

# **WFYFL**

## **Skills Camps**

### **Basic Skills:**

Geared for all ranges of players New or Tenured. This camp provides the training necessary for your child to walk into the regular Season with a solid foundation.

Broken up into Tuesday's and Thursday's the kids will get a dose of Offense and Defense each week. Focusing on the foundational level of football your child will learn:

### **Offensively:**

- Offensive Line Play: Stance/Steps/Blocking in different styles of Offensive Schemes.
- Specialty Positions: Throwing basics/Running & Catching basics and route running.

### **Defensively:**

- Defensive Line Play: Stance/Technique/Playing in different styles of Defensive Schemes.
- Linebackers: Positional basics and purpose in different styles of Defensive Schemes.
- Defensive Back: Positional basics and purpose in different styles of Defensive Schemes.

The Kids will also be issued Helmets to get them familiarized with their fit and feel during the training.