

## **Stallions Camp**

### **Tuesday**

6:00 Player Contracts – Discuss all points  
6:15 Ready-Focus  
6:20 Proper Stance  
6:25 Snap Progression Drill: Cadence Ready-Ready-Ready-Shift-Down-Ready-Set-Go  
6:30 Cals-Stance, cadence, Butt kicks, high knees, Jumping Jacks, Cherry Pickers  
6:45 Break—Buddy Question—Favorite TV show?  
6:50 Angle Form Tackling  
7:00 Alley-Ball races and Evaluation  
7:15 Break- 4 rules: Play hard, play fair, play smart, have fun  
7:20 Deer Hunter Game and Evaluation  
7:40 Break -- discuss and drill back numbering system  
7:45 Towel Game and Evaluation  
8:00 Man-talk, prayer/close, done

### **Thursday**

6:00 Cals-Stance, cadence, Butt kicks, high knees, Jumping Jacks, Cherry Pickers  
6:10 Angle Form Tackling  
6:15 Sumo Game and Evaluation  
6:35 Break—review and drill back numbering system  
6:40 Muck City Rabbit Drill  
7:00 Break- Buddy Question—Favorite Food?  
7:05 Four-Square Race and Evaluation  
7:25 Break -- discuss and drill hole numbering system  
7:30 Dummy Relay Race and Evaluation  
7:50 Mentor Break  
8:00 Virtue Talk, Done

### **Friday**

6:00 Cals-Stance, cadence, Butt kicks, high knees, Jumping Jacks, Cherry Pickers  
6:10 Angle Form Tackling  
6:15 Sumo Drill and Evaluation  
6:35 Buddy Question—Favorite football team? College or pro?  
6:40 Deer Hunter and Evaluation  
7:00 Break – discuss and review hole numbering system  
7:05 Dummy Relay Race and Evaluation  
7:25 Mentor break  
7:30 Towel Game and Evaluation  
7:50 Break – discuss GOD blocking  
8:00 Virtue Talk, Done

## **Week 1**

### **Tuesday**

6:00 Parent and Player Orientation  
6:30 Cals-Stance, Butt kicks, high knees, Jumping Jacks, Cherry Pickers  
6:40 Angle Form Tackling  
6:45 Alley Ball Drill and Evaluation  
7:00 Mentor break  
7:05 Deer Hunter Game and Evaluation  
7:25 Break—discuss and drill back numbering system  
7:30 Sumo Game and Evaluation  
7:50 Water break—Buddy Question—Reasons for playing Stallion football?  
7:55 Dummy Relay Race and Evaluation  
8:15 Water break-review back numbering system  
8:20 Towel Game and Evaluation  
8:40 Man talk/prayer/close  
8:45 Done

### **Thursday**

6:00 Cals-Stance, cadence, Butt kicks, high knees, Jumping Jacks, Cherry Pickers  
6:10 Angle Form Tackling  
6:15 First and second step base blocking drill  
6:30 Break— discuss and drill hole numbering system  
6:45 Sumo Drill and Evaluation  
7:00 Mentor break  
7:15 Towel Game and Evaluation  
7:35 Base Block on Dummies  
7:45 Break- Buddy Question—Mom or Dad's name?  
7:50 Deer Hunter and Evaluation  
8:10 Virtue Talk  
8:15 Done

### **Friday**

6:00 Cals-Stance, cadence, Butt kicks, high knees, Jumping Jacks, Cherry Pickers  
6:10 Angle Form Tackling  
6:20 Backs: Snap Progression  
Base Blocking Drill-GOD Review  
6:35 Buddy Question—brother/sister name Grandparents name?  
6:45 Backs: Pass Catching Progression  
Pulling Drill, Center snap tryout with 5 snaps  
7:00 Mentor break  
7:05 Base Tackling drill walk through  
7:20 Splatter Tackling Drills  
7:35 Break-discuss and drill the play calling system, backs, tags and holes  
7:40 Dummy Relay  
7:55 Alley Ball  
8:10 Virtue Talk  
8:15 Done

