

Skyhawks Flag Football Camp

Monday 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		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	Free Director		Coach 1		Coach 2		
	Activity	Free Direct		QB Passing Drills & Route Tree (Go, Hitch)		Rushing Juke Moves w/ Agility Ladder		Sweep Flag Pull Drill
	Group			Red/Green		Blue/Yellow		
	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	Free Director		Coach 1		Coach 2		
	Activity	Free Direct		QB Passing Drills & Route Tree (Go, Hitch)		Rushing Juke Moves w/ Agility Ladder		Sweep Flag Pull Drill
	Group			Blue/Yellow		Red/Green		
	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	Free Director		Coach 1		Coach 2		
	Activity	Free Direct		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	Free Director		Coach 1		Coach 2		
	Activity	Free Direct		BB8 vs. R2D2		Steal the Bacon Rushing		
	Group			Blue/Yellow		Red		Green
	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 Competitions			
	Coach	Free Director	Coach 1	Coach 2	
	Activity	Free Direct	Rapid Fire Flag Pull Combine	RB Agility Combine	WR Ladder Combine
	Group		Red vs Green	Blue & Yellow	
	Focus		Performance under pressure	Performance under pressure	
11:25pm-11:45pm	STATION 7	Combine Skill Competitions			
	Coach	Free Director	Coach 1	Coach 2	
	Activity	Free Direct	Rapid Fire Flag Pull Combine	RB Agility Combine	WR Ladder Combine
	Group		Blue vs Yellow	Red & Green	
	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	Free Director	Coach 1	Coach 2	
	Activity	Free Direct	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	Free Director	Coach 1	Coach 2	
	Activity	Free Direct	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	Free Director	Coach 1	Coach 2	
	Activity	Free Direct	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	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				