



***“The Ultimate Summer Sports Camps for Kids”***

# Camp Instruction

## Offensive Skills Training



Learn the fundamentals of football. These sessions utilize innovative drills to improve passing & receiving, footwork and agility. The station sessions are 1-hour long and are designed for those new to the sport or with little experience. Stations around the field will allow players to experience drills at each position. Goal of the camp is for campers to master the fundamentals, so they can be ready for their football season.



**- Offensive Concepts -**

# Camp Instruction

## Offensive Line Skills Training



Campers will get the real understanding of playing on the offensive line. Proper stance, footwork, using the hands will all come into play. Campers will be taught the mental part of the game, as the men in the trenches is where the game is won. Five on five drills and team concepts will be introduced during these two weeks of the camp.



**- Offensive Line Concepts -**

# Camp Instruction

## Special Teams Skills Training



Learning the fundamentals on the special teams side of the game will be on full display. Campers will learn the art of kicking the football, long snapping, and field goal important during this two week of the camp. Campers also be taught how to field punts and kickoffs. Form and follow through will be the main focus of these two weeks for all campers.



**- Special Teams Concepts -**

# Camp Instruction

## Defensive Skills Training



Learning the fundamentals of the defensive side of the game will be on full display. Campers will learn the art of tackling at the point of attack, defensive schemes, and footwork. Campers will get a chance work on every position on defense that can use in the team concepts of the camp. Team games will also be introduce during the last two weeks of camp. Seven on seven flag games will be played daily during the last two weeks of the camp.



**- Defensive & Team Concepts -**



*Campers receive (2) sets of practice gear to wear at camp. Travel bags with logo will also be issued to all campers. Campers must be in full camp gear while on the camp site. Campers are responsible for their practice cleats preferably black. Campers will also be provide with water bottles and camp bags to bring the gear to camp.*



**- Campers' Gear -**