



HAWG TUFF!

YOUTH FOOTBALL CAMP

- 8:30 – 8:45 OPEN CAMP – INTRODUCTION OF COACHES
LECTURE ON HOW TO PLAY SAFELY – COACH MIKE POPE
- 8:45 – 9:05 STRETCH AND DYNAMIC WARMUP
TEACHING THE KIDS HOW TO RUN PROPERLY
- 9:05 – 10:30 OFFENSIVE POSITION WORK

- QUARTERBACKS
 - STANCE AND TAKING THE SNAP (UNDER AND GUN)
 - BASIC HANDOFFS AND FOOTWORK
 - DIVE AND OPTION
 - ISOLATION
 - OFF TACKLE POWER
 - SWEEP
 - TRAP OF SWEEP FAKE
 - ZONE FROM UNDER AND GUN
 - BASIC PASS SETS AND ACTIONS
 - QUICK GAME
 - 7 STEP GAME
 - SPRINT GAME
 - PLAY ACTIONS
 - BOOTLEGS
 - VEER PASS

(WORK WITH QUARTERBACKS AND RUNNINGBACKS TOGETHER WHEN READY)

- RUNNINGBACKS
 - STANCE – TWO POINT AND THREE POINT
 - STEPS AND HANDOFFS
 - BLOCK – RUN AND PASS
 - PLAY ACTIONS
 - DIVE AND OPTION
 - ISOLATION
 - OFF TACKLE POWER
 - SWEEP
 - TRAP OFF SWEEP FAKE
 - INSIDE ZONE
 - OUTSIDE ZONE

- RECEIVERS
 - STANCE AND STARTS
 - STALK BLOCKING
 - EYES - HAND - TUCK
 - ONE HAND CATCH
 - ROUTES
 - HITCH
 - STOP
 - SLANT
 - CURL
 - POST
 - FLAG
 - OUT
 - DEEP OUT

- OFFENSIVE LINEMEN
 - TWO POINT AND THREE POINT STANCE
 - THE DRIVE BLOCK VS A DOWN LINEMEN
 - THE DRIVE BLOCK VS A LINEBACKER
 - THE REACH VS DOWN LINEMEN AND LINEBACKER
 - THE GAP BLOCK
 - FOLD BLOCKS
 - THE DOUBLE TEAM BLOCK
 - THE ZONE BLOCK IF WE HAVE TEAMS THAT DO THAT
 - THE SHORT TRAP
 - THE COUNTER TREY
 - QUICK PASS BLOCKING
 - POWER KICKSLIDE
 - SPRINT PROTECTION
 - BOOTLEG PROTECTION

10:30 – 11:00 QUARTERBACKS, RUNNINGBACKS AND
RECEIVERS - PASSING GAME

10:30 – 11:00 OFFENSIVE LINEMEN CONTINUE SKILL WORK

11:00 - 12:00 DEFENSIVE POSITION WORK

- DEFENSIVE LINE
 - STANCE
 - AGILITIES
 - FORM TACKLING
 - DELIVERING A BLOW
 - READING DRIVE

- READING REACH
- READING TRAPS
- PASS RUSH MOVES
 - SWIM
 - RIP
 - BULL RUSH
 - TWISTS

- OUTSIDE LINEBACKER
 - STANCE
 - AGILITIES
 - FORM TACKLING
 - DELIVERING A BLOW
 - CONTAIN
 - BCR – BOOTLEG – COUNTER – REVERSE
 - PASS DROPS

- INSIDE LINEBACKERS
 - STANCE
 - AGILITIES
 - FORM TACKLING
 - DELIVERING A BLOW
 - READING PLAYES
 - BCR – BOOTLEG – COUNTER – REVERSE
 - PASS DROPS

- DEFENSIVE BACKS
 - STANCE
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 - FORM TACKLING
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 - CONTAIN
 - BCR – BOOTLEG – COUNTER – REVERSE
 - PASS DROPS

12:00 – 12:30 WHAT IT TAKES TO BE A GREAT PLAYER
 IMPORTANCE OF GOOD CITIZENSHIP
 IMPROTANCE OF WORKING HARD FOR GOOD G
 GRADES
 T SHIRT ISSUE AND BREAK CAMP!