

## **HOGS AND DOGS LINE CAMP**

Mission Statement – We create a better game of football, starting with the players who impact every play.

Our goal is to provide youth football players and coaches with "big boy" specific skills, drills, and techniques, stressing the importance of team work, positive attitude, discipline, and hard work.

Vision statement – We enrich the lives and skills of young linemen, instilling a vigor and passion for being "large and in charge".

4 camp sessions over 2 days

### **SKILLS DEVELOPED FOR THE HOGS (OL)**

The Hog camp teaches proven key fundamentals for successful Offensive Line play, in a fun, structured, competitive environment. This camp is designed to improve the following key fundamentals:

- \*Stance
- \*Footwork
- \*Aggressiveness
- \*Drive Blocks
- \*Double Teams
- \*Pass Protection stance and Footwork

### **SKILLS DEVELOPED FOR THE DOGS (DL)**

The Dog camp is for the young D-Linemen ready to be game changers. Competing and participating in a high intense, fun learning environment. Focusing on:

- \*Stance
- \*Fighting off blocks
- \*Relentless Pursuit of the Ball
- \*Tackling
- \*Pass Rush

## **SESSION 1 - HOGS**

8:30 am Check-in

9:00 am Warm-up

9:15 am Run Blocking Station 1 - The Stance and Start (if you don't start right...)

9:25 am Run Blocking Station 2 - The Power of the Punch (using the hands)

9:35 am Run Blocking Station 3 - Drive, Drive, DRIVE!!! (put it together)

9:45 am Run Blocking Station 4 - FINISH HIM!!! (Let's get N-A-S-T-Y!)

10:00 am Run Blocking Station 5 - Demolition men (double team drills)

10:10 am Competition: Tug-o-war (fight, fight, fight)

10:20 am Breakout session -

Teach players different Defensive alignments 0 - 9 Tech

Simple play walk through

10:35 am Pass Blocking Station 1 - Pass Blocking Stance and posture

10:45 am Pass Blocking Station 2 - The power Step

10:55 am Pass Blocking Station 3 - The kick step

11:05 am Pass Blocking Station 4 - Mirror Dodge Drill

11:15 am Pass Blocking Station 5 - Pass pro Tunch Punch

11:25 am Pass Blocking Station 6 - Sled Punch

-move your feet and punch, combining all of the elements of pass pro

11:35AM -Water Break 5 min

11:40 am - Competition: Fat Man Football

11:55am - Wrap Up

12:00 pm lunch

## **SESSION 1 DOGS**

12:30 pm - check in

1 pm - warm up

1:15 pm - Station 1 - the basics

-DL Stance and get off

1:25 pm - station 2 - fire hydrant starts

- 1 foot stance and start

1:35 pm - Station 3 - Barking dog drill

-six point explosion & four point explosion

1:45 pm station 4 - Off the Leash (Three point explosion get off the block)

1:55 pm Station 5 - Fetch (pursuit drill)

2:05 pm Competition: Tug-o-War (Fight, Fight, Fight)

2:15 pm Breakout session (Water)

Review Techniques 0-9

Walk through Stunts

2:30 pm Station 6 - Seat rolls

2:40 pm Station 7 - Fight in the Dog (Double team Drill)

2:50 pm Station 8 - the hoops (chaser the rabbit)

3:00 pm Station 9 - Close Quarters Combat (Hand Fighting-Push/Pull-Rip-Punch)

