



YOUTH FOOTBALL CAMP

2011 CHARACTER COMBINE JR. FOOTBALL CONTACT CAMP

I. IMPORTANT INFORMATION

- Character Combine Presents, 2011 Jr. Football Full Contact Team Camp
- Individual & Team Football Technique & Development for Grades 2nd thru 8th
- July 21st & 22nd @ Del Oro High School (3301 Taylor Road, Loomis, CA 95650)
- The camp will be broken down into four practice sessions over the two days and will be ran from 9:00 am - 4:00 pm including lunch

II. PURPOSE & STRUCTURE

- The Character Combine® Jr. Football Full Contact 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 as well as football team concepts. 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, 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 will stress fundamentals and is designed for the beginner football player as well as someone who has played multiple seasons. Instruction will include proper tackling technique and players will be grouped carefully by age, weight, and ability. Players from the same team will be grouped accordingly for team drills and scrimmages.

III. EQUIPMENT NEEDED

- This is a full padded football camp, players can bring own equipment for participation in camp, or can rent gear on site for \$40.
- Players need to have with them, or dressed as follows: Lower Pads (Thigh Pads, Knee Pads, Hip Pads, Tail Pad, Girdle), Football Pants, Socks & Football Cleats, T-Shirt, Shoulder Pads, Helmet and Mouthpiece, Water Bottle.



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IV. COST & REGISTRATION

- \$150 per Pre-Registered Athlete (Due by July 8th)
- Register online at <https://equalstart.webconnex.com/CharacterCombineCamps>
- \$175 per walk-on athlete (Checks made payable to Character Combine)
- Cost Includes instruction, camp T-Shirt, and lunch

V. CAMP SCHEDULE

- Morning - (Sessions 1 & 3)
 - 1) 8:00—9:00—Registration
 - 2) 9:00—9:15—Dynamic Warmup
 - 3) 9:15—9:35—Tackling Progression
 - 4) 9:35—9:40—Water Break
 - 5) 9:40—10:00—Individual Offense
 - 6) 10:00—10:20—Small Group Drills—Offense Emphasis
 - 7) 10:20—10:25—Water Break
 - 8) 10:25—10:45— Individual Defense Technique
 - 9) 10:45—11:05—Small Group Drills—Defense Emphasis
 - 10) 11:05—11:30—Competition—Pod Drills
 - 11) 11:30—11:45—Character Development Guest Speaker
 - 12) 11:45—12:45—Lunch Break

- Afternoon - (Sessions 2 & 4)
 - 1) 12:45—1:00—Dress
 - 2) 1:00—1:15—Dynamic Warmup
 - 3) 1:15—1:35—Tackling Circuit
 - 4) 1:35—1:40—Water Break
 - 5) 1:40—1:50—Individual Offense
 - 6) 1:50—2:05—Small Group Drills—Offense Emphasis
 - 7) 2:05—2:30—Offensive Team Installation
 - 8) 2:30—2:35— Water Break
 - 9) 2:35—2:45—Individual Defense
 - 10) 2:45—3:00—Small Group Drills—Defense Emphasis
 - 11) 3:00—3:25—Defensive Team Installation
 - 12) 3:25—3:30—Water Break
 - 13) 3:30—3:55—Team Scrimmage
 - 14) 3:55—4:00—Camp Dismissal