

1-A: Ball Security/Handoffs

Split campers into equal groups so that every camper can hold a football. Show them the 5 points of contact, palm, forearm, elbow crease, bicep, chest. Have them hold this as you try to gently pull football away.

After a few minutes of this, have them line up one at a time to practice receiving handoffs. Make sure they are aware of how to keep elbows up high, and how you transition to then proper ball security. Give them a few cones to run to and around.

1-B: 3 Point Stance and Get Offs

Have your campers line up along the line in proper 3-point stance technique and teach them the basic form and technique.

Next, pretend to snap a ball along the line of scrimmage, and make sure they react properly. You can then mix up the snap count as you wish.

Then, they can pretend to strike a bag by getting their hands up quickly and taking one step.

1-C: Receiver Stance

Have your campers line up on a line with beginning with their right foot forward. Show them proper technique of being on the line, with their hands up. Teach them to not take a false step, and to get off on the snap.

Next, pretend to snap a ball along the line of scrimmage, and make sure they react properly. You can then mix up the snap count as you wish.

2-A: Stationary Blocking

Begin by demonstrating proper blocking technique to your group. This should emphasize proper hand placement with elbow tight, head up, feet shoulder width apart, and arms in a power position. Show campers how to strike the bag by using a volunteer.

Next, line your campers up one at a time, and while you hold the bag, have them practice striking the bag. After every one goes once, have them then get into a three point stance, and strike and block the bag back.

Finally, you can have your group work on striking and blocking the bag while you move laterally.

2-B: 3 Step Drop Back and Throw

Have campers line up arms width apart on one of the yardage lines facing you. Demonstrate to the group a proper 3 step drop back. Receive the snap, half pivot, cross over step, and plant.

Half turn
Cross Step
Plant

Have your campers go through this at least ten times.

Next, split them into pairs facing each other 5 yards apart. Each pair should have a ball. Have them practice throwing the ball back to each other going through their 3-step progression.

2-C: Curl Routes

Form a single file line with your campers. Place a cone 5-8 yards in front of them depending on the age group. Demonstrate to campers how they get off the line with proper mechanics, run to the cone, drop their weight, and turn around the cone for the top of the curl route.

Throw pass to campers and have them run both sides of the curl route.

3-A: Roll Out Throws

Have your campers form a single file line, with the first camper stepping up to be the receiver, and the second camper stepping up to be the quarterback in shotgun position.

You will play the center snapping the ball to the quarterback (give an underhand toss). Have your receiver standing next to you. When you snap the ball, have your receiver run across the field in the same direction the quarterback is rolling out.

Place a cone to the right of the quarterback so he has an idea of where to roll around and throw.

Once the throw is made, receiver goes to the end of the line, quarterback goes to receiver.

3-B: Shot Gun Snaps

Make a single file line with your campers. First camper up is center, second camper is quarterback, rest of the line stands far enough back to give them room. Teach the center to look back before snapping ball, then to give a soft snap up to the quarterback.

Quarterback should be instructed to raise his foot first, then yell hike. Once quarterback receives the snap, have them go through their 3-step progression, and throw the ball to you.

3-C: Out Routes

Have campers in a single file line, with a cone 5 yards ahead of them, and second cone 1 yard to the right of your first cone. Instruct campers on proper footwork on the out route. They should be turning around to the outside and not drifting up field when they do, staying tight to the second cone you placed.

1-A: Defensive Cone Shuffle

Set up 6 cones about 2 yards apart along a line. Have a blocking pad and a football ready as well.

Have campers form a single file line. One at a time in a 3-point stance, have them shuffle forward and backward through each “gate” made with the cones. Have them sprint forward after the final gate.

After each camper has gone once, you can lay a bag down at the end that they must tap, or toss them a ball they must catch for the interception.

Instruct campers to keep their weight over their toes and eyes up to maintain balance.

1-B: Running Back Shuffle Off Pitch

Have campers in a single file line. Set up 3 cones for the campers to zig-zag around when they finish their catch.

You will play quarterback. Have the first camper step up in an off-set RB position. When you say hike, you will both go the same direction. Make sure they maintain proper pitch relationship. When they catch the ball, have the move left and right through the cones.

