**Future Stars Premier Football Camp**

**June 26-29, 2017 - De La Salle High School**

**Camp Schedule – Subject to change**

**Monday**

1. 8:00 - Registration and Check-in – Equipment distribution (if needed)
2. 8:30 – 9:15 – Chalk talk
3. 9:30 – 10:30 – Offense individual
4. 10:45 - 11:45 – Defense individual
5. 12:00 - 12:30 – Strength and conditioning

**Tuesday**

1. 8:30- 9:00 - Theater – Safety
2. 9:15 – 10:00 – Offensive individual
3. 10:15 – 11:00 – Defensive individual
4. 11:15 – 12:00 – Inside run / 7 on 7
5. 12:00 - 12:30 – Strength and conditioning

**Wednesday**

1. 8:30 -9:30 Talk- improving your strength – Weight Room
2. 9:30 – 10:15 – Offensive Films—Various Locations
3. 10:30 – 11:00 – Offensive Individual
4. 11:15 – 11:45 – Defensive Individual
5. 12:00 - 12:30 – Inside run / 7 on 7

**Thursday**

1. 8:30 – 9:15 – Defensive Films – Various Locations
2. 9:30 – 10:15 – Offensive Individual
3. 10:15 – 11:00 – Defensive Individual
4. 11:10 – 11:40 – Inside run / 7 on 7
5. 11:45 – 12:15 – Scrimmage
6. 12:15 – 12:30 – Awards and Wrap up