

## **Capital Camps: Football Camp Mission Statement**

The mission of Capital Camps is to mentor children on the fundamentals of football in a non-aggressive fashion while maintaining a positive environment to stress the importance of perseverance, discipline, and fun. Creating friendships through good sportsmanship while learning basic football knowledge and increasing on-field skills will encourage young football players to take leadership initiatives in a comfortable and relaxed environment. Most of today's football programs are often extremely intense and very intimidating to beginner players. Capital Camps will provide an understanding teaching style to ensure campers are able to learn in an environment where they do not feel any pressure to perform. Our caring and supportive atmosphere urges players to train harder and be more enthusiastic about football exercises and new techniques to make them a faster, smarter, and overall better player. The goal of Capital Camps is to have your child leave the camp with a better understanding of football, great new friends, and an enthusiastic approach to sports and physical activity.

## **Football Camp Itinerary:**

### **Monday**

**8am-9am** - Before-care. Kids arrive and are signed in with counselor in gym. Kids are allowed to play with basketballs, dodge balls, boardgames, or any other relatively low key game that is in the gym area.

**9am-9:30am** - Introduction of counselors and the basis of the camp. Be sure to indicate specific rules and boundaries kids must follow and reiterate the fun focus of the camp.

**9:30am-10:00am** - Divide kids into four groups based on their ages and skill level in football to create equal groups. Each group is assigned a counselor and must choose a CFL or NFL football team of their choosing. Combine quiz then begins once teams are differentiated. Each team gets one guess on the best combine records and closest team will receive points. Use a slideshow.

**10am-10:30am** - Take kids outside to field where they will start their warm up. Run a lap or two and make a big circle where stretching will start. Once done, set up four lines and start high knees, kickbacks, zigzagging, shuffles...etc through cones. Once a good solid warm-up is attained a small relay race will occur. Participants run "In-out" leg relay with cones. Once done the combine testing can begin.

**10:30am-11:30am** - Combine testing. Be sure to give kids a good 10 minute break after warm-up. During break, talk to kids about the importance of a combine and the purpose of the testing in professional football. Outline different things kids will be doing during the drills.

The combine will be split into two parts...Half before lunch and half after lunch. To begin the first half the following four events will take place while teams rotate every 15 minutes: 40 yard dash, broad jump, 4-corner drill, catch and pass. Be sure to take note on each individual player and their stats for evaluation at the end of the week.

**11:30am-12:30pm** - Lunch...BBQ. Kids may play in gym or go out to the field or play structure with a counselor. This is down time and kids shouldn't spend too much energy during the hour.

**12:30pm-1:30pm** - Finish combine testing with the next four events: 10-yard dash, three-cone agility, Back pedal footwork, and ball response (reaction to ball).

**1:30pm-4pm** - Be sure to give a break to kids at this point. Kids must be divided by age group now. This time is more instructional. Kids are going to be tired after doing so much running. The next hour and a half is devoted to learning the passing tree and hand work. Proper cuts and routes should be taught. Ideally each child should memorize every pattern so when we start playing actual games the discussions in huddles will be easy. Catching techniques and hand placement and hip movement should be stressed. A game of "flinch" with the football is a great way to increase hand-eye coordination. A game of "ultimate football" can also be played to better catching skills. The coach may decide on any game to help hand work skills with his or her age group.

**4pm-5pm** - After-care. Kids are to stay in the gym be signed out by parents as they arrive to pick up their children. Be sure to remind parents of the next day's themed event of Team Color Day.

## **Tuesday**

**8am-9am** - Before-care. Kids arrive and are signed in with counselor in gym. Kids are allowed to play with basketballs, dodge balls, boardgames, or any other relatively low key game that is in the gym area.

**9am-9:30am** - Kids are graded on team color day based on their accordance in color to their NFL or CFL team. Points are awarded. Summary of the days events follow.

**9:30am-10am** - Take kids outside to field where they will start their warm up. Run a lap or two and make a big circle where stretching will start. Once done, do ball awareness warm-up where shuffles and rolls will be done. Once a good solid warm-up is attained a small relay race will occur. Players start on back and run to a cone and back.

**10am-11am** - Kids are given a small break and are divided into age groups. In groups kids focus on defensive coverage. Proper back-pedaling and hip turning should be iterated. Practice man on man and zone coverage. Defense remembering to look at the hips of the player and techniques to stick with a player and make proper attacks on the ball.

**11am-11:30am** - Play reaction game with elimination. Three cones are set up. A player stands at center cone in a ready stance. The quarterback will motion to a cone on either side. Player must react to the cone and swat the ball down before the ball reaches the area.

**11:30am-12:30pm** - Lunch...BBQ. Kids may play in gym or go out to the field or play structure with a counselor. This is down time and kids shouldn't spend too much energy during the hour.

**12:30pm-1:30pm** - Capture the flag on the field will be played using two teams on each side.

**1:30pm-2:15pm** - Each age group is divided in two and during the 45 minutes gets ready for an exhibition game vs. the others. Plays should be made and players should practice coverage and patterns.

**2:45pm-4pm** - Exhibition game is played with referees and coaches. This is an exhibition so play can be stopped at anytime for teaching purposes or rule iteration. It is important for the kids to know that this time is learning time and that some players may not be fully aware of the rules. No points are awarded for these games as they are purely for experience purposes.

