



2019 David Shaw Elite Defensive Skills Camp

TUESDAY, JUNE 18, 2019

7:30 - 8:45am	Equipment Rental Available	
8:30 - 9:15am	Camp Registration Between Maples Pavilion & Arrillaga Sports Center	
9:20 - 11:25am	Practice #1 Elliott Practice Field	
9:35 - 9:55am	DB Individual - - 5 Stations (4 min. each) <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>	LB Individual <i>LB Movement Fundamentals</i> <i>Blow Delivery</i> <i>Block Destruction</i>
10:00am	Water Break	
10:05 - 10:30am	DB Individual Stations - 5 Stations (4 min. each) <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>	LB Individual <i>Pass Coverage & Drops</i>
10:30am	Water Break	
10:35 - 11:15am	1 on 1's (WR's vs. DB's)	
11:20 - 11:25am	Stretch and Cool Down	
11:30 - 12:30 pm	Lunch - Chuck Taylor Grove	
12:00 - 12:30 pm	Film Available (Optional) Ormond Auditorium - 2nd Floor AFSC	
12:30-1:00 pm	Guest Speaker (w/ 1on1 video breakdown) Ormond Auditorium	
	Practice #2	
1:20 - 1:30pm	Campers Stretch on Field	
1:30 - 2:00pm	LB/DB Together - Defensive Fundamentals 6 stations - 4 min. each / 1 min in between	
2:00 - 2:05	Water Break	
2:05 - 2:35	DB Individual & LB Individual (Pass Rush Fundamentals)	
2:35 - 2:40	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	
3:30 - 3:50pm	Academic Presentation on Field	