

First and Goal, Inc.

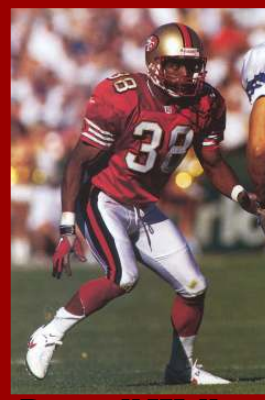
Football 101



Tyrone Smith



Derrick Harris



Darnell Walker

Come and learn from the Pros



First and Goal, Inc. – Football 101 will provide fundamental football instruction for boys 7 - 18 years of age. First and Goal, Inc – Football 101 will motivate student athletes to make positive choices that will enhance their lives.



The youth will learn the fundamentals of speed training and proper football skills and drills, while hearing inspiring message from TEAM First and Goal Athletes.



First and Goal, Inc. – Football 101 integrates on-field skills development with life skills and character development.

Dream Believe Become

Contact Information:

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Football 101

Camp Layout

8:00am - 9:00am	Registration/Check In
9:00am - 9:30am	Welcome
9:30am - 9:45am	Warm Up and Stretch
9:45am - 10:15am	Timed Drills: 40 yd dash, Cone drills and 5/10/5
10:15am - 11:00am	Def. Drills/Off Drills by Position (1)
11:00am - 11:45am	Def. Drills/Off Drills by Position (2)
11:45am - 12:15pm	Lunch
12:15pm - 12:45pm	Film Session with Group/Position
12:45pm - 1:00pm	Warm Up and Stretch
1:00pm - 1:30pm	Individual/Position Drills
1:30pm - 2:00pm	One on One/Pass Rush Drills
2:00pm - 2:30pm	Group Period Defense and Offense
2:30pm - 3:00pm	7 on 7 (Skill Positions)
3:00pm - 3:15pm	Break Camp

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