

Flag Football Teamwork & Technique Camp

Circuit Allocation Table (aka the CAT)		Ages 7-12		Friday
8:00am-8:45am	Pre-Camp - Coaches Meeting & Set-up			
8:45am-9:05am	Sign-In & Warm-up			
	Coach	Director	Coach 1	Coach 2
	Activity	Check-In	Route Tree	Route Tree
	Group	All Groups	Red/Green	Blue/Yellow
9:05am-9:15am	Daily Preview - Review (Camp Rules, Camp Culture, LSOTDs), NEW - Life Skill of the Day (Sportsmanship), Daily Preview			
9:15am-9:25am	STATION 1		SKILL DEVELOPMENT DRILLS/GAMES	
	Coach	Director	Coach 1	Coach 2
	Activity	4 Qb Drill	WR Ladder Combine	
	Group	Red/Green	Blue/Yellow	
9:25am-9:35am	STATION 1		SKILL DEVELOPMENT DRILLS/GAMES	
	Coach	Director	Coach 1	Coach 2
	Activity	4 Qb Drill	WR Ladder Combine	
	Group	Blue/Yellow	Red/Green	
3:35am-9:40am	Water Break			
9:40am-10:00am	STATION 2		SKILL DEVELOPMENT DRILLS/GAMES	
	Coach	Director	Coach 1	Coach 2
	Activity	Camp Fav.		
	Group	Red/Green vs. Blue/Yellow		
10:00am-10:05am	Water Break			
10:05am-10:25am	STATION 3		SKILL DEVELOPMENT DRILLS/GAMES	
	Coach	Director	Coach 1	Coach 2
	Activity	Camp Fav.		
	Group	Red/Green vs. Blue & Yellow		
10:25am-10:35am	SNACK BREAK			
10:35am-10:45am	STATION 5		Agility Ladder & Post Snack Set-up	
	Coach	Director	Coach 1	Coach 2
	Activity	My Way Agility ladder Challenge		
	Group	All Groups		
10:45am-11:05am	STATION 6		Sim Scrims & Skill Reinforcement Games	
	Coach	Director	Coach 1	Coach 2
	Activity	Scrimmage		
	Group	Red/Green vs. Blue & Yellow		
11:05am-11:10am	Water Break			
11:10am-11:20am	Camp Photo			
11:20am-11:40am	STATION 7		Sim Scrims & Skill Reinforcement Games	
	Coach	Director	Coach 1	Coach 2
	Activity	Scrimmage		
	Group	Red/Green vs. Blue & Yellow		
11:40am-11:55am	Award Ceremony			
11:55am-12:00pm	Camp Close - Points, Recap, Special Acknowledgements			
12:00pm-12:05pm	Sign-Out			
	Coach	Director	Coach 1	Coach 2
	Activity	SIGN-OUT		
	Group	All Groups		
12:05pm-12:30pm	Post Camp - Tear Down, Load Truck, & Coaches Meeting			