

Slack and Vandagriff Football Camp May 2017 - Itinerary

Day 1

	QB's	WR's
9:00 - 11:00	F4 install, Explosive Drills, Mechanics/Ignition Drills shoot video	
	G2 & Acceleration Drills	
11:00 - 12:00	Prepass, Drops - Drive, Cross, Set	
	3, 5, and Shotgun Toolbox	
12:00 - 13:00	Lunch	
13:00 - 14:00	Video Analysis of QB motions - class	
	Run Game mechanics, if time	
14:00 - 15:00	Finish Drops from morning Shotgun Toolbox Throw routes to receivers if available	
15:00 - 16:00	F4 Throw on Run Drills Pressure throws to Receivers if available	

LB's	DB's
Fundamentals: Proper Hitting and tackling Techniques	
Strip Drills Blocking Escapes Breaking on a Pass	
How to Escape of off blocks by RB's, OL and WR's	Run Support: Hows and Whys
Pass Drops and Man techniques	Man to Man Coverage
Chalk Talk: Coverage Concepts 1, 2 & 3	
Lunch	
Half Line Runs and Pass Fits 1 & 2 Backs	
Trips Reads, Perimeter Screens and Run Fits	
Blitz Reads and Coverages	

Day 2

	QB's	WR's
9:00 - 11:00	R4 Install - 2 sessions (30 min. each)	In Class with QBs
	Application of footwork to routes	
11:00 - 11:30	R4 Rhythm, Read, Rush routes on air	Receivers run routes
11:30 - 12:00	1 on 1 (30 min.), 7 on 7 (30 min)	Receivers v. Defense
12:00 - 13:00	R4 Concepts (30 min.) classroom	Receivers v. Defense
	1 on 1 (30 min.)	
13:00 - 14:00	7 v. 7 w/ R4 mixed in warmup on field (30 min)	

LB's	DB's
Fundamentals Proper Hitting and tackling Techniques	
Strip Drills, Blocking Escapes, Breaking on a Pass	
Coverage Review (2, 3, 4, & Man)	
1 on 1 (30 min.), 7 on 7 (30 min)	2 on 1 (30 min.), 7 on 7 (30 min)
Short Break (Q&A)	
1 on 1	2 on 1
7 on 7	8 on 7