

Grades 1-4 Kids Camp Schedule

12:30	Welcome, Introduction, Split into teams
12:45	Warm-up and Stretch
1:00	Defensive Position drills
1:35	Break, Speaker # 1
1:50	Offensive Position drills
2:30	Airball Games
4:00	Speaker # 2, autographs, closing of camp

Legends Camp Itinerary

Time	Grades 5-7	Grades 8-10
9:00-9:15	All: Welcome, Introductions, Purpose, Expectations, Motivation	
9:15-9:30	All: Warm-Up and Stretch in Teams	
9:30-10:30	Split Session: Defense & Speed Dev. (15 min periods)	Split Session: Offense (15 min periods)
1.	LB - speed; DB, DL - Individual technique	All - Individual technique
2.	DB - speed; DL, LB - Individual drills	QB, RB - Run offense WR - Pass routes
3.	DL - speed; DB, LB - Individual technique	OL - Zone Blocking scheme
4.	LB, DB - Responsibilities in run & pass game DL - unit gap responsibility and pass rush	QB, TE, WR, RB - Passing game OL - Pass blocking
10:30-10:40	All: Break and change fields	
10:40-11:40	Split Session: Offense (15 min periods)	Split Session: Defense & Speed Dev. (15 min periods)
1.	QB, TE, WR, RB, OL - Individual tech	LB - speed; DB, DL - Individual technique
2.	QB, RB - Run offense; WR - Pass routes	DB - speed; DL, LB - Individual drills
3.	OL - Zone Blocking scheme; QB, TE, WR, RB - Passing game	DL - speed; DB, LB - Individual technique
4.	OL - Pass blocking	LB, DB - Responsibilities in run & pass game; DL - unit gap responsibility and pass rush
11:40-12:00	All: Break, Speaker # 1 TBD	
12:00-12:45	All: Lunch	
12:45-1:00	All: Warm-Up and Stretch in Teams	
1:00-2:00	Split Session: Defense and Speed Dev. (15 min periods)	Split Session: Offense (15 min periods)
1.	DL, DB - Fundamentals; LB - Speed	All - Individual techniques
2.	DL - reads and technique; LB - fundamentals; DB - speed	QB, RB - run game; OL - run game; WR - routes
3.	LB & DB - run responsibilities; DL - Speed	OL - Pass blocking technique; QB, RB, TE, WR - pass game
4.	LB & DB - pass responsibility; DL - Pass rush techniques	OL - Drills, run and pass; QB, RB, TE, WR - mix run and pass
2:00-2:10	All: Break and change fields	
2:10-3:10	Split Session: Offense (15 min periods)	Split Session: Defense and Speed Dev. (15 min periods)
1.	All - Individual techniques	DL, DB - Fundamentals; LB - Speed
2.	QB, RB - run game; OL - run game; WR - routes	DL - reads and technique; LB - fundamentals; DB - speed
3.	OL - Pass blocking technique; QB, RB, TE, WR - pass game	LB & DB - run responsibilities; DL - Speed
4.	OL - Drills, run and pass; QB, RB, TE, WR - mix run and pass	LB & DB - pass responsibility; DL - Pass rush techniques
3:10-3:20	All: Break, change fields, prepare for games	
3:20-4:00	All: Games Each team will play three games, rules will be simple and given to each coach. Some coaches will have teams some will be time keepers and officials for games.	
4:00-4:15	All: Speaker #2 TBD	
4:15-	Autographs, Close Camp	