

## **Camp Purpose**

The purpose and benefit of this camp is designed to increase the execution of fundamental football techniques. He will participate in an individualized technique, teaching, drill sessions, 7 on 7 games, and individual contests. This will help him improve his skill and ability. It will increase his confidence and he will learn to practice in an effective manner. The camp will provide the opportunity to meet new friends in the atmosphere of a friendly athletic competition. We hope you'll join us this summer for a great football learning experience.

## **Camp Fee**

The cost of the camp is \$50. This fee includes instruction, a camp T-shirt or camp football, and awards. Make checks payable to Steve Feeney (Camp Director). If two campers from the same family attend, the second camper will be charged \$45. Registration is Due by June 19 or the cost is \$55. Limited Enrollment of 125 Participants.

## **Registration/Check in Time**

Registration and check in will occur at Horizon Middle School Football Field on the first day of camp (North student parking lot by Football Shed on the Track) 9:00-9:30 am

## **Location/Facilities**

The camp will be conducted at Horizon Middle School Football Field, 500 Ash Coulee Dr. The facilities include four fields and one locker room.

## **Staff**

The camp will be conducted by outstanding High School Coaches, High School players and College players.

## **What to Bring to Camp**

Boys entering 3rd-8th grade need to bring football shoes or sneakers, t-shirts, shorts, and sweat socks.

## **Injury**

Camp directors, instructors, and/or facilities are not responsible for any injuries or accidents which may occur during the camp sessions.

## **Summary**

We encourage you to participate in our camp. It is best to be in shape before coming.

When you send in your registration form, you are automatically in the camp unless I notify you. Also, if inclement weather occurs listen to KFYZ and/or Y93 for a cancellation.

For further questions, contact Steve Feeney

Cell: 202-3482

Home: 258-7739

Email: [steve\\_feeney@bismarckschools.org](mailto:steve_feeney@bismarckschools.org)

## **Typical Day**

Stretch/Warm up  
Specialty  
Offensive/Defensive stations  
1 on 1 technique  
7 on 7 games/ Red Zone games/Razzle dazzle  
Ultimate football games  
Individual games/Contests

## **Here's What Is Emphasized**

### **QUARTERBACK**

Throwing motion and release  
Body control and footwork  
Speed, agility, set up  
Faking, hands off, option work  
Passing actions; 3 and 5 step drop,  
Sprint, roll, bootleg, play action

### **RECEIVERS**

Alignment, stance, start, release  
Cutting, body control, ball carriage  
Routes  
Pass catching drills  
Blocking

### **RUNNING BACKS**

Stance, hands off  
Cutting, speed, agility  
Catching (routes)  
Blocking

### **LINE BACKERS**

Alignments, stance, footwork, keys  
Run defense, pass defense (drops)  
Block separation

### **SECONDARY**

Alignment, stance, keys  
Back peddle footwork drills  
Ball drills  
Coverage technique man and zone  
Block separation