1-C: Slant Routes

Have campers form a single file line. Set a cone out at 3-4 yards. Show campers proper footwork for a 3-step slant. Have campers go one at a time, and give them several chances on each side.

2-A: Tackling

Grab one of the taller blocking pads. Have campers form a single file line. Have a volunteer hold the bag as you demonstrate proper tackling technique. **MAKE SURE TO KEEP YOUR HEAD UP AND TO THE SIDE.** Reinforce this with campers. Also show them how to strike the pad as they tackle. Make sure they drive the bag out instead of just jumping on it.

Going one at a time, you will hold the pad, and have camper take one step into the pad to practice tackling the pad.

After a few turns, you can place a ball on top of the pad that they must grab and scoop up for a fumble recovery.

2-B: Read Option Keep

Have campers in a single file line. First camper up will be quarterback, the second camper up will be running back. Move the other campers back and give them room.

Have your quarterback hike the ball to themselves, then run the read option with the running back looking to take the handoff. Have the quarterback keep his eyes on you (the defensive lineman) as he pulls the handoff, and runs around the corner himself. Rotate running back, to quarterback, to end of the line.

2-C: Corner Routes

Have campers in a single file line. Show them a proper corner route by running to a cone about 7-8 yards away, then planting and showing turning their head, and cutting at a 45° angle towards the sideline. Have campers run routes and catch on both sides several times.

3-1: Safety Read and Make Play

Have Campers line up in a single file line. Bring one camper out, and have them face you from about 7 yards away. You will hold a football in front of you, and move it from left to right, and from front to back. The camper will track the direction you move the football. After about 10 seconds, throw the football up high and have them try to make the interception.

3-2: LB Shed Block and Tag

You will need a ball and blocking pad. Have campers in a single file line. You will be holding the bag. First camper up is the running back who will be 5 yards behind you. Next camper will be the Linebacker engaging with the pad. When you say go, the running back will approach your back and then cut on one side of you. The camper engaging the pad, must strike the pad and keep their eyes open, then get off the block, and run by the ball carrier to “make the play”. Rotate running back, to line backer, to end of line.

3-3: Motion Shallow Cross

Have campers in a single file line. First camper up is quarterback, second camper is a slot receiver. Have the quarterback set to snap to himself, and raise his foot to motion the receiver. Receiver will motion to the other side of the ball. On the snap, receiver takes two steps up, then runs a shallow cross across the field to catch the pass from QB. Rotate QB to receiver, to end of the line.

1-1: DL Shed Block and Strip

This drill is done best with two coaches. Put campers in a single file line. First camper up will be the DL in a 3 point stance who will engage with a coach holding a pad. On go, the camper will engage with pad for a few seconds. After a few seconds, camper will run by pad, and then approach the second coach who will be kneeling in a “quarterback” position with the ball cocked in a throwing motion. Camper will strip the ball from the coach, and pick up the fumble.

1-2: Fade Routes

Put campers in a single file line with a cone 2 yards in front of the first camper. On the snap, campers will run around and “stack” the cone for their fade route. Have campers run longer routes based upon age and experience.

1-3: Read Option Hand Off

Have campers in a single file line. First camper up will be quarterback, the second camper up will be running back. Move the other campers back and give them room.

Have your quarterback hike the ball to themselves, then run the read option with the running back looking to take the handoff. Have the quarterback keep his eyes on you (the defensive lineman) as he hands the ball off, and runs around the corner himself. Rotate running back, to quarterback, to end of the line.

As campers get more experience, you can switch up how you play the handoff and force the quarterback to decide on whether to keep or hand the ball off.

2-1: Offensive Line QB Protect

You will need a ball, blocking pad, and 4 cones. Place the ball on the ground as the quarterback, and make a small shield of cones around the ball, with each cones about 2 yards apart from one another.

Put campers in a single file line, and have the first camper up be the offensive line-man. The second camper up will be a defensive lineman, holding one of the blocking pads. On snap, have the DL slowly work his way around one side of the cones and back, having the offensive lineman strike the pad and protect the quarterback. Rotate Defensive lineman, to offensive lineman, to end of line.

MAKE SURE CAMPERS ARE NOT RUSHING TOO HARD OR PUSHING TOO HARD!

2-2: Hitch and Go

Have campers in a single file line. Set up a cone about 4 yards away. Have camper approach the first cone, and drop their weight and quickly turn their head to “sell” the hitch, then burst to run the go route. Emphasize, the quick pause to sell the hitch route and get the DB to bite.

