

Session II: Schedule of Events Football & Cheerleading

Cheerleading (both weeks):

6:00-6:15 p.m.	WARM-UP
6:15-6:20 p.m.	BREAK
6:20-6:40 p.m.	CHEER MOTIONS
6:40-6:45 p.m.	BREAK
6:45-7:15 p.m.	JUMPS
7:15-7:20 p.m.	BREAK
7:20-7:40 p.m.	CHEER/CHANTS
7:40-8:00 p.m.	DANCE ROUTINE

Football Week One:

6:00 p.m.	Roll Call
	Organize campers by age 5-6/ 7-8/ 9-10/ 11-12
6:05 p.m.	<ul style="list-style-type: none">Take up positions for static stretches (assigned by coaches)
6:10 - 6:20 p.m.	Dynamic Form Running** Exercises
6:20 - 6:25 p.m.	Water Break
6:25 - 7:00 p.m.	Drills & Agilities (5 rotating stations)
7:00 - 7:05 p.m.	Water Break
7:05 - 7:15 p.m.	Rules of the Game (rotated between Offense and Defense - 5 minutes each)
7:15 - 7:45 p.m.	Drills & Agilities (5 rotating stations)
7:45 p.m.	Water Break
7:50 p.m.	Fire Truck

**6:10 - 6:20 p.m. "Dynamic Running" exercises defined:

- Deep knee strides to the ground, slow motion
- Lateral side run
- High knees w/arm motions, form-work -- 1/2 speed
- Butt kickers
- Skip high knees, looking for vertical height - not vertical distance
- 1/2 speed sprints, fire off staying low to the ground

(Possible other exercises can be added to mix-up exercises.)

Football Week Two:

6:00-6:25

Stretch & warm-ups/H2O break

Defense break-out session
(Breakout groups: Flag, Fresh, JV, V)

Tackling Progression: Basic learning skills adapted for each division.
Coaches can adapt to their Division. Starting each day with the following:

6:25-7:00 pm

1. Knee Wrap
2. Standing Wrap
3. Across the Bow
4. Open Field Tackling
5. Lineman – Line Backers, Corners – Safety Drills
6. Define coverage area on defense

Offense break-out session

JV-V -ALL--Team Play Review or Scrimmage
set up several Offensive/Defense/ huddles/groups

Flag – Freshman – Basic learning of positions/formations-terms

Basic learning skills adapted for each division. Coaches can adapt to their Division Starting each day with the following:

7:15 -7:45 pm

QB's & REC:

1. Stationary throw and catch
2. 3-Step Routes
3. Bootleg Routes
4. Sprint-Out Routes

Basic learning skills adapted for each division.

RB's & OL

1. Outside Run Game (Toss, Option, Sprint-Out)
2. Inside Run Game (ISO, GT, Trap)
3. Pass Blocking Review (3-Step, Bootleg, Sprint-Out)

Basic learning skills adapted for each division

Huddle

- Motivational Speech- Academics- Close

7:50- 8:00 pm

8:00 pm

Fire Truck