

Junior Cardinal Youth Camp

Monday, June 11, 2018



MORNING SESSION

- 8:45 AM-9:25 AM **Check in at PAC-12 PLAZA**
- 9:30 AM **Camp welcome and Introductions**
- 9:40 AM **Practice #1 Begins (Offensive Emphasis)** Football Practice Fields
Meet your Group Leaders
- 9:45 AM **Stretch and Dynamic Warm Up**
- 9:55 AM **Offensive Agility and Skills Circuit**
We want all campers to learn basics of every position
2 Groups of 4 Stations, 6 min. (WR/TE Pass catching, Throwing, Blocking, RB Pass Catching & Hand-Offs)
- 10:25 AM **Break (Gatorade, Water)**
- 10:35 AM **Pass, Pass and Kick Competition**
8 Groups divided among 1 FG Station, 1 Throwing Distance Station, 1 Accuracy Station
- 11:00 AM **Break (Gatorade, Water, Snack)**
- 11:05 AM **Individual Period**
Campers will divide up and go to their favorite position
- 11:20 AM **Break (Gatorade, Water)**
- 11:25 AM **Cardinal Ball or 7 on 7 (1 game)**
Rules, explained by Group Leaders
- 11:40 AM **End of Practice**
All Day Campers: Lunch at Cardinal Plaza
Half Day Campers: Pick-up-at PAC-12 Plaza
- 11:45-12:55 PM **Lunch, Locker Room Tour, Highlight Videos, Equipment Presentation, Guest Speakers**
Campers will remain in the Football Locker Room or Team Auditorium during this time

AFTERNOON SESSION

- 1:05 PM **Practice #2 Begins (Defensive Emphasis)** Football Practice Fields
Stretch/Warm-up
- 1:15 PM **Agility Circuit**
2 Groups of 4 stations, 5 minutes each (Boxes & bags, Hoops, Backpedal, Grass Drills)
- 1:40PM **Break (Gatorade, Water)**
- 1:45 PM **Turnover and Tackling Circuit**
2 Groups of 4 stations, 5 minutes each (Hoop & scoop scores, Backpedal INT, Crash Mat Tackle, Open-field tackling)
- 2:10 PM **Break (Gatorade, Water, Snack)**
- 2:15 PM **Individual Period**
Campers will divide up and go to their favorite position
- 2:25 PM **Cardinal Ball or 7 on 7 (1 game)**
- 2:35 PM **End of Camp**
Pick-up-at Practice Field (2:30-2:45)
Pick up at PAC-12 Plaza (2:45-3:00)

Monday, June 11 Morning Session = Offensive Emphasis, Afternoon Session = Defensive Emphasis

Tuesday, June 12: Morning Session = Defensive Emphasis, Afternoon Session = Offensive Emphasis