

## FAITH MOTIVATED FOOTBALL CAMP

Mission Statement: Targeting Teenage Athletes from ages 14-19 or 7th Grade to 12th Grade. Giving them a once in a lifetime opportunity to learn from some of the best Professional Athletes in the world. Teaching technique, skills, drills, tricks, and advantages against some of the most challenging competition your city has to offer. Through this we will also dwell on Faith, Hard Work, and Integrity. These are some of the core values that we will teach and coach our athlete's in a classroom setting to have not only on the field, but off the field as well. Our athletes will also be able to study film just like the Pros!

Motto: Grind for Greatness : Motivated by Faith :Effort, Finish, Toughness

Attire: Helmet, Mouthpiece, Football Cleats (Shirts Provided)

Destination : Philadelphia, PA

Season: Summer: July 7-9 (2 1/2 Day Camp)\*

STEVEN JOHNSON & FAITH MOTIVATED PRESENTS

**JULY**  
7TH-9TH

TITANS

1ST ANNUAL HELMETS  
**FOOTBALL  
CAMP**

GEORGE L KING FIELD | 205 S PROVIDENCE RD WALLINGFORD, PA 19086

ARE YOU READY TO BE COACHED BY SOME OF THE BEST NFL ATHLETES?  
**3 DAYS OF PURE COMPETITION**

FOR INQUIRIES CONTACT [FMFOOTBALLCAMP@GMAIL.COM](mailto:FMFOOTBALLCAMP@GMAIL.COM)

ATTIRE: HELMETS (REP YOUR SCHOOL), MOUTHPIECE, FOOTBALL CLEATS, TENNIS SHOES  
CHECK-IN BEGINS 8AM IN HIGH SCHOOL FRONT ENTRANCE  
**REGISTER ONLINE AT [FAITHMOTIVATED.ORG](http://FAITHMOTIVATED.ORG)**

[@SMJ2852](https://twitter.com/SMJ2852)

GRADES  
8-12

STEVEN JOHNSON Faith Motivated

ITINERARY : DAY1  
Thursday July 7th 2016

REGISTRATION/CHECK-IN 7:30am-9:30am: Gymnasium

WELCOME 9:45am-10:00am: Gymnasium [mic & speaker]

(Runners then gather Campers by Position and take them to homeroom) 3rd Floor!

INDIVIDUAL MEETINGS 10:10am-10:50am (40min)

REPORT FOR PRACTICE 11:00

WARM-UPS 11:10am (Music Starts)

INDIVIDUAL 11:18am -12:35am (Positional Techniques)

End of Practice #1 Break Down

COOL DOWN (Report back to meeting rooms) 12:40pm -12:50pm

LUNCH Cafeteria [mic & speaker] 12:55pm-2:10pm : Chipotle

SPEAKERS 1:45 - 2:00PM

REPORT BACK TO MEETING ROOMS 2:10pm-3:00pm

- Watch Film
- Study Exercise
- Teach Coverages
- Make Groupings

(Talk about next Practice Draw up Drills! Tell campers what will be happening in the next practice!)

REPORT FOR PRACTICE #2 3:05pm

WARM-UPS 3:20pm

(Same as 1st Practice minus prayer)

INDIVIDUAL

3:30pm- 4:00pm Positional Techniques

4:05 - 4:35pm STOP BALL (O v D) Gauntlet

QBs Handoff      RBs/TEs v    LBs

QBs Throw Screen WRs      v    DBs

Oline & DLine Drill 10min then Report back to Individual

Oline Run              Down Field Blocking

D-Line                  Screen C.O.D drill

BREAK 4:35- 4:40pm

GRIND TIME 4:40-5:05pm Tug of War O v D (Series of drills, tests, and workouts to test the athlete's Mental toughness while building Strength and Character. Point Building!)

END OF DAY 5:10  
Call Up Prayer Break Down

Autographs : Selected Players

Campers gather things from Homeroom and have Parents Pick them up at High School!  
Designated People will make sure Campers get picked up safely!

ITINERARY : DAY 2

Friday July 8 2016

INDIVIDUAL MEETINGS 9:10am- 9:50am (40min) Campers report to the 2nd Day of Camp and go directly to their Home Room

REPORT FOR PRACTICE 9:55am Campers walk across bridge to football Field

WARM-UPS 10:10am (Music Starts)

INDIVIDUAL 10:25am -10:53am (Positional Techniques)

One on One (Pass) 10:55am- 11:45am

RBs vs. LBs - On Defensive Field (Loser 2 Gassers)

Wrs vs. DBs - Offensive Field (Loser 2 Gassers)

TEs vs. SAFs/LBs - Defensive Field

OL vs. DL (1 on 1) Pass Rush 10:55am - 11:25am (Make sure every player get multiple reps... then report back to Individual!)

11:45 Report back to Individual OL & DL

Call-Up

End of practice #1 Break Down

COOL DOWN (Report back to meeting rooms) 11:55pm -12:10pm

LUNCH 12:10pm-1:15pm : Docs Deli

SPEAKER 12:50pm - 1:10pm (Bolt Exercise)

REPORT BACK TO MEETING ROOMS 1:15pm-2:00pm

-Watch Film -Study Exercise -Teach Coverages -Make Groupings

REPORT FOR PRACTICE #2 2:20pm

WARM-UPS 2:35pm (Music Starts)

INDIVIDUAL 2:50pm - 3:10pm Positional Techniques

One on One (Pass) 3:15pm - 3:40pm

RBs vs. LBs - On Defensive Field

WRs vs. DBs - Offensive Field

TEs vs. SAFs/LBs - Defensive Field

OL vs. DL (1 on 1) Pass Rush 3:20pm - 3:45pm (Make sure every player gets multiple reps... then report back to Individual!)

7 on 7 3:45pm - 4:45pm

BREAK 4:45 - 4:49

GRIND TIME 4:50 – 5:15 Car Push, Tug of War, Races; School vs School: (Series of drills ,tests ,and workouts to test the athlete's Mental toughness while building Strength and Character. Points Builder!)

END OF DAY- Call Up Prayer Break Down

Autographs : Selected Players

Campers gather things from Homeroom and have Parents Pick them up at High School!  
Designated People who make sure Campers get picked up safely!

ITINERARY : DAY 3  
Saturday July 9 2016

Campers report to the 3rd Day of Camp and go directly to their Home Room INDIVIDUAL MEETINGS 9:10am- 9:45am (20min)

REPORT FOR PRACTICE 9:50am

WARM-UPS 10:10am

INDIVIDUAL 10:25am -11:00am (Positional Techniques)

Break 11:00 - 11:05

7 on 7 11:10pm (Using Both Fields)

End of 7 on 7 12:10pm

GRIND TIME 12:15pm

Competitions to See which School Represented Faith Motivated the Best!! (Series of drills, test, and workouts to test the athlete's Mental toughness while building Strength and Character.)

12:45pm End of practice Break Down

COOL DOWN (Report back to meeting rooms) 12:55pm -12:10pm

LUNCH 12:15pm-1:10pm : Pinocchio's Pizza

SPEAKER 12:40 - 12:50pm

End Camp