

Skyhawks Flag Football Camp

Friday CAT (Circuit Allocation Table)

1 Director, 2 Coaches

Ages 7-12

8:00am-8:45am	Pre-Camp - Coaches Meeting & Set-up				
8:45am-9:05am	Sign-In & Warm-up				
	Coach		Director	Coach 1	Coach 2
	Activity		Check-In	2 QB Drill	2 QB Drill
	Group		All Groups	Red/Green	Blue/Yellow
	Focus			Wolf & Divide	Wolf & Divide
9:05am-9:15am	Daily Preview - Review (Communication & Teamwork), Daily Preview: Theme: Game Day, Leadership: Comradery, Life Skill: Self-Esteem				
9:15am-9:35am	STATION 1	SKILL DEVELOPMENT DRILLS			
	Coach	Director		Coach 1	Coach 2
	Activity	4 QB Drill (Coco, Slip Wheel, Snag, Dagger, Flood)		QB Trojan Drill	QB/WR Footwork Sharpening Drill
	Group	Red/Green		Blue & Yellow (Split up and switch at 10-minutes)	
	Focus	Footwork: 3-step drop, 5 step drop, rollout	WR: Sticks & Breakdowns	Light on your feet	Getting in and out of breaks quickly
9:35am-9:40am	Water Break				
9:40am-10:00am	STATION 2	SKILL DEVELOPMENT DRILLS			
	Coach	Director		Coach 1	Coach 2
	Activity	4 QB Drill (Coco, Slip Wheel, Snag, Dagger, Flood)		QB Trojan Drill	QB/WR Footwork Sharpening Drill
	Group	Blue/Yellow		Red & Green (Split up and switch at 10-minutes)	
	Focus	Footwork: 3-step drop, 5 step drop, rollout	WR: Sticks & Breakdowns	Light on your feet	Getting in and out of breaks quickly
10:00am-10:05am	Water Break				
10:05am-10:25am	STATION 3	SKILL REINFORCEMENT GAMES			
	Coach	Director		Coach 1	Coach 2
	Activity				
	Group	Red/Green		Blue/Yellow	
	Focus	Camp Favorite		Camp Favorite	
10:25am-10:45am	STATION 4	SKILL REINFORCEMENT GAMES			
	Coach	Director		Coach 1	Coach 2
	Activity				
	Group	Blue/Yellow		Red/Green	
	Focus	Camp Favorite		Camp Favorite	
10:45am-10:55am	SNACK BREAK (Give out stickers/stamps from Wednesday)				
10:55am-11:05am	STATION 5	Bathroom Breaks, Late Snack, & Agility Ladder			
	Coach	Director		Coach 1	Coach 2
	Activity	Bathroom Breaks		Manage Late Snack Break	Agility Ladder
	Group	Who has to go to the bathroom?		Anyone not done eating	Anyone done with snack
	Focus				Agility Hop Challenge (My Way - Calvin Harris)

11:05am-11:25am	STATION 6	Combine Skill Competitions		
	Coach	Director	Coach 1	Coach 2
	Activity			WR Ladder Combine
	Group	Red vs Green	Blue & Yellow (Split up and switch at 10-minutes)	
	Focus	Camp Favorite	Camp Favorite	Perform Under Pressure
11:25pm-11:45pm	STATION 7	Combine Skill Competitiions		
	Coach	Director	Coach 1	Coach 2
	Activity			WR Ladder Combine
	Group	Blue vs. Yellow	Red vs. Green (Split up and switch at 10-Minutes)	
	Focus	Camp Favorite	Camp Favorite	Perform Under Pressure
11:45am-11:50am	Water Break			
11:50am-12:10pm	STATION 7	Sim Scrims/Short Sided Games		
	Coach	Director	Coach 1	Coach 2
	Activity			
	Group	Red vs. Green	Blue vs. Yellow	
	Focus	Camp Favorite	Camp Favorite	
12:10pm-12:40pm	LUNCH			
12:40pm-1:00pm	STATION 9	Sim Scrims/Short Sided Games		
	Coach	Director	Coach 1	Coach 2
	Activity	Star Wars Dodgeball	Star Wars Dodgeball	
	Group	Red vs. Green	Blue vs. Yellow	
	Focus	Life Skills, Leadership Skills, FUN!	Life Skills, Leadership Skills, FUN!	
1:00pm-1:05pm	Water Break			
1:05pm-1:25pm	STATION 10	TEAM PRACTICE/INSTALL		
	Coach	Director	Coach 1	Coach 2
	Activity	Install	Install	
	Group	Blue/Yellow	Red/Green	
	Focus	Offense - 50's Series	Defense - Cover 4	Offense - 50's Series
1:25pm-1:30pm	Water Break			
1:30pm-2:55pm	STATION 11	COMPETITIVE SCRIMMAGES		
	Coach	Director	Coach 1	Coach 2
	Activity	5v5 Scrimmages	5 v. 5 Scrimmages	
	Group	Blue vs. Yellow	Red vs Green	
	Focus	Offensive Coordinator. Defense calls their own plays	Offensive Coordinator	Defensive Coordinator
2:55pm-3:05pm	Camp Close & Sign-Out			
	Coach	Director	Coach 1	Coach 2
	Activity	Sign-Out	Recap	Help participants gather belongings
	Activity		Manage Team Lines	Coaches High-5 Tunnel
	Focus	Safety & Organization	Safety & Organization	
3:05pm-3:30pm	Post Camp - Tear Down, Load Truck, & Coaches Meeting			