



STANFORD

FOOTBALL

JUNIOR CARDINAL SCHEDULE

Monday, June 10, 2019

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) <i>Football Practice Fields</i> Meet your Group Leaders
9:55 AM	Stretch and Dynamic Warm Up
10:00 AM	Offensive Agility and Skills Circuit We want all campers to learn basics of every position 3 Stations, 6 minutes each (Pass catching, Throwing, Blocking)
10:25 AM	Break (Gatorade, Water)
10:30 AM	Pass, Pass and Kick Competition 1 FG Stations, 1 Throwing Distance Stations, 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
11:30 AM	End of Practice All Day Campers: Lunch at Cardinal Plaza Half Day Campers: Pick-up-at PAC-12 Plaza
11:30-12:55 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) <i>Football Practice Fields</i> Stretch/Warm-up
1:15 PM	Agility Circuit 3 stations, 5 minutes each (Boxes & bags, Hoops & Backpedal, Grass Drills)
1:35 PM	Break (Gatorade, Water)
1:40 PM	Turnover and Tackling Circuit 3 stations, 5 minutes each (Hoop & scoop scores, Backpedal INT, Crash Mat Tackle)
2:00 PM	Break (Gatorade, Water, Snack)
2:05 PM	Individual Period Campers will divide up and go to their favorite position
2:20 PM	Cardinal Ball or 7 on 7 (1 game)
2:30 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

