

Skyhawks Flag Football Camp

Friday CAT (Circuit Allocation Table)

Free 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	2 QB Drill
	Group		All Groups	Red/Green
	Focus			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	Free Director	Coach 1	Coach 2
	Activity	Free Direct	4 QB Drill (Coco, Slip Wheel, Snag, Dagger, Flood)	QB Trojan Drill
	Group		Red/Green	Blue/Yellow
	Focus		Footwork: 3-step drop, 5 step drop, rollout WR: Sticks & Breakdowns	Light on your feet
9:35am-9:40am	Water Break			
9:40am-10:00am	STATION 2	SKILL DEVELOPMENT DRILLS		
	Coach	Free Director	Coach 1	Coach 2
	Activity	Free Direct	4 QB Drill (Coco, Slip Wheel, Snag, Dagger, Flood)	QB Trojan Drill
	Group		Blue/Yellow	Red/Green
	Focus		Footwork: 3-step drop, 5 step drop, rollout WR: Sticks & Breakdowns	Light on your feet
10:00am-10:05am	Water Break			
10:05am-10:25am	STATION 3	SKILL REINFORCEMENT GAMES		
	Coach	Free Director	Coach 1	Coach 2
	Activity	Free Direct		
	Group		Red/Green	Blue
	Focus		Camp Favorite	Camp Favorite
10:25am-10:45am	STATION 4	SKILL REINFORCEMENT GAMES		
	Coach	Free Director	Coach 1	Coach 2
	Activity	Free Direct		
	Group		Blue/Yellow	Red
	Focus		Camp Favorite	Camp Favorite
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 Competitions			
	Coach	Free Director	Coach 1	Coach 2	
	Activity	Free Direct			WR Ladder Combine
	Group		Red vs Green	Blue & Yellow	
	Focus		Camp Favorite	Camp Favorite	Performance under pressure
11:25pm-11:45pm	STATION 7	Combine Skill Competitions			
	Coach	Free Director	Coach 1	Coach 2	
	Activity	Free Direct			WR Ladder Combine
	Group		Blue vs Yellow	Red & Green	
	Focus		Camp Favorite	Camp Favorite	Performance under pressure
11:45am-11:50am	Water Break				
11:50am-12:10pm	STATION 7	Sim Scrims/Short Sided Games			
	Coach	Free Director	Coach 1	Coach 2	
	Activity	Free Direct			
	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	Free Director	Coach 1	Coach 2	
	Activity	Free Direct			
	Group		Red vs. Green	Blue vs. Yellow	
	Focus		Camp Favorite	Camp Favorite	
1:00pm-1:05pm	Water Break				
1:05pm-1:25pm	STATION 10	TEAM PRACTICE/INSTALL			
	Coach	Free Director	Coach 1	Coach 2	
	Activity	Free Direct	Install	Install	
	Group		Blue/Yellow	Red/Green	
	Focus		Offense - 50's Series Defense - Cover 4 Zone	Offense - 50's Series	Defense - Cover 4 Zone
1:25pm-1:30pm	Water Break				
1:30pm-2:55pm	STATION 11	COMPETITIVE SCRIMMAGES			
	Coach	Free Director	Coach 1	Coach 2	
	Activity	Free Direct	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	Free 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				