**4pm-5pm** - After-care. Kids are to stay in the gym be signed out by parents as they arrive to pick up their children. Be sure to remind parents of the next day's themed event of Stats and Team Info day

## **Wednesday**

**8am-9am** - Before-care. Kids arrive and are signed in with counselor in gym. Kids are allowed to play with basketballs, dodge balls, boardgames, or any other relatively low key game that is in the gym area.

**9am-10am** - Kids present their information they brought in on their team. Points are awarded based on how interesting facts and history are. Instruct kids on the days events and time schedule.

**10am-10:30am** - Take kids outside to field where they will start their warm up. Run a lap or two and make a big circle where stretching will start. Once done, 4 corner drill with different shuffling techniques can be done. Once a good solid warm-up is attained a small relay race will occur. Proper hand-off relay will occur.

**10:30am-11:30am** - Hour focus on running back skills. Hand-offs will be practiced. Cutting around cones will be practiced. Ball changing of hands will be practiced. A game of "B.B." will be played after this and players use different cutting and running techniques to lose a defender. Head-fakes, jukes, or any other running techniques can be taught.

**11:30am-12:30pm** - Lunch...BBQ. Kids may play in gym or go out to the field or play structure with a counselor. This is down time and kids shouldn't spend too much energy during the hour.

**12:30pm-1:30pm** - Instructional football videos are shown to stress the importance of footwork and cutting. After each video, a coach should re-explain the concept and tell of its uses.

**1:30pm-2pm** - Kids should head outside...Quick feet with rotating hips exercise should be done and freeze drill from proper stance should be done. A basic quick feet half hour should be done.

**2pm-2:30pm** - Angle touching should be practiced. One football carrier runs to a cone and one defender runs to the same cone. The defender must have the correct angle to catch the runner before getting to the final cone.

**2:30pm-4pm** - Players are given a small break and time to relax. This hour and a half will focus on special teams. Players should be given a chance to learn how to kick or punt and all should practice catching kicks or punts and proper handoffs or reverse plays. Players should learn to chase a ball receiver and how to breakdown to make a touch and come in under control against an opponent. Day can end with a game of flinch football or ultimate football.

**4pm-5pm** - After-care. Kids are to stay in the gym be signed out by parents as they arrive to pick up their children. Be sure to remind parents of the next day's themed event of dress like your favourite player.

## **Thursday**

**8am-9am** - Before-care. Kids arrive and are signed in with counselor in gym. Kids are allowed to play with basketballs, dodge balls, board games, or any other relatively low key game that is in the gym area.

**9am-9:30am** - Kids talk about their choice of football player and any other interesting clothing choices they made and points are given out. A quick review of the days events is given out.

**9:30am-10am** - Take kids outside to field where they will start their warm up. Run a lap or two and make a big circle where stretching will start. Once done, cone drills can be done. Once a good solid warm-up is attained a small relay race will occur. Shuffling through cones will be the race type.

**10am-11:30am** - Kids divide into age groups and go over passing tree and defensive coverage. A game of points is then played in a one on one style. Where 1 point for a

reception and 2 points for a touchdown for the receiver and 1 point for a knock down and 3 points for an interception on defense. 0 points are awarded for dropped or badly thrown balls. Make sure kids are still doing proper routes and following good footwork skills.

**11:30am-12:30pm** - Lunch...BBQ. Kids may play in gym or go out to the field or play structure with a counselor. This is down time and kids shouldn't spend too much energy during the hour.

**12:30pm-1:30pm** - Game prep. Kids go over plays and defense coverage. A quick recap of the rules can be done. Hands should be warmed up and team building exercises should be done. (Tossing the football in a circle or going doing group footwork drills).

**1:30pm-4pm** - Two games should be played by each team by switching players and the focus of these games is to have fun and learn different plays and football skills. Coaches and referees should be sure that every kids gets the ball and that everyone is having a good time.

**4pm-5pm** - After-care. Kids are to stay in the gym be signed out by parents as they arrive to pick up their children. Be sure to remind parents of the next day's themed event of highlight reel.

## **Friday**

**8am-9am** - Before-care. Kids arrive and are signed in with counselor in gym. Kids are allowed to play with basketballs, dodge balls, board games, or any other relatively low key game that is in the gym area.

**9am-10am** - Slideshow presentation of famous football clips or highlight reels are shown. (NFL greatest hits 1 or 2 or another video) Kids are told about pizza lunch and kick, punt, pass competition.

**10am-10:30am** - Take kids outside to field where they will start their warm up. Run a lap or two and make a big circle where stretching will start. Full obstacle relay course will be the warm-up type.

**10:30am-Noon** - Four stations are set up for each team. The stations include a kick, punt, pass, and a jackpot station. The jackpot station is more so a break station. The kick, punt, pass, competition will be based on power and accuracy in all three areas. A point system will be created and graded and a winner per age group will be deemed.

**Noon-1pm** - Pizza lunch will take place and kids are urged to relax and prepare for the games for the rest of the afternoon.

**1pm-3:30pm** - A small round robin tournament will be scheduled and the teams will play almost entirely unaided by the coaches. Campers will based on the training through the

week.

**3:30pm-4pm** - Awards given out to the best camper and the team with the highest amount of points. Certificates are then given to each child and they are thanked for coming to the camp.

**4pm-5pm** - After-care. Kids are to stay in the gym be signed out by parents as they arrive to pick up their children.