

2025 ATH Quanell X Jr. brings a "No ex...

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2025 ATH Quanell X Jr. brings a "No excuses" mindset to the gridiron

ROLANDO ROSA

13 hours ago





2025 ATH Quanell X Jr. is one of the best players from the Houston, TX area in the Class of 2025.

The 5-foot-1 X Jr. is a running back/wide receiver/cornerback who is playing up in a higher age bracket for South County Pines.

Justin Allen, who trains X Jr. at Pro Fit Houston, says the athlete is paving the way to create his legacy.

“He has his own game. I wouldn't compare him to anyone,” Allen said.

“He's kind of created his own style in a unique way.”

Youth1 spoke to Allen and X Jr. himself to learn a little more about the standout athlete.

Name: Quanell X Jr.

Class: 2025

Position: CB/RB/WR

Height: 5-foot-1

Weight: 94 pounds

Youth League Team: South County Pines

Recognition: Pearland Eagles team MVP. MVP of the league's 9-year-old division. 2016 SCFL Cardinals team MVP. Started for the SCFL All-Stars in the spring of 2017. South County Pines team MVP and the Heisman Trophy for the league. Played up against 11 and 12 year olds.

What the recognition means to him: It's no big deal.

What he likes about playing football:

Getting to score touchdowns and knock people's helmets off.

What playing football has taught him: To make no excuses.

Favorite football memory: When I played in the spring Super Bowl and I scored the only touchdown for my team and we lost in six overtimes.

His approach to being a good teammate: When one of my teammates makes a mistake or does something bad I encourage them to do better.

What he's learned from his coaches: To never be afraid of any player that's bigger. My coaches have made me a better person by teaching me my motto "no excuses".

Favorite players: Ezekiel Elliott because he's strong and runs over people. Odell Beckham because he catches one-handed touchdown and exposes people. Deion Sanders because when he picks off the quarterback he high steps to the end zone.

His mindset on the field: My mindset is to outwork everybody and work hard for my teammates.

Favorite subject: Reading because you get to learn new things when you read.

College he's interested in: Alabama because they always win.

His goals on and off the field: Goals on the field is to go to the NFL and get the gold jacket. Off the field is to be smart, use my money wisely and invest.

Trainer's take

Justin Allen - Trains X Jr. at Pro Fit Houston

Best qualities as a running back and cornerback: At running back it's his vision and toughness. He is relentless and plays a lot bigger than he is. At defensive back he's a ballhawk. He

understands how to use his hands and trust in his technique. He's very disciplined for his age to not rely on his talent alone.

Football IQ: He doesn't just burn himself out going 100 miles per hour every play even though he's so athletic. He's disciplined and always composed. He understands tempo and setting up his opponent.

Leadership abilities: He's a natural leader. He encourages his teammates and leads by example. Although he's the youngest on the team, no one would ever know that from his leadership and style of play. He's very humble and wants the best for his teammates.

An example of his big-play ability: The opposing quarterback fumbled the ball. Then Q picks it up, jukes 2-3 people, then he's wrapped up in the pile pushing it for about 4 seconds and breaks free for a 65-yard touchdown.

Work ethic: He's one of the hardest working kids I've ever seen. He wants to be that good. I have to force him to rest after training. He wants to keep going no matter how hard it is. He's mentally tough. He's a big 10-year-old that plays in the 11-12 year old division, so I have to make sure his body is prepared for the pounding. Although he barely gets hit square on, we do a lot of core work, body weight strengthening exercises and speed/explosive work. I train him the same like I work the high school/college/NFL guys. He's so advanced with his knowledge and understanding of the game already.

Areas of improvement: Working smarter and the recovery process such as eating, sleeping and stretching. Just the importance of it.

X Jr.'s potential: He will be No. 1 in his class as a 5-star athlete with the potential to have his name called one day. But our focus is getting him to be dominant in middle school and high school first.

This article was written and posted by one of our talented contributors. If you think you've got the writing, research and social media skills to join Youth1's freelance team then send a resume and writing sample to sdelia@youth1.com for consideration.

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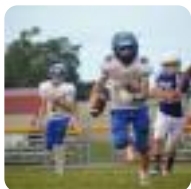
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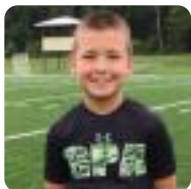
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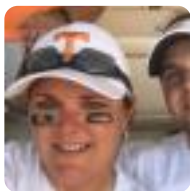
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