

MIDDLE SCHOOL

TEAM CAMP

This camp will provide instruction for all offensive and defensive positions. The WKU Football staff will be hands on, in teaching the basic fundamentals, and emphasizing individual techniques at various positions in order for all campers to improve their football skills. Below is a position breakdown of what each camper can expect.

- Sunday July 12th**
- 12-1:00pm Registration
 - 2:30 pm Practice session 1
 - 5:00-6pm Dinner
 - 7:30 pm Practice Session 2
 - 10:30 pm Lights Out

- Monday July 13th**
- 7:30 am Wakeup
 - 8:00 am Breakfast
 - 9:30am Practice Session 3
 - 12:00 pm Lunch
 - 2:30 pm Practice Session 4
 - 5:00 pm Dinner
 - 7:30 pm Practice Session 5
 - 10:30 pm Lights Out

- Tuesday July 14th**
- 7:30 am Wakeup
 - 8:00am Breakfast
 - 9:30 am Practice Session 6
 - 12:00 pm Lunch
 - 2:30pm Practice Session 7
 - 5:00 pm Check Out

WHAT TO BRING:
This will be a helmet and shoulder pad camp. You will be responsible for bringing your own pads. You will need shorts, a jersey and cleats for practice. You will also need bedlinens, pillow, and toiletries. Concessions will be available.



QUARTERBACKS

Each quarterback will be taught the fundamentals of the position. Special emphasis will be made on throwing mechanics, proper footwork while taking your drop (3 step drop, 5 step drop, booted, etc), stance, taking the snap, and the footwork involved in throwing the ball.

RECEIVERS/TIGHT ENDS

Each receiver and tight end will be taught the fundamentals of the position. Special emphasis will be made on how to run routes, how to catch passes, you will receive (low ball, high ball, etc), how to block, route running, and releases.

RUNNING BACKS

Each running back will be taught the fundamentals of the position. Special emphasis will be made on proper way to carry the football (ball security), stance, how to attack the line of scrimmage (blocking, blocking, and running routes).

OFFENSIVE LINE

Each offensive lineman will be taught the fundamentals of the position. Special emphasis will be made on stance, the center's position of run blocking (drive, hook, cutoff, trap, etc), and pass protection.

DEFENSIVE LINE

Each defensive lineman will be taught the fundamentals of the position. Special emphasis will be made on stance, getting off the ball, defeating run blocks, rushing the passer, and tackling.

LINEBACKERS

Each linebacker will be taught the fundamentals of the position. Special emphasis will be made on stance, defeating blockers, tackling, man-to-man pass defense, and zone pass defense.

DEFENSIVE BACKS

Each defensive back will be taught the fundamentals of the position. Special emphasis will be made on stance, backpedal, man-to-man technique, tackling, zone pass defense, and intercepting the ball.

OFFENSIVE LINE

Each offensive lineman will be taught the fundamentals of the position. Special emphasis will be made on stance, the center's position of run blocking (drive, hook, cutoff, trap, etc), and pass protection.

DEFENSIVE LINE

Each defensive lineman will be taught the fundamentals of the position. Special emphasis will be made on stance, getting off the ball, defeating run blocks, rushing the passer, and tackling.



RUSSELL

WKU

CAMP OPTIONS

OVERNIGHT CAMPER will be responsible for their own meal plan. University Housing (campus) is \$15.00 and includes all necessary items. Please refer to the website for more information.

DAY CAMPER will be responsible for their own meal plan. Concessions are available at the camp. Please refer to the website for more information.

COMBINATION CAMPER will be responsible for their own meal plan. Concessions are available at the camp. Please refer to the website for more information.

STUDENT INFORMATION

Name: _____
 School: _____
 Address: _____
 City: _____
 State: _____
 Zip: _____
 Date of Birth: _____
 Grad in Fall '09: Yes No
 Shirt Size: _____
 Height: _____
 Weight: _____
 Phone: _____

For more information:
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HILLTOPPER FOOTBALL