## **Week 2**

### **Tuesday**

6:00 Cals-Stance, cadence, Butt kicks, high knees, Jumping Jacks, Cherry Pickers  
6:10 Angle Form Tackling  
6:25 Splatter Blocking Drill  
6:40 Buddy Question Break—Lessons from winning and losing?  
6:45 Backs: Learn 16 Power via installation progression, Learn 22 Wedge  
Line: Learn “Power” tag via installation progression, Review GOD  
7:00 Mentor break  
7:05 Base Tackling Drill  
7:20 Splatter Tackling Drill  
7:35 Close Quarters Tackling Drill  
7:55 Break-Review play numbering system and tags  
8:00 Team 16 Power on air  
8:10 Virtue Talk  
8:15 Done

### **Thursday**

6:00 Cals-Stance, cadence, Butt kicks, high knees, Jumping Jacks, Cherry Pickers  
6:10 Angle Form Tackling  
6:30 Backs: Splatter Blocking Drill  
Line: Base Blocking Steps  
6:45 Buddy Question Break—What does winning mean to you?  
6:50 Backs: 16 Power with dummies at point of attack and gauntlet  
Line: Pulling Drill, Teach Sweep tag  
7:00 Mentor Break  
7:05 Backs: 22 wedge, 18 Sweep via installation progression  
Line: Wedge Progression  
7:20 Break-review defensive positions and alignment  
7:30 Team 16 Power, 22 Wedge (first step), 18 Sweep, all on air then dummies at POA  
8:00 Fit and Freeze walk on a “scout defense” 16 Power, 22 Wedge, 18 Sweep  
8:10 Virtue Talk  
8:15 Done

### **Friday**

6:00 Cals-Stance, cadence, Butt kicks, high knees, Jumping Jacks, Cherry Pickers  
6:10 Angle Form Tackling  
6:20 Splatter Tackling Drill  
6:30 Backs: Defensive Back Drills  
Line: Bull Rush Drill  
6:45 Buddy Question Break—What does doing your best mean to you?  
6:50 Backs: Open field Tackling Drill  
Line: Swim Move, Swim and tackle drill  
7:00 Mentor Break  
7:05 Team Defense walk through, Defensive Recognition  
7:30 Break-review defense and “strong” call  
7:35 Tackling Circuit drill – Base tackle, Splatter, Close Quarters, 3-Slot  
8:00 Team 16 Power – all players running the ball  
8:10 Virtue Talk  
8:15 Done

### **Week 3**

#### **Tuesday**

6:00 Cals-cadence high knees, Angle Form Tackling  
6:10 Backs: Plays with Dummy squeezing at point of attack, Ask each player what his job is before running the play, 16 Power, 22 Wedge, 18 Sweep, Install 31 Trap  
Line: First step drills, 16 Power, 18 Sweep, Install "trap" tag.  
6:35 Backs: Open Field Blocking drill, Splatter Blocking Drill  
Line: Wedge, GOD Review  
6:50 Break-discuss trap-Buddy Question—How do you want to improve this week?  
7:00 Mentor break  
7:00 Backs: Pass Catching Progression  
Line: Double Team drills  
7:15 Backs: Install 43 reverse  
Line: Install "reverse" tag  
7:25 Mentor break  
7:30 Team: 16 Power, 22 Wedge, 18 Sweep, 31 Trap, 43 Reverse, all on air, then walk through on scout defense, then with coaches and dummies at POA.  
8:10 Virtue Talk  
8:15 Done

#### **Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling  
6:10 Tackling Circuit Drill  
6:30 Backs: Open Field Tackling Drill  
Line: Swim and Bull Rush Drills  
Bear-crawlers: Squeeze and tackle  
6:50 Buddy Question Break—How can you help your buddy be better?  
6:55 Backs: Defensive Back Drills  
Line: Pass Recognition Drill  
Bear-crawlers: Base Tackling Drill  
7:00 Mentor break  
7:10 Mentor Break  
7:15 Team, Defensive Recognition, "claw" and "razor" call installation  
7:45 Live if going well, versus scout offense  
8:10 Virtue Talk  
8:15 Done

