

Camp Rules

- Be on time
- 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

Rules - Split boys into four groups

Stretch (10yds) by group

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

Offense stations

1 Hand off drill

- Right
- Left
- Pitch

2 Ropes

- 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

3 Catching drill

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

4 Passing drill

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

Team Competition

- Hand-off relay (with ball)
- Bear crawl relay (tag)
- Passing relay (5yds 1st team to 5)
- Football gauntlet (bear-shuffle-backwards-crossover)
- Passing relay (10yds 1st team to___)

Angle Ball

- Two footballs in play
- No tackling
- May run until tagged
- Once tagged, must throw in 5 sec
- Thrown ball touch ground is turnover
- Dropped ball is turnover
- Score by knocking pylon off ladder with pass
- Cannot score from inside circle
- Cannot score if tagged

- Should have defensive holdback(s)
- Should have team support before taking possession

Day 2

Defense stations

1 Interception drill

- Back pedal
- Go with the ball
- Back pedal - go with ball - catch

2 Ropes

- 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

3 Linebacker drill

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

4 Stance and fireout drill

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

Stretch (10yds) by group

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

Team Competition

- Hand-off relay (with ball)
- Bear crawl relay (tag)
- Passing relay (5yds 1st team to 5)
- Football gauntlet (bear-shuffle-backwards-crossover)
- Passing relay (10yds 1st team to____)
- Dummy carry gauntlet relay

Offense stations

1 Passing

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

2 Centering

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

3 Place kicking

- 3 step back and 1 out
- Plant on left foot
- Power through ball
- Do not look out (ahead) pick grass
- Work on lifting body into kick

4 Punting

- Laces up, hold in right hand with thumb and index finger
- Hold and drop at angle for spiral
- Start on right foot - then left - then kick
- Lift with kick

Angle Ball