

Bruce Cobleigh Wing-T /Jet Team Camps Camp Schedule 2007

11AM - 1 PM	Check- In			
2:00 PM	Coaches Meeting/Mandatory			
Practice 1	Quarterbacks	Running Backs	Wide Outs	O-Line/TE
3:00 - 3:20 PM	Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up
3:20 - 3:30	QB Fundamentals	RB Drills	Release & Take-Off	Bird Dog on Grid/Stance Take-Off
3:30 - 3:50	QB 3-Step Fundamental/ Sprint Pass Fundamentals	RB Drills	Routes 3-Step	Bird Dog on Grid
3:50 - 4:00	QB 3-Step Routes With WR/ Out, Hitch, Slant	Shoulder Pro	3-Step with WR	Shoulder Progression/6PT Squeeze and Freeze
4:00 - 4:15	QB 3-Step Fundamentals/ Sprint Pass Fundamentals	-	Routes 3-Step	Shoulder Progression
4:15 - 4:30	QB Jet	Jet Sweep, Buck, Trap	3-Step with WR	Shoulder Progression
4:30 - 5:00	QB Rocket with HB	QB Jet Trap	Stalk Block	Chutes / Drive, Reach, Gap, Down
5:00 - 5:15	Coaches Q & A			
5:30 - 6:30 PM	Dinner	Dinner	Dinner	Dinner
Practice 2	Quarterbacks	Running Backs	Wide Outs	O-Line/TE
7:00 - 7:20 PM	Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up
7:20 - 7:30	QB Fundamentals	Shoulder Pro	Release & Take-off	Bird Dog on Grid
7:30 - 7:40	QB 3-Step Fundamentals/ Sprint Pass Fundamentals		Routes 3-Step	Shoulder Progression
7:40 - 7:50	QB 3-Step Routes With WR/ Out, Hitch, Slant	Jet Sweep, Buck, Trap	3-Step with WR	Shoulder Progression
7:50 - 8:00	QB Rocket/ Jet , Gun Jet with HB	QB Jet Trap	Stalk Block	Chutes / Drive, Reach, Gap, Down
8:00 - 8:10	Truck and toss with RB	Truck and toss with RB	Vertical switch and corner route	Reach/Jet pull
8:10 - 8:30	Vertical Reads 2 on 2 with RB & WR Waggle Solid	with QB	with QB	Pass Protection on Grid Set to 1,2,3
8:30 - 8:50	Waggle Drill	Waggle Drill	Waggle Drill	Waggle Drill
9:50 - 10:15 PM	Teams come together with one expert. Coaches can work with their teams on plays that we covered the 1st morning with help from a staff member.			
Plays	Jet sweep & rocket	Waggle		
	Jet Trap	Waggle Solid with Vertical Reads		
	Truck and Toss	Vertical Pass		
10:30 - 11:30 PM	Coaches Clinic			
Practice 3	Quarterbacks	Running Backs	Wide Outs	O-Line/TE
7 AM	Breakfast	Breakfast	Breakfast	Breakfast
8:30 - 9:00	Meetings with whiteboard and film of drills and play progression for morning practice			
	Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up
9:00 - 9:20	QB Fundamentals	Running Back Drills	Release & Take-off	Bird Dog on Grid
9:20 - 9:30	QB Roll-Out Mechanics for the Bunch Routes	Bunch Routes	Bunch Routes Fade, Whip, Out, AS, Cross	Shoulder Progression
9:30 - 9:40	QB & WR Bunch Routes Fade, Whip, Out	82/88 Down & 83/87 XB	Stalk Block	Chutes / Drive, Reach, Gap, Down
9:40 - 9:50	QB & RB Down/XB	With QB	Review Vertical Reads	Sprint Pass Protection
9:50 - 10:00	QB & RB Sally	1/2 RB with QB for Sally/ 1/2 with WR for Bunch Routes	Bunch with RB	2-on-2 Down Block, Log, XB
10:00 - 10:10	QB/RB/WR Bunch Routes	QB/RB/WR Bunch Routes	QB/RB/WR Bunch Routes	2-on-2 Down Block, Log , XB
10:10 - 10:30	Teams come together with one expert. Coaches can work with their teams on plays that we covered the 1st morning with help from a staff member			