#### **Friday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling  
6:10 Tackling Circuit Drill  
6:30 Backs: Open Field Tackling Drill  
Line: Swim and Bull Rush Drills  
Bear-crawlers: Squeeze and tackle  
6:40 Buddy Question Break—How did you help your family this week?  
6:45 Backs: Defensive Back Drills  
Line: Pass Recognition Drill  
Bear-crawlers: Base Tackling Drill  
7:00 Mentor break  
7:00 Team, Defensive Recognition, "claw" and "razor" call installation  
7:20 Mentor Break  
7:25 Team Offense on with dummies at point of attack-16 Power, 22 Wedge, 31 Trap, 43 Reverse, 18 Sweep  
7:45 Towel Game  
8:10 Virtue Talk 8:15 Done

## **Week 4**

### **Tuesday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling  
6:10 Backs: 18 Sweep Pass Installation  
Line: First step drills, Board Drill  
6:30 Backs: 16 Power "tunnel" adjustment, "cross" adjustment with splatter dummies at point of attack  
Line: Wedge, Crab Blocking Drills  
6:45 Break-review subbing---Buddy Question—What part of practice do you like best?  
6:55 Backs: Pass Catching Progression  
Line: Double Team Drills, Crab Drills  
7:00 Mentor break  
7:10 Install 38 Buck Wedge, 38 Buck Wedge Fake, 32 Wedge  
Line: First and second step tennis ball drill  
7:25 Mentor Break  
7:30 16 Power, 22 Wedge, 189 Sweep, 31 Trap, 43 Reverse, all on air, Nasty, Tunnel and Cross adjustments then with coaches and dummies at POA, 38 Buck Wedge, 38 Buck Wedge Fake, Practice subbing  
7:55 Live if going well  
8:10 Virtue Talk 8:15 Done

### **Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling  
6:10 Tackling Circuit Drill  
6:30 Backs: Open Field Tackling Drill  
Line: Swim and Bull Rush Drills  
Bear-crawlers: Squeeze and tackle  
6:50 Buddy Question—What part of practice do you like least?  
6:55 Backs: Defensive Back Drills  
Line: Pass Recognition Drill  
Bear-crawlers: Base Tackling Drill  
7:00 Mentor break  
7:05 Break-discuss corner blitzes and crash; calls  
7:15 Team, Defensive Recognition, Corner Blitz Installation, "crash" installation  
7:45 Mentor Break  
7:50 Live if going well, versus scout offense  
8:10 Virtue Talk 8:15 Done

### **Friday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling  
6:10 Tackling Circuit Drill  
6:30 Backs: Open Field Tackling Drill  
Line: Swim and Bull Rush Drills  
Bear-crawlers: Squeeze and tackle  
6:50 Backs: Install 38 Buck Wedge Pass, Pass Option Drills  
Line: Pass Blocking Drill—GOO rule install  
7:00 Mentor break  
7:15 Buddy Question—What can you do to help the team be better?  
7:20 Team Offense with subbing  
7:50 Mentor Break  
7:55 Team Defense with subbing  
8:10 Virtue Talk 8:15 Done

## **Week 5**

### **Tuesday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling  
6:15 Backs: Off Plays  
Line: First step drills, Board Drill  
6:35 Backs: Power Hour Drill (16 Power with dummies at the point of attack and gauntlet for the running back, chaser set up behind him)  
Line: Wedge, Crab Blocking Drills  
6:55 Break—review subbing—Buddy Question—School attended?  
7:00 Mentor break  
7:00 Team Offense, Mesh formation install, slot formation install  
7:10 All plays installed so far on air, fit and freeze, with dummies at point of attack  
7:50 Mentor Break  
7:55 Live if going well  
8:10 Virtue Talk  
8:15 Done

### **Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling  
6:10 Tackling Circuit Drill  
6:30 Backs: Open Field Tackling Drill  
Line: Swim and Bull Rush Drills  
Bear-crawlers: Squeeze and tackle  
6:50 Buddy Question—Favorite school subject?  
6:55 Backs: Defensive Back Drills  
Line: Pass Recognition Drill  
Bear-crawlers: Base Tackling Drill  
7:00 Mentor break  
7:05 Break-discuss defensive formations versus “odd” offenses  
7:15 Team, Defensive Recognition  
7:50 Mentor Break  
7:55 Live if going well  
8:10 Virtue Talk  
8:15 Done

