

Skyhawks Flag Football Camp

Wednesday 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			In, Post, Out, Corner	In, Post, Out, Corner
9:05am-9:15am	Daily Preview - Review (Cheer & Integrity). Daily Preview: Theme - Wacky Wednesday, Leadership - Confidence, Life Skill - Sportsmanship				
9:15am-9:35am	STATION 1	SKILL DEVELOPMENT DRILLS			
	Coach	Free Director	Coach 1	Coach 2	
	Activity	Free Direct	QB Passing Drills & 2 QB Drill (Smash & Slapo)	WR Breakdown & Stick Drill	DB Hip Flip Drill
	Group		Red/Green	Blue/Yellow	
	Focus		QB: Weight Transfer, and Back Hip Flip Route Combinations	Breakdown vs. Stick	Hip Flips
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 & 2 QB Drill (Smash & Slapo)	WR Breakdown & Stick Drill	DB Hip Flip Drill
	Group		Blue/Yellow	Red/Green	
	Focus		QB: Weight Transfer, and Back Hip Flip Route Combinations	Breakdown vs. Stick	Hip Flips
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	Pokemon	King of the Field	
	Group		Red/Green	Blue	Yellow
	Focus		QB: Weight Transfer, and Back Hip Flip Catch the Stripe	Breakdown vs. Stick	Hip Flips
10:25am-10:45am	STATION 4	SKILL REINFORCEMENT GAMES			
	Coach	Free Director	Coach 1	Coach 2	
	Activity	Free Direct	Pokemon	King of the Field	
	Group		Blue/Yellow	Red	Green
	Focus		QB: Weight Transfer, and Back Hip Flip Catch the Stripe	Breakdown vs. Stick	Hip Flips
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	Safety Combine	QB Accuracy 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	Safety Combine	QB Accuracy 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	Capture the Ball	Capture the Ball	
	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	Mandalorian Dodgeball	Mandalorian 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		Offense - 20's Series Defense - Cover 3 Zone	Offense - 20's Series	Defense - Cover 3 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				