

2009 ROO FOOTBALL SKILLS CAMP

ALL INCOMING (7-8-9TH GRADE)- (MON-WED. JULY 13-15)

MON. JULY 13, 2009

5:30 pm REGISTRATION: WHS OUTBACK (\$30.00)
6:00 pm- TEAM MEETING / INTRODUCTIONS / MOTIVATION
6:10 pm – 7th & 8th - OFFENSE – MEETING AND FILM
9th - DEFENSE- MEETING AND FILM
6:20 pm - TEAM FLEX
6:30 pm - 7TH & 8th - OFFENSE INDIVIDUAL DRILLS AND FUNDAMENTALS
9th - DEFENSE INDIVIDUAL DRILLS AND FUNDAMENTALS
7:00 pm – BREAK / SWITCH (10 MIN.)
7th & 8th - DEFENSE – MEETING AND FILM (10)
9th - OFFENSE- MEETING AND FILM (10)
7:10 pm - 7th & 8th - DEFENSE INDIVIDUAL DRILLS AND FUNDAMENTALS
9th - OFFENSE INDIVIDUAL DRILLS AND FUNDAMENTALS
7:40 pm – 7 ON 7 COMPETITION - 3 FIELDS
8:00 pm – SECURE

TUES. JULY 14, 2009

6:00 pm – TEAM MEETING / MOTIVATION
6:10 pm – 7th & 8th - OFFENSE- MEETING AND FILM
9th -DEFENSE- MEETING AND FILM
6:20 pm - TEAM FLEX
6:30 pm – 7th & 8th - OFFENSE INDIVIDUAL DRILLS AND FUNDAMENTALS
9th -DEFENSE INDIVIDUAL DRILL AND FUNDAMENTALS
7:00 pm – BREAK / SWITCH
7th & 8th - DEFENSE- MEETING AND FILM
9th - OFFENSE- MEETING & FILM
7:10 pm - 7th & 8th - DEFENSE INDIVIDUAL DRILLS AND FUNDAMENTALS
9th - OFFENSE –INDIVIDUAL DRILLS AND FUNDAMENTALS
7:40 pm - PUNT-PASS & KICK COMPETITION
8:00 pm - SECURE

WED. JULY 15, 2009

6:00 pm - TEAM MEETING / MOTIVATION
6:10 pm - 7th & 8th - OFFENSE- MEETING AND FILM
9th -DEFENSE- MEETING & FILM
6:20 pm - TEAM FLEX
6:30 pm – 7th & 8th – OFFENSE- GROUP AND TEAM PERIODS
9th – DEFENSE- GROUP AND TEAM PERIODS
7:00 pm - BREAK / SWITCH
7th & 8th - DEFENSE- MEETING AND FILM
9th – OFFENSE MEETING AND FILM
7:10 pm – 7th & 8th - DEFENSE- GROUP AND TEAM PERIODS
9th - OFFENSE- GROUP AND TEAM PERIODS
7:40 pm – COMPETITION DAY
(OBSTACLE COURSE, TUG-O-WAR, SLEDS, TIRES)
8:00 pm - CAMP AWARDS