



Plainfield North High School

12005 South 248th Avenue

Plainfield, Illinois 60585

815-609-8506

Dr. Peter Pasteris - Principal

Having been a head football coach in Illinois for over 10 years, I have seen many people try to run camps, clinics, or lessons. It seems that most of these have been superficial and primarily been for a monetary supplement. This does not hold true for Jeff Christensen and his involvement and teaching of quarterbacks.

Jeff is truly involved in training quarterbacks for the right reasons; he wants to see them improve, be successful individually and help their teams perform better. Jeff has the unique ability to break down the quarterback throwing mechanics and teach the most efficient and best way to throw the ball. He explains these things in such a way the athletes understand what he means and can transfer that knowledge immediately to their own mechanics and see improvement. Further, the drills he incorporates into the session have direct relevance to improving throwing and to game situations; Jeff does not just put a drill in because it looks good or just to have more drills.

Jeff Christensen is a tremendous throwing coach and his knowledge of the QB position and throwing mechanics is unparalleled. After working with him, quarterbacks will come away with vastly improved throwing skills and a newfound confidence as well.

Tim Kane
Head Football Coach
Plainfield North High School