

# CMAFL Youth Football Camp Agenda

August 11<sup>th</sup> –

9 AM – Meet at Wellness Center

- Introductions of Coaches
- Basic Rules of Camp and Orientation

9:30 AM – Starting with the Basics

- Proper Stance – Standing and three point
- Position Stances
- How to hit properly – overview – will drill it on field.

10:00 AM – Walk to the field – Need chaperones to walk with athletes

10:15 AM – Warm-Up – proper stances – proper steps – no false steps – head up

Water

10:45 AM – Drills

- Offense
  - Cutting properly
  - Dummy Drills – high knees, etc.
  - Proper Blocking Technique

Water

- Defense
  - No head tackling Drills
  - Defensive Backs and Linebackers
  - D Line
  - The no head tackling drills might cover a bunch of drills at once. We will play this by ear.

Water –

11:30

- Putting it together slowly
  - o Tackling Drills – Contact
  - o One on one's
  - o Two on two's
  - o Funnel
  - o Etc

11:55 AM – Walk back to WC. LUNCH

1:15 PM – Back in WC Conference Rooms

1:30 PM – Overview of Morning – Watch Video

2:00 PM – House Cleaning and walk to field.

2:15 PM – Warm-Up

Continue with basic fundamentals of stance, starts etc.

2:35 PM – Water

2:40 PM –

- Offensive and Defensive Drills
  - o Review and progress
  - o Add receiver and QB drills

3:25 PM

- Half Side offense vs. Defense
  - Two Groups on both ends of field or rotating

4:00 PM

- Closing remarks – announcements – next day goals

August 12<sup>th</sup> –

9 AM – Meet at Wellness Center

- Review – Rules of football and CMAFL

9:15 AM – Film – Watch these things:

- Proper Stance – Standing and three point
- Position Stances
- How to hit properly – overview – will drill it on field.
- What can they do to get better

10:00 AM – Walk to the field – Need chaperones to walk with athletes

10:15 AM – Warm-Up – proper stances – proper steps – no false steps – head up  
Water

10:45 AM – Drills

- Offense
  - Review

Water

- Defense
  - Review

The no head tackling drills might cover a bunch of drills at once. We will play this by ear.

Water –

11:30

- Scrimmage if possible – if not – half side

11:55 AM – Walk back to WC. LUNCH

12:30 PM – Back in WC Conference Rooms

12:30 PM – Overview of Morning – Watch Video

1:00 PM – House Cleaning and walk to field.

1:15 PM – Warm-Up

Continue with basic fundamentals o

2:35 PM – Water

2:40 PM –

- Offensive and Defensive Drills
- Quick drills – run through once

3:00 PM –

- Scrimmage

4:00 PM

- Closing remarks – announcements – goals