both on the field and in life.

PRINCIPLES

• Servant Leadership. As a coach, my job is putting the needs of my players first and empowering them to grow. My role is to guide, support, and inspire, ensuring they feel confident in the plan and their abilities. Focus on building trust, fostering collaboration, and creating a culture where every player has a personal standard of accountability. I aim to help quarterbacks not only excel on the field but also develop as responsible leaders of men.

• Mental Toughness. In football, this has to be the cornerstone of success. The ability to stay composed under pressure, embrace challenges, and bounce back with resilience. Football demands focus, confidence, and the ability to make sound decisions in high stakes moments. Hopefully I encourage my quarterbacks to view adversity as an opportunity for growth, grit can be developed and a good teacher can facilitate key leadership in critical moments.

• Student 1st. Before embracing my role of teacher, I recognize the importance of being a student of the game first. Mastery begins with understanding the nuances of football; offensive schemes, defensive tendencies, and situational strategies. I encourage myself along with my players to study film, analyze trends, and ask questions to deepen understanding. A student of the game who learns relentlessly can anticipate, adapt, and lead with confidence.

• Situational Masters. Football is a game of moments, and elite quarterbacks excel in critical situations like the two-minute drill, red zone plays, and third-down conversions. Becoming rule experts, understanding clock management, field position, and the significance of every decision is mandatory. By preparing for every scenario, we can react instinctively under pressure, making smart, decisive plays that give our team the best chance to win.