

Pine-Richland Rams



"FUTURE" Rams Football Skills Camp

Learn the art of football the Ram way, from Coach LeDonne and his staff.

The Future Rams Skills camp is intended to offer a unique learning experience where teaching is emphasized, individual improvement is the goal, and fun is the outcome. Coach LeDonne and his staff will be hands on in teaching the basic fundamentals and techniques to help players improve their football skills. Campers must be eager to learn and have a love for the game. The camp is a non-contact, fundamental based camp for all skill and ability level. The camp is not affiliated with the Pine-Richland School District.

Ages: Kindergarten through Grade 8

Cost: FREE (Includes Rams Football T-Shirt)

Date: July 12 - 14, 2022

Time: 5:30PM - 7:30PM (Registration at 5:00PM)

Place: Ram's Cage

Registration: Due no later than June 17. Please complete Google Form Linked [Here](#).

Players will be divided into groups according to their positions. Skills will be enhanced through both individual drills and group work with positions coming together for a **Perfect Play Competition**. One session will focus on Offensive play, one session will focus on Defense, and the last session will bring it all together.

Participants should wear cleats, workout shorts, and their camp issued T-Shirt during the camp.

The following skills will be emphasized:

OFFENSE:

Quarterbacks: Stance, throwing mechanics, footwork and balance, ball handling, 3-Step/5-Step

Running Backs: Stance and start, balance and agility, ball handling & security, blocking, catching

Wide Receivers: Stance and releases, catching fundamentals, routes, blocking fundamentals

Tight Ends: Stance and releases, blocking fundamentals, catching fundamentals, routes

Offensive Line: Stance and 1st step, leverage & base, zone/drive blocking techniques, pass blocking

DEFENSE:

Defensive Line: Stance, explosion, extension, separation, reaction, proper tackling fundamentals

Line Backers: Stance, 1st step, getting "downhill", rips & swims, pass drops, proper tackling

Defensive Backs: Stance, read steps, footwork drills, ball breaks and skills, proper tackling

Come spend some time with the Rams



Camp Schedule

Testing: Speed, Strength, and Agility Testing & Training - **Coach LeDonne, Staff,**
& **Players (Broad Jump, 40 Yard Dash, 20 Yard Shuttle)**
Offensive Individual Skills
Offensive Group work
Defensive Emphasis - Including Proper Tackling Techniques
Perfect Play Competition

The below information will be collected through Google Forms. Completion of the form documents agreement to the below medical waiver, liability, and parental consent.

ENROLLMENT FORM

Name _____ Phone # _____
Home Address _____ City _____ Zip _____
T-Shirt Size _____ Age _____ School _____ Positions _____
Name of Parent or Guardian _____

MEDICAL WAIVER, LIABILITY & PARENTAL CONSENT

The Pine-Richland School District and the Football Program are not responsible for any injuries. This is a non-contact skill related camp. **Each individual participates at his or her own risk.** If you have any questions or concerns, please contact Coach LeDonne at 724-561-2942. A parental signature is required on the enrollment form for participation.

Parental Signature _____
