

## OFFENSIVE POSITIONS

### QB

STANCE, DROPS FOR 3-STEP, 5 STEP, SPRINT OUT & BOOT PASSING SKILLS & DRILLS, BALL HANDLING, INTRODUCTION TO READING COVERAGES

### RB

STANCE, ACCELERATION, BALL HANDLING & SECURE BALL CARRY, PROPER CUTS, BLOCKING – BOTH RUN & PASS BLOCKING

### WR

STANCE, STARTS, PASS ROUTES, STOCK BLOCKING, PASS CATCHING, SPEED DRILLS

### O-LINE

STANCE, FOOT WORK, ALIGNMENT, RUN BLOCKING TECH, PASS BLOCKING, HAND PLACEMENT & “PUNCH” BOTH SINGLE BLOCK & DBL TEAM BLOCKS WILL BE INSTRUCTED.



## DEFENSIVE POSITIONS

### LB

STANCE, RUN READS, TACKLING, PASS DROPS & MAN COVERAGE, DEFEATING BLOCKS & BLITZING

### DB

STANCE, ALIGNMENT, FORMATION RECOGNITION, TACKLING, ZONE & MAN COVERAGE, PASS DROPS & COLLISION OF WR

### D-LINE

STANCE, BLOW DELIVERY, TACKLING, PASS RUSH, STUNTING, GAP CONTROL & LEVERAGE DRILLS

### CAMP ACTIVITIES:

Continuous warm up & stretch

Razzle Dazzle

Ind tech run & pass O

Ind tech run & pass D

Speed & agility drills

Speakers – WB Grads

**2015 West Branch**

## Football Camp

**Grade 1 – 9**

**(Fall 2015)**



**June 8 & 9, 2015**

**9:00 a.m. – 11:30 a.m.**

(Check In – 8:30 – June 8th)

(Check-In – 8:50 – June 9th)

**PLEASE COMPLETE THIS APPLICATION CAREFULLY.**

*Please enroll me in West Branch Football Camp. It is understood that the directors or anyone connected to the camp will not assume any responsibility for accidents, medical, dental or any other expenses incurred as a result of an accident.*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

GRADE (entering in fall of 2015) \_\_\_\_\_ AGE \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_

NAME OF SCHOOL \_\_\_\_\_

**SIGNATURE OF PARENT OR GUARDIAN REQUIRED BELOW**

*If you have any questions call 330-938-4481.*

**Make all checks payable to West Branch Football**

**MAIL TO:**

**West Branch High School**

**Coach Dota**

**14277 Main Street**

**Beloit, OH 44609**

*I hereby authorize the director of the West Branch Football Camp to act in his best judgment in an emergency requiring medical assistance. I certify that my son has no injury or illness which could jeopardize his well being by participating in the West Branch Football Camp.*

\_\_\_\_\_  
**PARENT OR GUARDIAN SIGNATURE**

\_\_\_\_\_  
**DATE**

**\*IMPORTANT CAMP INFORMATION**

**LOCATION:**

West Branch High School Stadium

**DATE:**

June 8<sup>th</sup> & 9<sup>th</sup> -- 2 DAYS OF CAMP!

9:00 a.m. – 11:30 a.m.

**COST:**

Pre-registration (by May 30, 2015)

\$20 = Camp Instruction, T-shirt, & Speakers

**\*Late Registration -- \$25 (not guaranteed a shirt)**

**INSTRUCTION:**

Campers will be grouped for instruction by grades. For student-athletes in grades 1<sup>st</sup> thru 9<sup>th</sup> (*In the fall of 2015*)

**CHECK IN TIME:**

8:45 a.m. daily (9:00 a.m. until 11:30 a.m.)

**WHAT TO WEAR:**

Each camper is to wear a t-shirt & shorts. Football shoes with cleats are preferred. (Gym shoes too – due to inclement weather)

**COACHING:**

Instructors will be current West Branch Coaches & Players.