



## 2018 David Shaw Elite Defensive Skills Camp

### TUESDAY, JUNE 19, 2018

7:30 - 8:45am	Equipment Rental Available	
8:30 - 9:15am	Camp Registration Between Maples Pavilion & Arrillaga Sports Center	
9:20am	<b>Practice #1</b> -- Warm-up at Elliott Practice Field	
9:35 - 9:55am	<b>DB Individual</b> <i>Fade Ball (middle safety)</i> <i>Read 1-step/3-step (Corner...slant/fade)</i> <i>Block Pro</i> <i>Tackling (track hip, bag shake, vice)</i> <i>Off-Man (streak/out)</i>	<b>LB Individual</b> <i>LB Movement Fundamentals</i> <i>Blow Delivery</i> <i>Block Destruction</i>
10:00am	Water Break	
10:05 - 10:30am	<b>DB Individual Stations</b> <i>Press Release (w/ re-target)</i> <i>Control/NO Control</i> <i>Eye Control (streak/out - read hips)</i> <i>W Drill</i> <i>Off-Man (Streak/out)</i>	<b>LB Individual</b> <i>Pass Coverage &amp; Drops</i> <i>1 on 1 Teach technique</i> <i>Pass Rush Fundamental</i>
10:30am	Water Break	
10:35 - 11:15am	1 on 1's	
11:20 - 11:25am	Stretch and Cool Down	
11:30 - 12:20pm	Lunch - Chuck Taylor Grove	
12:30 - 1:00pm	Mandatory Compliance Video & Film Available Luck Auditorium - 2nd Floor AFSC • Breakout - LB in Luck, DB in Ormond	
1:20 - 1:30pm	<b>Practice #2</b> Campers Stretch on Field	
1:30 - 2:00pm	LB/DB Together - Defensive Fundamentals 6 stations - 4 min. each / 1 min in between	
2:00 - 2:05pm	Water Break	
2:05 - 2:35pm	DB Individual & LB Individual (Pass Rush Fundamentals)	
2:35 - 2:40pm	Water Break	
2:40 - 3:10pm	1 on 1's (LB's vs TE's/RB's) & (WR's vs. DB's)	
3:15pm	Cool Down Stretch	
3:25pm	Q & A with Coaches	
3:45pm	End	