### **Friday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling  
6:10 Backs: Open Field Blocking Drills  
Line: Wedge  
6:20 Break-Buddy question—Least favorite school subject?  
6:25 Backs: Run Pass Option Drills  
Line: Pull Splatter drills  
6:35 Team Offense with subbing  
7:00 Mentor break  
7:10 Team Defense with subbing  
7:30 Individual team/parent program  
8:15 Done

## **Week 6**

### **Tuesday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling  
6:10 Backs: Pass Catching Progression  
Line: First step tennis ball drills  
6:25 Backs: Install Mesh Pass and Hitch Pass  
Line: Wedge, Pass Blocking Drills  
6:45 Break-review subbing-Mentor Break  
6:55 Team Offense, Mesh formation plays, spinner plays, slot formation plays  
7:00 Mentor break  
7:10 Buddy Questions Break—When do you do homework?  
7:20 All plays installed so far on air, fit and freeze on scout defense, with dummies at point of attack  
8:10 Virtue Talk  
8:15 Done

### **Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling  
6:10 Tackling Circuit Drill  
6:30 Tackle Baseball Game  
6:50 All plays installed so far on air, fit and freeze on scout defense, with dummies at point of attach  
7:00 Mentor break  
7:05 Buddy Question Break—Favorite teacher/why?  
7:10 Team Offense  
7:35 Mentor Break  
7:40 Team Defense—Set up lots of motion and formation changes that require “off” call  
8:10 Virtue Talk  
8:15 Done

## **Week 7**

### **Tuesday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Backs: Power Hour

Line: Wedge, Double Teams

6:25 Backs: Install All Curl Pass, Run Pass Option Drills

Line: Pull to Splatter Drill, Pass Blocking Drills

6:40 Break—review subbing—Buddy Question—Who is your role model? Hero?

6:50 Team Offense, Install War and Wall Formations, Mesh formation plays, spinner plays, slot formation plays

7:00 Mentor break

7:10 Mentor Break

7:15 All plays installed so far on air, fit and freeze on scout defense, with dummies at point of attack

7:55 Slam Dunk Game

8:10 Virtue Talk

8:15 Done

### **Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Tackling Circuit Drill

6:30 Backs: Defense Back Drills

Line: Swim and Bull Rush Drills

Bear-crawlers: Squeeze and Tackle Drills

6:50 Team Offense, Install War and Wall Formations, Mesh formation plays, spinner plays, slot formation plays

7:00 Mentor break

7:10 Break-Buddy Question—How did you help your teacher today?

7:15 All plays installed so far on air, fit and freeze on scout defense, with dummies at point of attack

7:35 Mentor Break

7:40 Backs: Install All Curl Pass, Run Pass Option Drills

Line: Pull to Splatter Drill, Pass Blocking Drills

7:55 Slam Dunk Game

8:10 Virtue Talk

8:15 Done

## **Week 8**

### **Tuesday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Backs: Pass Catching Progression

Line: First and second step tennis ball drills

6:25 Buddy Question—What does being honest mean to you?

6:30 Backs: Tight Mesh Passing Drills, Hitch Live

Lines: Wedge, Pass Blocking Drills

6:50 Break-review subbing-Mentor break

7:00 Mentor break

7:00 Team Offense, Wall, War, Mesh, Slot, Nasty plays that need work

7:40 All plays installed so far on air, fit and freeze on scout defense, with dummies at point of attack

8:10 Virtue Talk

8:15 Done

### **Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Tackling Circuit Drill

6:30 Mentor Break

6:35 Slam Dunk Game

6:55 Team Offense, Wall, War, Mesh, Slot, Nasty plays that need work

7:00 Mentor break

7:10 Break—Buddy Question—What quality did you improve on this week?

7:15 All plays installed so far on air, fit and freeze on scout defense, with dummies at point of attack

7:40 Team Defense-Set up lots of motion and formation changes that require "off" call

8:10 Virtue Talk

8:15 Done

## **Week 9**

### **Tuesday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Backs: Power Hour

Line: Board Drill, Crab Drills

6:20 Buddy Question—What skill do you need to improve this week at practice?

6:25 Backs: Install Double Formation

Line: Wedge, Pass Blocking Drills

6:40 Break-review subbing-Mentor Break

6:50 All plays installed so far on air, fit and freeze on scout defense, with dummies at point of attack

7:00 Mentor break

7:40 Live if practice going well

7:55 Virtue Talk

8:00 Done

### **Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Backs: Open Field Tackling Drills

Line: Swim, Bull Rush, Pass Recognition

6:30 Buddy Question—Church you attend?

