



STANFORD

FOOTBALL

JUNIOR CARDINAL SCHEDULE

Tuesday, June 11th, 2019

MORNING SESSION

8:45-9:25 AM

Check in at PAC-12 PLAZA

9:30 AM

Practice #1 Begins (Defensive Emphasis)

Football Practice Fields

Stretch and Dynamic Warm Up

9:45 AM

Agility Circuit

3 stations, 6 minutes each (Boxes & bags, Hoops & Backpedal, Grass Drills)

10:10 AM

Break (Gatorade/Water)

10:15 AM

Turnover and Tackling Circuit

3 stations, 6 minutes each (Hoop & scoop scores, Backpedal INT, Crash Mat Tackle)

10:40 AM

Break (Gatorade, Water, Snack)

10:45 AM

Individual Period

Campers will divide up and go to their favorite position

11:00 AM

Break (Gatorade/Water)

11:05 AM

Cardinal Ball or 7 on 7

11:20 AM

End of Practice

All Day Campers: Lunch at Cardinal Plaza

Half Day Campers: Pick-up-at PAC-12 Plaza

11:25-12:55 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 Begin (Offensive Emphasis)

Football Practice Fields

Stretch/Warm-up

1:15 PM

Offensive Agility and Skills Circuit

We want all campers to learn basics of every position

3 Stations, 5 minutes each (pass catching, Throwing, Blocking)

1:35 PM

Break (Gatorade, Water)

1:40 PM

Individual Period

Campers will divide up and go to their favorite position

2:00 PM

Break (Gatorade, Water, Snack)

2:05 PM

Cardinal Ball or 7 on 7 (1 game)

2:20 PM

Awards Ceremony (Stanford Players distribute certificates)

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)