2-3: 5 and 7 Step Dropback

Have campers line up arms width apart on one of the yardage lines facing you. Demonstrate to the group a proper 5 step drop back and 7 step drop back. Receive the snap, half pivot, cross over, shuffle, cross over and plant.

Half turn
Cross Step
Shuffle
Cross Step
(Shuffle) (7)
(Cross) (7)
Plant

Have your campers go through this at least ten times.

Next, split them into pairs facing each other 5 yards apart. Each pair should have a ball. Have them practice throwing the ball back to each other going through their 5-step and 7 step progression.

3-1: 1 on 1 Pass Defense

Have campers line up in a single file line. First camper up will play defense, second camper is receiver.

Have defense play man press technique. On snap, receiver will try to run a go route, and you will make a pass. This is a drill for the defense! Tell offense not to try and jump over defender for the catch.

Have defense make a play and either try to pick the pass or knock it down while staying as close to receiver. Emphasize tracking the receiver first, then the ball.

3-2: Bubble Screen Throws

Put campers in a single file line. First camper up is quarterback the next camper is the slot receiver. Place a cone about 3 yards to the right and yard back from the receiver. This will be their route for the bubble screen. On the quarterbacks snap, have the slot receiver run around the cone while keeping their eyes on the quarterback. Quarterback should make the throw right at the cone. Rotate quarterback to receiver to end of line.

3-3: Sideline Catches

Put campers in single file line about 3 yards away from the sideline. First camper up will quickly turn their head then run towards the sideline, you will throw them a ball and have them drag their foot to keep it in bounds. Do this for both sides.

1-1: Field Goals

You will need one of the kicking tees for this drill. Have campers in a single file line about 10 yards away from the goal post. One at a time, have them kick field goals.

Emphasize the 2 steps back, one step to the side technique. Have a few campers behind the goal post to catch the kicks.

1-2: Long Snapping and Holding

Put campers in a single file line. First camper up is the holder. Second camper up is the snapper.

Have the long snapper snap it to the holder, and have the holder practice putting the ball in the proper location.

Emphasize accuracy for the snapper. After field goal snaps, you can do snaps to a punter as well. Rotate snapper, to holder, to end of the line.

1-3: Punting

Have campers line up one at a time and punt.

Emphasize dropping the ball onto the foot rather than tossing ball up high and trying to kick it. You may also have a camper retrieve and catch the punts.

Rotate punter, to receiver, to end of line.

2-1: Long Kick-offs

Have campers go one at a time, kicking a long kickoff off a tee. Give them a running start and emphasize keeping the ball relatively straight.

2-2: Receiving On-side Kicks

Have campers line up one at a time to receive the on-side kick near a sideline. Bounce the ball or roll the ball to them, and have them either cleanly field it and curl up on the ball, or to bat the ball out of bounds.

2-3: Hula-Hoop Throws

Have campers one at a time try to see if they can throw a ball and get it to land in a Hula Hoop. Place the hula hoop about ten yards away on the ground. You can also have them take three step drop-backs and have them try to throw the ball through a hula hoop you are holding off to the side.

Have campers split up into two teams and award points for each successful throw, and first team to 3 points wins a wristband.

FOOTBALL

FRIDAY-SESSION 1

1-1: Drill Recap

Have your campers go through some basic drills from the week previous to touch up on basics they can improve on.

2-1: Skills Test

Players will start by receiving a pitch hand-off from another player. They then must run in a zig-zag pattern through 6-8 cones. After that, they will then run through an agility ladder while holding the ball. After that, they will run through a long pad gauntlet forward and backwards. After that they will carry the ball, and try to throw and hit a stationary camper with a pass. Finally, the camper, without the ball, will run through a few more cones, pick up a football on the ground as a fumble, and finish through the line.

2-2: Receiver Gauntlet

A coach will throw the following pass, in succession to a receiver, as they run to cones in this order: Curl, Out, Slant, crossing route, crossing route, post

The coach will step up the field each time, and have a camper ready with a football to hand off to the coach with each throw. (Imagine 5 campers lined up about 3 yards apart in a straight line, coach works their way up completing each pass to each camper as they move forward and up the line).