



**Bob Ladouceur's Championship Football Camp
June 17 – 20, 2019 - De La Salle High School
SAMPLE CAMP SCHEDULE**

Sample Schedule for Bob Ladouceur's Championship Football Camp

- I. 8:00 Registration Opens
- II. 8:30-9:15am – Chalk Talk - Theater – Introductions, Camp Equipment
- III. 9:15-9:30 – Warm Up
- IV. 9:30-9:50 – Speed Work
- V. 9:50-10:15- Tackling
- VI. 10:15-10:45 – Individual Defensive Technique
- VII. 10:45-11:15- Break
- VIII. 11:15-11:20 - Quick Stretch
- IX. 11:20-11:45- Individual Offensive Technique
- X. 11:45-12- The Run Game
- XI. 12-12:30- The Passing Game- 7 on 7

**De La Salle Future Stars Advanced Football Camp
June 17 – 20, 2019 - De La Salle High School
SAMPLE CAMP SCHEDULE**

Sample Schedule for De La Salle Future Stars Advanced Football Camp

- I. 12pm Registration Opens
- II. 12:30- 1pm- Learning How to Watch Film
- III. 1:00-1:15pm- Stretch and Warm Up
- IV. 1:15-1:35pm- Advanced Tackling Drills
- V. 1:35-2:00pm- Advanced Individual Defensive Technique
- VI. 2:00-2:10pm- 1 on 1's and Pass Rush
- VII. 2:10-2:35pm- Advanced Individual Offensive Technique
- VIII. 2:35-3:00pm- 7 on 7/Scrimmage

Faith. Integrity. Scholarship.