

Skyhawks Flag Football Camp

Monday 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	Route Tree	Route Tree
	Group		All Groups	Red/Green	Blue/Yellow
	Focus			Hitch, Go, In	Hitch, Go, In
9:05am-9:15am	Camp Orientation - Camp Rules, Camp Culture (MEAL PLAN), Daily Preview (School Pride Day) Leadership (Connect) Life Skill (Respect the ROOTS)				
9:15am-9:35am	STATION 1	SKILL DEVELOPMENT DRILLS			
	Coach	Director		Coach 1	Coach 2
	Activity	QB Passing Drills & Route Tree (Go, Hitch)		Rushing Juke Moves w/ Agility Ladder	Sweep Flag Pull Drill
	Group	Red/Green		Blue/Yellow (Split into teams & switch at 10-minutes)	
	Focus	QB: Hands Apart, Nose Away	WR: Spot the Stripe	RB: Taking a Hand-off (inside elbow up)	Def: Take the sideline (back to the sideline)
9:35am-9:40am	Water Break				
9:40am-10:00am	STATION 2	SKILL DEVELOPMENT DRILLS			
	Coach	Director		Coach 1	Coach 2
	Activity	QB Passing Drills & Route Tree (Go, Hitch)		Rushing Juke Moves w/ Agility Ladder	Sweep Flag Pull Drill
	Group	Blue/Yellow		Red/Green (Split into teams & switch at 10-minutes)	
	Focus	QB: Hands Apart, Nose Away	WR: Spot the Stripe	RB: Taking a Hand-off (inside elbow up)	Def: Take the sideline (back to the sideline)
10:00am-10:05am	Water Break				
10:05am-10:25am	STATION 3	SKILL REINFORCEMENT GAMES			
	Coach	Director		Coach 1	Coach 2
	Activity	BB8 vs. R2D2		Steal the Bacon Rushing	
	Group	Red/Green		Blue	Yellow
	Focus	QB: Apart, Away,	WR: Go, Hitch, Ins	RB - Juke Moves, DEF - Take the Sideline	
10:25am-10:45am	STATION 4	SKILL REINFORCEMENT GAMES			
	Coach	Director		Coach 1	Coach 2
	Activity	BB8 vs. R2D2		Steal the Bacon Rushing	
	Group	Blue/Yellow		Green	Red
	Focus	QB: Apart, Away,	WR: Go, Hitch, Ins	RB - Juke Moves, DEF - Take the Sideline	
10:45am-10:55am	SNACK BREAK				
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				Double Taps, In/out (taps & jumps)

11:05am-11:25am	STATION 6	Combine Skill Competitiions		
	Coach	Director	Coach 1	Coach 2
	Activity	Rapid Fire Flag Pull Combine	RB Agility Combine	WR Ladder Combine
	Group	Red vs Green	Blue & Yellow (Split up and switch at 10-minutes)	
	Focus	Performance under pressure	Performance under pressure	
11:25pm-11:45pm	STATION 7	Combine Skill Competitiions		
	Coach	Director	Coach 1	Coach 2
	Activity	Rapid Fire Flag Pull Combine	RB Agility Combine	WR Ladder Combine
	Group	Blue vs. Yellow	Red & Green (Split up and switch at 10-minutes)	
	Focus	Performance under pressure	Performance 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	Ultimate Football	Ultimate Football	
	Group	Red vs. Green	Blue vs. Yellow	
	Focus	Putting everything together	Putting everything together	
12:10pm-12:40pm	LUNCH			
12:40pm-1:00pm	STATION 9	Sim Scrims/Short Sided Games		
	Coach	Director	Coach 1	Coach 2
	Activity	Medic Droid Dodgeball	Medic Droid 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	Cover 2 Zone	Offense - 10's Series	Defense - Cover 2 Zone
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			