

East Coast Elite Running Back Camp

2007

DAY #1 SCHEDULE

9:00 – 9:45 A.M.	Registration
10:00	Camp expectations and introduction of staff and complex tour.
10:30	Divide running backs into A and B groups and also into seven small groups for stations.
10:45	<p>Group A Warm-up, stretch, globetrotter drills</p> <p>Group B Classroom <i>Topic:</i> Leadership, mental progression, commitment, competitiveness and intelligence</p>
11:00	Switch
11:05	<p>Group A Classroom <i>Topic:</i> Leadership, mental progression, commitment, competitiveness and intelligence</p> <p>Group B Warm-up, stretch, globetrotter drills</p>
11:20	<p>Fundamental Stations: (5-min per station) Main goal for this station rotation is to explain and demonstrate the specific skill being taught at each station</p> <ol style="list-style-type: none"> 1. Stance and Starts – 2 pt. and 3 pt. stance, screen steps and set up, regular screen and middle screen. 2. Handoffs and Footwork – making the cut, dive, option pitch, toss sweep 3. Run Blocking – Iso on ILB, kickout on DE, Liead on OLB 4. Blitz Protection – take on ILB vs. Bbitz, take on OLB vs. blitz 5. Pass Blocking – sprint out block on DE, 3-step block on DE 6. Catching Drills 7. Running Back Routes <ul style="list-style-type: none"> • Flair • Flat • Delay • Wheel
12:00	Lunch
1:30	Station warm-up, stretch and globetrotter drills
1:35	<p>Fundamental Stations (15-min per station)</p> <ol style="list-style-type: none"> 1. Stance and Starts – 2 pt. and 3 pt. stance, screen steps and set up, regular screen and middle screen. 2. Handoffs and Footwork – making the cut, dive, option pitch, toss sweep 3. Run Blocking – Iso on ILB, kickout on DE, Liead on OLB 4. Blitz Protection – take on ILB vs. Bbitz, take on OLB vs. blitz 5. Pass Blocking – sprint out block on DE, 3-step block on DE 6. Catching Drills 7. Running Back Routes <ul style="list-style-type: none"> • Flair • Flat • Delay

	<ul style="list-style-type: none"> • Wheel
3:20	Break
3:40 – 4:10	<p>Group A On the Field Instruction. Group A is divided into two groups. Each group will work on the following skills for 15 minutes and then switch.</p> <ol style="list-style-type: none"> 1. Iso and Off Tackle 2. Speed Option and Toss Sweep <p>Group B Classroom Topic: Identifying defensive fronts</p> <ul style="list-style-type: none"> • 52 Defense • 43 Defense • 44 Defense
4:10	Break
4:20 – 4:50	<p>Group A Classroom Topic: Identifying defensive fronts</p> <ul style="list-style-type: none"> • 52 Defense • 43 Defense • 44 Defense <p>Group A On the Field Instruction. Group A is divided into two groups. Each group will work on the following skills for 15 minutes and then switch.</p> <ol style="list-style-type: none"> 1. Iso and Off Tackle 2. Speed Option and Toss Sweep
5:00	Dinner
7:00	Station warm-up, stretch and globetrotter drills.
7:05	<p>Fundamental Stations (15-min per station)</p> <ol style="list-style-type: none"> 1. Stance and Starts – 2 pt. and 3 pt. stance, screen steps and set up, regular screen and middle screen. 2. Handoffs and Footwork – making the cut, dive, option pitch, toss sweep 3. Run Blocking – Iso on ILB, kickout on DE, Liead on OLB 4. Blitz Protection – take on ILB vs. Bbitz, take on OLB vs. blitz 5. Pass Blocking – sprint out block on DE, 3-step block on DE 6. Catching Drills 7. Running Back Routes <ul style="list-style-type: none"> • Flair • Flat • Delay • Wheel
9:00	Recruiting talk on all levels.
9:15	End of Day #1
<p>East Coast Elite Running Back Camp</p> <p>DAY #2 SCHEDULE</p>	
6:45	Overnight campers rise and shine.
7:20	Bus departs for Indoor Sports Complex – Check out of room.
7:30	Breakfast for overnighters

8:15	Commuters arrive
8:30	Station warm-up, stretch and globetrotter drills.
8:35	<p>Fundamental Stations (10-min per station)</p> <ol style="list-style-type: none"> 1. Stance and Starts – 2 pt. and 3 pt. stance, screen steps and set up, regular screen and middle screen. 2. Handoffs and Footwork – making the cut, dive, option pitch, toss sweep 3. Run Blocking – Iso on ILB, kickout on DE, Liead on OLB 4. Blitz Protection – take on ILB vs. Bbitz, take on OLB vs. blitz 5. Pass Blocking – sprint out block on DE, 3-step block on DE 6. Catching Drills 7. Running Back Routes <ul style="list-style-type: none"> • Flair • Flat • Delay • Wheel
9:50-10:10	Break
10:10	<p>Group A Classroom Instruction <i>Topic:</i> Video on Defensive Fronts</p> <p>Group B On the field instruction. Footwork development program. Box drills and line drills</p>
10:40	Switch
10:45	<p>Group A On the field instruction. Footwork development program. Box drills and line drills</p> <p>Group B Classroom Instruction <i>Topic:</i> Video on Defensive Fronts</p>
11:15	Switch
11:20 – 11:50	<p>Group A</p> <p>Group B</p>
11:50	Switch
11:55 – 12:25	<p>Group A</p> <p>Group B</p>
12:30	Lunch
2:00	Warm up, stretch, globetrotter drills
2:05	<p>Fundamental Stations (10-min per station)</p> <ol style="list-style-type: none"> 1. Stance and Starts – 2 pt. and 3 pt. stance, screen steps and set up, regular screen and middle screen. 2. Handoffs and Footwork – making the cut, dive, option pitch, toss sweep 3. Run Blocking – Iso on ILB, kickout on DE, Liead on OLB 4. Blitz Protection – take on ILB vs. Bbitz, take on OLB vs. blitz 5. Pass Blocking – sprint out block on DE, 3-step block on DE 6. Catching Drills

	<p>7. Running Back Routes</p> <ul style="list-style-type: none">• Flair• Flat• Delay• Wheel
3:30	Final camp meeting – Check out – Have a great summer