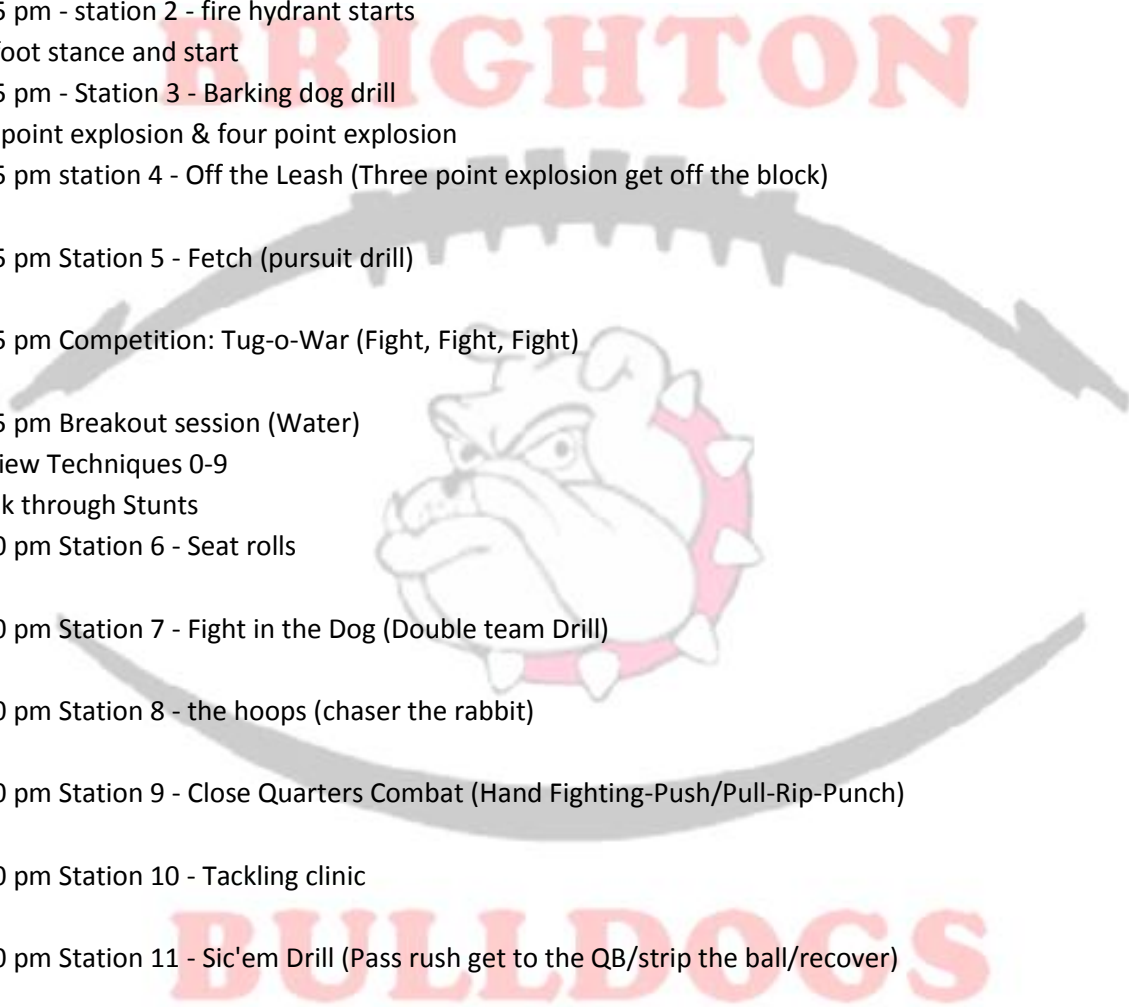
3:10 pm Station 10 - Tackling clinic

3:20 pm Station 11 - Sic'em Drill (Pass rush get to the QB/strip the ball/recover)

3:30 pm Water break

3:35 pm Competition: Fat Man Football

3:55 pm Wrap up



## **SESSION 2 - HOGS**

8:30 am Check-in

9:00 am Warm-up

9:15 am Run Blocking Station 1 - The Stance and Start (if you dont start right...)

9:25 am Run Blocking Station 2 - The Power of the Punch (using the hands)

9:35 am Run Blocking Station 3 - Drive, Drive, DRIVE!!! (put it together)

9:45 am Run Blocking Station 4 - FINISH HIM!!! (Let's get N-A-S-T-Y!)

10:00 am Run Blocking Station 5 - Demolition men (double team drills)

10:10 am Competition: The Hog Race

10:20 am Breakout session -

Teach players different Defensive alignments 0 - 9 Tech

Simple play walk through

10:30 am Pass Blocking Station 1 - Pass Blocking Stance and posture

10:40 am Pass Blocking Station 2 - The power Step

10:50 am Pass Blocking Station 3 - The kick step

11:00 am Pass Blocking Station 4 - Mirror Dodge Drill

11:10 am Pass Blocking Station 5 - Pass pro Tunch Punch

11:20 am Pass Blocking Station 6 - Sled Punch

-move your feet and punch, combining all of the elements of pass pro

11:30 AM -Water Break 5 min

11:35 am - Game: Fat Man Football

11:55 am - Wrap Up

12:00 pm lunch

## **SESSION 2 DOGS**

12:30 pm - check in

1 pm - warm up

1:15 pm - Station 1 - the basics

-DL Stance and get off

1:25 pm - station 2 - fire hydrant starts

- 1 foot stance and start

1:35 pm - Station 3 - Barking dog drill

-six point explosion & four point explosion

1:45 pm station 4 - Off the Leash (Three point explosion get off the block)

1:55 pm Station 5 - Fetch (pursuit drill)

2:05 pm Competition: Dog Race

2:15 pm Breakout session (Water)

Review Techniques 0-9

Walk through Stunts

2:25 pm Station 6 - Seat rolls

2:35 pm Station 7 - Fight in the Dog (Double team Drill)

2:45 pm Station 8 - the hoops (chaser the rabbit)

2:55 pm Station 9 - Close Quarters Combat (Hand Fighting-Push/Pull-Rip-Punch)

3:05 pm Station 10 - Tackling clinic

3:15 pm Station 11 - Sic'em Drill (Pass rush get to the QB/strip the ball/recover)

3:30 pm Water break

3:35 pm Competition: Fat Man Football

3:55 pm Wrap up

BRIGHTON



BULLDOGS