Bruce Cobleigh Wing-T /Jet Team Camps Camp Schedule 2007

10:30 - 10:50	Run	Pass		
10:50 - 11:15	Down	Bunch Routes		
Plays	Belly XB	Vertical Pass		
	Sally	Vertical Switch		
11:15	Back to Dorm			
11:45 AM	Lunch	Lunch	Lunch	Lunch
Practice 4	Quarterbacks	Running Backs	Wide Outs	O-Line/TE
1:30 - 2:00 PM	Meetings with whiteboard and film of drills and play progression for morning practice.			
2:00 - 2:20	Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up
2:20 - 2:30	QB Fundamentals	Running Back Drills	Release & Take-off	Bird Dog on Grid
2:30 - 2:40	5-Step Drop Drills	RB with WR Xing/Dig Drill	Xing Routes	Bird Dog on Grid
2:40 - 2:50	Crossing Route Drills with RB and WR	Crossing Route Drills	Xing Routes	Shoulder Progression
2:50 - 3:00	QB and RB /Jet Counter Crisscross	CTXX	Stalk Block	Chutes / Drive, Reach, Gap, Down
3:00 - 3:10	QB and RB / HBT	Halfback Trap	Crack Stack	70 Pass Protection Drills
3:10 - 3:30	Scat Drills	Xing Routes	Scat Drills	Crisscross Recognition
3:30 - 4:00	Perimeter Xing Routes Drills	Perimeter Xing Routes Drills	Xing Routes	HB Trap Recognition
Plays	Team	Team	Team	Team
	Team			
	Jet CTXX	Scat Passing		
	Halfback Trap	Xing Routes		
4:30 - 6:30 PM	Dinner	Dinner	Dinner	Dinner
Practice 5				
7:00 - 9:00 PM	7-on-7 passing vs. teams	O-Line Skills Circuit		
	Team Tournament			
9:30 - 11:00 PM	Coaches Clinic			
Practice 6	Quarterbacks	Running Backs	Wide Outs	O-Line/TE
7:00 AM	Breakfast	Breakfast	Breakfast	Breakfast
8:30 - 9:00	Meetings with whiteboard and film of drills and play progression for morning practice			
9:00 - 9:20	Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up
9:20 - 9:30	QB Fundamentals	Running Back Drills	Release & Take-off	Bird Dog on Grid
9:30 - 9:40	Gun Jet with Formations	Gun Jet with Formations	Gun Jet with Formations	Zone Drills
9:40 - 9:50	Zone Read	Zone Read	Zone Read	Zone Drills
9:50 - 10:00	Tunnel Drills	Tunnel Drills	Tunnel Drills	Tunnel Drills
10:00 - 10:10	Review Run Game	Review Run Game	Review Run Game	Review Run Game
10:10 - 10:30	Review Pass Game	Review Pass Game	Review Pass Game	Review Pass Game
10:30 - 10:50	Teams come together with one expert. Coaches can work with their teams on all the plays that we have covered this week with help from a staff member			
10:50 - 11:15	Review of all plays			
11:45 AM - 12:30 PM	Lunch	Lunch	Lunch	Lunch
Practice 7	Team Review and Additions			
1:00 - 1:10 PM	Dynamic Warm-Up			
1:10 - 3:00	Team Practice	Review all plays with your team and a staff member.	Work on any additional offense. Example Gun and Spread Concepts into the Wing-T Offense	Additional Offense - Gun Offense/ Inside Zone, Spread Concepts into the Wing-T, Screens and Draws, Goal-line Offense
3:00 - 5:00 PM	7-on-7 Passing vs. Teams			