



# 5:30 - 8:00 PM

# **S** EAGLE STADIUM

ARGYLE MIDDLE SCHOOL 191 S. HIGHWAY 377

# **CAMP GOALS**

The "Future Eagles" Football Camp is a 4 day camp intended for any athlete entering Grades K-6 and is interested in learning the fundamentals of football. No experience necessary.





BIT.LY/2025FEK-6ARGYLEFOOTBALLCAMP

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# JACOB GREGORY mure BY THE END OF CAMP, EACH CAMPER W

- Have fun learning the fundamental skills necessary for various offensive & defensive positions.
- Learn how to develop a great competitive nature, while also demonstrating proper sportsmanship.
- Learn different strategies for developing speed & agility.
- Learn the importance of safety in the game of football.
- Listen to various speakers on a variety of topics All focused on becoming the best student athlete you can be

#### OFFENSIVE SKILL DEVELOPMENT

The following offensive skills will be addressed & developed:

- Proper Stance for multiple positions (QB, RB, WR, QL)
- Proper handoff & ball carrying fundamentals
- Proper throwing and receiving technique
- Introduction to proper route running

## DEFENSIVE SKILL DEVELOPMENT

The following defensive skills will be addressed & developed

- Proper Stance for multiple positions (DL, LB, DB)
- Man to Man Coverage Techniques
- Tackling Fundamentals Drill proper techniques for safety
- All done on Pads & Tackling Rings (No Live Tackling at all!)

#### SAFETY

In football, no topic is more important that safety! All athletes will be taught how to safely perform each exercise. This is a touch only camp, therefore, no athlete will be entered into any exercise where helmets or shoulder pads are required. Release Forms: A release form is required and will be completed during registration.

#### **CREDIBILITY**

The "Future Eagles" Football Camp will be orchestrated by members of the Argyle High School Varsity Coaching Staff. All members of the staff possess many years of coaching experience. All coaches will exemplify the ideals passed on from our Head Coach, Todd Rodgers.

#### COMPETITIONS

Every day will feature a competition:

- Monday 40 Yard Dash
- Tuesday Longest Throw
- Wednesday Longest Punt / Kick
- Thursday Relay Race / Obstacle Course
- All Drills are modified appropriately for each grade level

## **WHAT TO BRING?**

Athletes need to bring the following equipment:

- T-Shirt / Shorts (Sunscreen / Hat if desired)
- Football Cleats (or any type of molded rubber cleat will do
- Bring your own LABELED water container
- "Pocket Change" for drinks & snacks (Venmo also available
  - Water, Gatorade, Snacks, Ice Pops
- DO NOT BRING YOUR OWN FOOTBALL

### CAMP SHIRT

All campers will receive an Argyle Football Camp Shirt on Wednesday that will need to be worn to camp on Thursday.

• Shirt size will be selected in the registration form.

## CAMP PHOTOGRAPHER



PHOTOS BY: CATE T. CLARK PHOTOGRAPHY

- Camp Photos will be available for purchase.
- More information will be made available at the start of camp