6:35 Tackle Baseball Game

6:55 Team Defense-Set up lots of motion and formation changes that require "off" call

7:00 Mentor break

7:25 Mentor Break

7:30 Backs: Power Hour

Line: Board Drill, Crab Drills

7:55 Virtue Talk

8:00 Done

## **Week 10**

### **Tuesday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Backs: Run Pass Option Drills

Line: Double Team Drills, Crab Drills

6:25 Backs: Tight Mesh Passing Drills, Hitch Live

Line: Wedge, Pass Blocking Drills

6:45 Break-review subbing-Buddy Question—How can you respect your parents?

6:55 All plays installed so far on air, fit and freeze on scout defense, with dummies at point of attack

7:00 Mentor break

7:15 Mentor Break

7:20 Live if doing well

7:40 Virtue Talk

7:45 Done

### **Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Tackling Circuit Drill

6:25 Mentor Break

6:30 Towel Game

6:45 All plays installed so far on air, fit and freeze on scout defense, with dummies at point of attack

7:00 Mentor break

7:10 Break-Buddy Question—How did you help your parents last week?

7:15 Team Defense

7:40 Virtue Talk

7:45 Done

## **Week 11**

### **Tuesday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Backs: Power Hour

Line: Board Drill

6:25 Buddy Question—When is your birthday?

6:30 Backs: Open Field Blocking Drills

Line: Wedge, Pass Blocking Drills

6:45 Break-review subbing-Mentor Break

6:55 All plays installed so far on air, fit and freeze on scout defense, with dummies at point of attack

7:00 Mentor break

7:15 Hawaiian Rules Football

7:25 Virtue Talk

7:30 Done

### **Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Backs: Open Field Tackling Drills

Line: Swim, Bull Rush, Pass Recognition

Bear-crawlers: Squeeze and Tackle, Pass Recognition

6:25 Mentor Break

6:30 Backs: Defensive Back Drills

Line: Splatter Tackling Drill, Rip Move

6:45 Team Defense

7:00 Mentor break

7:05 Break-Buddy Question—Parents birthday?

7:10 All plays installed so far on air, fit and freeze on scout defense, with dummies at point of attack

7:20 Defensive Recognition

7:25 Virtue Talk

7:30 Done

## **Week 12**

### **Tuesday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Backs: Run Pass Option Drills

Line: Double Team Drills, Crab Drills

6:25 Mentor Break

6:30 Backs: Tight Mesh Passing Drills, Hitch Live

Line: Wedge, Pass Blocking Drills

6:50 Break-review subbing-

Buddy Question—What do you like best about your Stallion team?

7:00 Mentor break

7:00 All plays installed so far on air, fit and freeze on scout defense, with dummies at point of attack

7:10 Virtue Talk

7:15 Done

### **Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Tackling Circuit Drill

6:25 Slam Dunk Game

6:40 Mentor Break-Buddy Question—How has your team helped you?

6:50 Team Defense

7:00 Mentor break

7:10 Virtue Talk

7:15 Done

## **Week 13**

### **First Playoff Week**

#### **Tuesday and Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Buddy Questions—How will you help team prepare for playoff?

What does doing your best mean?

6:15 Offense All Players

6:35 Defense

6:50 Virtue-Mentor Break

7:00 Done

## **Week 14 Second Playoff Week**

### **Tuesday and Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Buddy Questions—What do you want to improve this week?

What is important about your team this week?

6:15 Offense All Players

6:35 Defense

6:50 Virtue-Mentor Break

7:00 Done

## **Week 15 Super Bowl Week**

### **Tuesday and Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Buddy Questions—Why is team work important?

What can you do to make the team better?

6:15 Offense All Players

6:35 Defense

6:50 Virtue-Mentor Break

7:00 Done

## **Week 16 Super Super Bowl Week**

### **Tuesday and Thursday**

6:00 Cals-Stretch, cadence high knees, Angle Form Tackling

6:10 Buddy Questions—What is important about this week?

What are you thankful for?

6:15 Offense All Players

6:35 Defense

6:50 Virtue-Mentor Break

7:00 Done