

Skyhawks Flag Football Camp

Tuesday 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
	Activity		Check-In	Route Tree
	Group		All Groups	Red/Green
	Focus			Hitch, Go, In
9:05am-9:15am	Daily Preview - Review (Camp Rules, Camp Culture, Connect, Respect the ROOTS). Daily Preview: Theme - Jersey Day, Leadership - Cheer, Life Skill - Integrity			
9:15am-9:35am	STATION 1	SKILL DEVELOPMENT DRILLS		
	Coach	Director		Coach 1
	Activity	QB Passing Drills & Route Tree (In, Post, & Out, Corner)		Rushing Juke Moves w/ Agility Ladder
	Group	Red/Green		Blue/Yellow (Split into teams & switch at 10-minutes)
	Focus	QB: Front Step, Back Foot (Squish the bug)	WR: Stick (1 step) vs. Breakdown (3 Step)	RB: Jump Cut
9:35am-9:40am	Water Break			
9:40am-10:00am	STATION 2	SKILL DEVELOPMENT DRILLS		
	Coach	Director		Coach 1
	Activity	QB Passing Drills & Route Tree (In, Post, & Out, Corner)		Rushing Juke Moves w/ Agility Ladder
	Group	Blue/Yellow		Red/Green (Split into teams & switch at 10-minutes)
	Focus	QB: Front Step, Back Foot (Squish the bug)	WR: Stick (1 step) vs. Breakdown (3 Step)	RB: Jump Cut
10:00am-10:05am	Water Break			
10:05am-10:25am	STATION 3	SKILL REINFORCEMENT GAMES		
	Coach	Director		Coach 1
	Activity	Tic Tac Toe Receiving		Steal the Bacon Bonanza
	Group	Red/Green		Blue
	Focus	QB: 3 Step Drop	WR: Stick (1 step) vs. Breakdown (3 Step)	RB: Jump Cut
10:25am-10:45am	STATION 4	SKILL REINFORCEMENT GAMES		
	Coach	Director		Coach 1
	Activity	Tic Tac Toe Receiving		Steal the Bacon Bonanza
	Group	Blue/Yellow		Green
	Focus	QB: 3 Step Drop	WR: Stick (1 step) vs. Breakdown (3 Step)	RB: Jump Cut
10:45am-10:55am	SNACK BREAK (Give out stickers/stamps from Monday)			
10:55am-11:05am	STATION 5	Bathroom Breaks, Late Snack, & Agility Ladder		
	Coach	Director		Coach 1
	Activity	Bathroom Breaks		Manage Late Snack Break
	Group	Who has to go to the bathroom?		Anyone not done eating
	Focus			Ski Jumps, Vertical In/Out

11:05am-11:25am	STATION 6	Combine Skill Competitiions		
	Coach	Director	Coach 1	Coach 2
	Activity	DL Combine	QB 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	DL Combine	QB Agility Combine	WR Ladder Combine
	Group	Blue vs. Yellow	Red & Yellow (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	Extreme Football	Extreme 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	Wooke Dodgeball	Wooke 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 - 20's Series	Defense - Man-to-Man	Offense - 20'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			