

S.V.S. Team Option Camp 2007 Practice Schedule

Practice #	Date	Practice Focus
1	July 15, 2007	Inside Veer Option

Time	Period Focus	Skills/Points of Emphasis
11:00 – 1:00	Camp Check-In	
2:00	Staff Meeting	Rules Itinerary
2:45	Camp Stretch/Agilities	
3:00	Individual	Stance/Starts Camp Cadence Stalk/Crack Blocks Veer Steps Choke Motion Double Team/Scoop Blocks
3:15	Read Option	Pitch Relationship Dip Drill Combo Blocks
3:30	Mesh Drill	Inside Veer Steps Play-Action Into
3:45	Read Drill	Read Progression Combo Routes
4:00	Team Option Period	vs. Bags
4:20	Option Play-Action Period	Steps/Drops Routes/Combo Routes Play-Action Pass Protection
4:30	Team Pass Period	Steps/Drops Routes/Combo Routes Play-Action Pass Protection
4:45	Break Session	

S.V.S. Team Option Camp 2007 Practice Schedule

Practice #	Date	Practice Focus
2	July 15, 2007	Midline Option

Time	Period Focus	Skills/Points of Emphasis
7:00	Camp Stretch/Agilities	
7:10	Individual	Review Veer Scheme Midline Scheme 3-Step Passing Tree
7:30	Read Option	Stalk/Crack Blocks Pitches Seal/Insert Blocks
7:45	Mesh Drill	Midline
8:00	Read Drill	Reads Blocking Schemes
8:15	Team Option Period	vs. Bags Midline Review Play Action
8:30	Break Session	
9:30-11:00	Clinic Session	Jerry Campbell Question & Answer Period

S.V.S. Team Option Camp 2007 Practice Schedule

Practice #	Date	Practice Focus
3	July 16, 2007	Counter Dive/Scissors

Time	Period Focus	Skills/Points of Emphasis
9:00	Camp Stretch/Agilities	
9:15	Individual	Motions Insert/Seal Blocks Counter Dive/Scissors Scheme
9:35	Read Option/Mesh Drill	Review All Options Counter Dive/Scissors
9:55	Team Option	Run Play Action
10:15	Team Option vs. Full Defense	vs. Bags <i>Videotaped vs. Opponent Defense</i>
10:40	7 – on – 7	Round Robin 20 Minutes on Offense 20 Minutes on Defense
11:20	Break Session	

S.V.S. Team Option Camp 2007 Practice Schedule

Practice #	Date	Practice Focus
4	July 16, 2007	Shotgun Inside Veer

Time	Period Focus	Skills/Points of Emphasis
2:00	Camp Stretch/Agilities	
2:15	Individual	Gun Option Steps Gun Option Motions Shotgun Snaps
2:30	Read Option Skills	QB Gun Option Steps Pitch Relationship Counter Triple Option Steps
2:45	Mesh Drill	Gun Option
3:00	Read Drill	vs. Coach as Read Key
3:20	Team Option Period	vs. Bags
3:40	Gun Play-Action Pass	Steps/Drops Routes/Combo Routes Play-Action Pass Protection
4:00	Team Pass Period	Steps/Drops Routes/Combo Routes Play-Action Pass Protection
4:15	Break Session	

S.V.S. Team Option Camp 2007 Practice Schedule

Practice #	Date	Practice Focus
5	July 16, 2007	64/65 Counter Read

Time	Period Focus	Skills/Points of Emphasis
7:00	Camp Stretch/Agilities	
7:10	Individual	64/65 Counter Read Motion Steps Timing Counter Trey Blocking Scheme
7:30	Read Option Skills	64/65 Counter Read
7:45	Mesh Drill	64/65 Counter Read Review Gun Veer
8:00	Team Option Pass	Pass Play Action
8:15	7 – on – 7	Round Robin 20 Minutes on Offense 20 Minutes on Defense
9:00	Break Session	
9:30 – 11:00	Clinic Session	Jerry Campbell Question & Answer Period

S.V.S. Team Option Camp 2007 Practice Schedule

Practice #	Date	Practice Focus
6	July 17, 2006	Shotgun Jet Sweep Shotgun Trap

Time	Period Focus	Skills/Points of Emphasis
9:00	Camp Stretch/Agilities	
9:15	Individual	Jet Motion Timing Trap Steps Jet/Trap Blocking Schemes
9:35	Mesh Drill	Timing Review
9:55	Team Option	Review All Options Gun Trap
10:15	Team Option vs. Full Defense	vs. Bags <i>Videotaped vs. Opponent Defense</i>
10:40	7 – on – 7	Round Robin 20 Minutes on Offense 20 Minutes on Defense
11:20	Break Session	

S.V.S. Team Option Camp 2007 Practice Schedule

Practice #	Date	Practice Focus
7	July 17, 2007	Zone Read Speed Option

Time	Period Focus	Skills/Points of Emphasis
2:00	Camp Stretch/Agilities	
2:15	Individual	Zone Read Speed Option
2:30	Read Option	Review All Options
2:45	Mesh Drill	Zone Read Speed Option
3:00	Mesh Read Option Read	Options Reads
3:15	Team Option Period	vs. Bags
3:35	Play-Action Pass	Steps/Drops Routes/Combo Routes Play-Action Pass Protection
4:00	Break Session	

S.V.S. Team Option Camp 2007 Practice Schedule

Practice #	Date	Practice Focus
8	July 17, 2007	Rocket Toss Outside Veer

Time	Period Focus	Skills/Points of Emphasis
7:00	Camp Stretch/Agilities	
7:15	Individual	Motion Timing Steps Rocket Toss Outside Veer
7:30	Mesh Drill	Rocket Toss Outside Veer
8:00	Team Option and Pass	Rocket Toss Outside Veer Pass Play Action Review All Options
8:05	7 – on – 7	Round Robin 20 Minutes on Offense 20 Minutes on Defense
9:05	Break Session	
9:30 – 11:00	Clinic Session	Jerry Campbell Question & Answer Period

S.V.S. Team Option Camp 2007 Practice Schedule

Practice #	Date	Practice Focus
9	July 18, 2006	Review All Runs Review All Passes

Time	Period Focus	Skills/Points of Emphasis
9:00	Camp Stretch/Agilities	
9:15	Team	Review All Options/Run Plays Review All Pass/Play-Action Passes
10:00	7 – on – 7	Round Robin 20 Minutes on Offense 20 Minutes on Defense
10:45	Break Camp	Final Remarks