

# I.S.T. 2012 SUMMER

## CHAD UPSHAW - NFL PRO FOOTBALL CAMPS

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Programs 3<sup>rd</sup> to 4<sup>th</sup> grade and 5<sup>th</sup> to 6<sup>th</sup> grade: Cost \$250  
Chad Upshaw/I.S.T. Football Clinics

<u>Grade/Code</u>	<u>Day</u>	<u>Dates</u>	<u>Skill Focus</u>	<u>Program time</u>
3 <sup>rd</sup> to 4 <sup>th</sup> grade	Monday	July 23 <sup>rd</sup> , 30 <sup>th</sup> , August 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup>	Offense/Defense	4PM to 5:30PM
5 <sup>th</sup> to 6 <sup>th</sup> grade	Monday	July 23 <sup>rd</sup> , 30 <sup>th</sup> , August 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup>	Line back/Defensive back	5:30PM to 7:00PM
5 <sup>th</sup> to 6 <sup>th</sup> grade	Tuesday	July 24 <sup>th</sup> , 31 <sup>st</sup> , August 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup>	Wide receivers	4PM to 5:30PM
5 <sup>th</sup> to 6 <sup>th</sup> grade	Wednesday	July 25 <sup>th</sup> , August 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup>	Quarterbacks	4PM to 5:30PM
5 <sup>th</sup> to 6 <sup>th</sup> grade	Thursday	July 26 <sup>th</sup> , August 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup>	OLine/DLine	4PM to 5:30PM
5 <sup>th</sup> to 6 <sup>th</sup> grade	Friday	July 27 <sup>th</sup> , August 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup>	Pass/Skell GAME	4PM to 5:30PM

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## PROGRAM DESCRIPTION

All programs are NON-CONTACT. 3<sup>rd</sup> through 4<sup>th</sup> grade programs will cover all aspects of football skills training. Sessions will include general speed/agility and conditioning as well as sport and position specific drills. In addition, actual football concepts and how to apply them to the training will part of each 90 minute session.

5<sup>th</sup> to 6<sup>th</sup> grade programs are broken it position specific clinics. Players are welcome to join as many different skills clinics as they would like. 90 minute sessions will include general speed/agility & conditioning as well as sport & position specific drills. In addition actual football concepts & how applying them to the training, (for example. what is the difference between cover 2 & cover 3 & what are my responsibilities in both, respective to my position) will be incorporated. The last 15-20minutes would be a "compete session" (for example- 1on1's pass routes, pass blocking, etc). Or some sessions we may do a supervised flag game (regardless of the position group

FRIDAY- Supervised 7on7 full pass-skell session where the players from each clinic group would have the opportunity to compete in a live (still NON-CONTACT) game situation. No running, no drills, just playing--in a real life situational game. There would be scripted plays for both offense & defense (taught during the position specific sessions Mon-Thurs).

6<sup>th</sup> to 8<sup>th</sup> grade players can participate in just one or even all 4 of the sessions Monday-Thursday--if they want or need because they play multiple positions. But for the sake of continuity & safety Friday's session is open only to players who are in one of the group sessions Monday Through Thursday

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Registration form-List program grade, day and time below for all programs you register for.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Grade \_\_\_\_\_

Phone numbers \_\_\_\_\_ Email \_\_\_\_\_

Parents Name \_\_\_\_\_ Session 1 \_\_\_\_\_, Session 2 \_\_\_\_\_

Payment should be sent to I.S.T. Baseball Headquarters, 25 Van Zant St. Unit 3B. Norwalk, CT. 06855  
Make check payable to I.S.T. Do not fax registration. Email:istkatz22@yahoo.com to reserve a spot