



FOOTBALL SKILLS CAMP

2011 CHARACTER COMBINE FOOTBALL SKILLS CAMP

I. IMPORTANT INFORMATION

- Character Combine Presents, 2011 Football Skills Camp
- Football Technique & Skill Development for 7th, 8th, & 9th Graders
- June 16th & 17th @ Del Oro High School (3301 Taylor Road, Loomis, CA 95650)
- 5:30 pm - 8:00 pm both nights

II. PURPOSE & STRUCTURE

- The Character Combine[®] Football Skills Camp Series is designed to condition the candidates mentally and physically to be successful playing competitive football. The camp will stress individual, position specific techniques and how they pertain to success in the team game from a pass game perspective. The goal is to teach the young players in attendance the basics about their football position, and how it relates to success on the football field thru the air, generate excitement amongst the athletes for their upcoming season, and teach them how character will be vital to their success as student athletes in the future. The camp is designed for players who are aspiring to be Quarterbacks, Running Backs, Wide Receivers, Tight Ends, Defensive Backs, and Linebackers.

III. EQUIPMENT NEEDED

- This is a non-padded football camp
- Players need to have with them, or dressed as follows: Gym Shorts, Socks & Football Cleats, T-Shirt, Water Bottle.

IV. COST & REGISTRATION

- \$100 Per Pre-Registered Athlete (Due by June 8th)
- Register Online at <https://equalstart.webconnex.com/CharacterCombineCamps>
- \$125 Per Walk-On Athlete (Checks Payable to Character Combine)
- Cost Includes instruction and camp T-Shirt



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V. CAMP SCHEDULE

- Thursday, June 16th
 - 1) 5:00—5:25—Registration
 - 2) 5:30—5:40—Dynamic Warmup
 - 3) 5:40—5:55—Position Specific Speed Work
 - 4) 5:55—6:00—Water Break
 - 5) 6:00—6:25—Individual Offense Technique
 - 6) 6:25—6:50—Small Group Drills—Offense Emphasis
 - 7) 6:50—6:55—Water Break
 - 8) 6:55—7:20—Individual Defense Technique
 - 9) 7:20—7:45—Small Group Drills—Defense Emphasis
 - 10) 7:45—8:00—Character Development Speaker / Camp Dismissal

- Friday, June 17th
 - 1) 5:00—5:25—Registration
 - 2) 5:30—5:40—Dynamic Warmup
 - 3) 5:40—6:05—Position Specific Speed Work & Timings
 - 4) 6:05—6:10—Water Break
 - 5) 6:10—6:35—Individual Offense Technique
 - 6) 6:35—7:10—Small Group Concept Installation
 - 7) 7:10—7:15—Water Break
 - 8) 7:15—7:45—Pod Drills / Competitions
 - 9) 7:45—8:00—Character Development Speaker / Camp Dismissal