

## Stringfellow Football Skills Camp Rules

- Be on time
- Must notify coach in advance if must leave early
- Ask to be excused
- Football players are leaders and are looked to as examples
- Never horse around on playing field
- Pay attention – no talking
- Be a team player
- Always listen and mind the coach
- Refer to coaches as “coach” or “sir” – yes sir – no sir
- Disrespect will not be tolerated – no “yip”
- Adults will not be referred to by first name – Mr., Mrs, Coach, with last name only
- Do not ask about the schedule – ie water breaks
- Respect your parents – especially your mother
- Learn the skills
- Have fun

## Day 1 – August 3, 2005 – Stringfellow Football Skills Camp

### Exercises (10 min.) 6:00-6:10

- Jumping Jacks
- Toe touch – left over right – right over left
- Pushups
- 3pt stance
- 3pt stance on one

### Water Break (5 min.) 6:10-6:15

- Review Camp Rules

### Stretch 10 yards (10 min.) 6:15-6:25

- High step
- Knee grab
- Backward
- Shuffle (right & left)
- Shuffle crossover (Crazy legs) (right & left)
- 3pt stance on hut
- 4pt stance on ball

### Offense station – Hand off drill (10 min.) 6:25-6:35

- Right
- Left
- Pitch

### Water Break (5 min.) 6:35-6:40

### Offense station – Ropes (10 min.) 6:40-6:50

- One foot each square
- Two feet each square
- Four count in each square
- One foot each shuffle (right & left)
- Two feet each shuffle (right & left)
- Crossover shuffle (right & left)
- Hop

### Offense station – Catching drill (10 min.) 6:50-7:00

- Hands in triangle
- Catch and tuck
- Five and out
- Five and across
- Slant

### Water Break (5 min.) 7:00-7:05

### Offense station – Passing drill (10 min.) 7:05-7:15

- Technique
- Work on start arm position & follow through
- Throw to target

### Offense station – Blocking (10 min.) 7:15-7:25

- Three point into pad
- Three point pass blocking
- Turning the block
- Open field block into pad

### Water break (5 min.) 7:25-7:30

- Groups

### Team Competition (30 min.) 7:30-8:00

- Hand-off relay (with ball)
- Bear crawl relay (tag)
- Passing relay (5yds 1<sup>st</sup> team to 5)
- Football gauntlet (bear-shuffle-backwards-crossover)
- Passing relay (10yds 1<sup>st</sup> team to\_\_\_)

OR

SLANT BALL

Day 2 – August 5, 2005 – Stringfellow Football Skills Camp

Exercises (10 min.) 8:00-8:10

- Jumping Jacks
- Toe touch – left over right – right over left
- Pushups
- 3pt stance on one

Stretch 10 yards (10 min.) 8:10-8:20

- High step, Knee grab, Backward
- Shuffle (right & left)
- Shuffle crossover (Crazy legs) (right & left)
- 3pt stance on hut, 4pt stance on ball

Water Break (5 min.) 8:20-8:25

Defense station – Interception drill (10 min.) 8:25-8:35

- Back pedal
- Go with the ball
- Back pedal - go with ball – catch
- Slant angle for intercept

Defense station – Ropes (10 min.) 8:35-8:45

- One, two & four foot/feet each square
- One foot each shuffle (right & left)
- Two feet each shuffle (right & left)
- Crossover shuffle (right & left)
- Hop

Water Break (5 min.) 8:45-8:50

Defense station – Linebacker drill (10 min.) 8:50-9:00

- Shuffle over dummies
- Shuffle and catch
- Shuffle right left catch

Defense station – Stance fireout drill (10 min.) 9:00-9:10

- 3pt one step blast
- Blast into dummy (low and high)
- Tackle dummy to ground

Water Break (5 min.) 9:10-9:15

Offense station – Centering (10 min.) 9:15-9:25

- Technique
- Begin and end position
- Quick reaction

Offense station – Deep Snap (10 min.) 9:25-9:35

- Right hand (pass) position on laces
- Twist right hand under and left big finger on opposite seam
- Spin ball drill
- Hike over head and between legs

Water Break (5 min.) 9:35-9:40

Team Competition (20 min.) 9:40-10:00

- Hand-off relay (with ball)
- Bear crawl relay (tag)
- Passing relay (5yds 1<sup>st</sup> team to 5)
- Football gauntlet (bear-shuffle-backwards-crossover)
- Passing relay (10yds 1<sup>st</sup> team to\_\_\_)
- Dummy carry gauntlet relay

OR

SLANT BALL