



TFBC The Football Boot Camp est. 2004

2010 Session One Curriculum

9:45 AM to 10:00 AM 3-Point Stance & Starts (Barker, Coaches and Jr. Coaches)

- 5 Yard Stance & Starts –Go Length of SYRACUSE

10:00 AM to 10:10 AM Pre-Practice (5 Minutes Offense & 5 Minutes Defense)

Station 1 (SY)	Station 2 (RA)	Station 3 (CU)	Station 4 (SE)	Station 5 (Garage)
QB	RB	WR/TE	OL	Formations/Huddle
Snap Drills	Hand-Offs	4 Ways to Catch	Splits	Huddle
Hand-Offs	Read/Cut	Stance/Get-Off	3 Point Stance	Getting 2 Line
Sweep Drills	Blocks	Read/Cut	Six Guns/Hands	Hole/Numbers

Station 1 (SY)	Station 2 (RA)	Station 3 (CU)	Station 4 (SE)	Station 5 (Garage)
CB	S	LB	DL	Formations/Huddle
Stance	Stance	Stance	Stance	Huddle
Open Hips	Hands/Feet	Downhill	Get-Offs	Gaps/Shades
Cover & Close	Rip	Open Hips	Hand Placement	Base

10:10 AM to 10:20 AM Warm Ups (Start at end of Gym "E") (Coaches every 5 yards)

1. High Knees	Power High Knees
2. Leg Kicks	Stalag 13
3. Butt Kicks Front	Butt Kicks Back
4. Front Sprints	Back Sprints
5. Karaoke Regular	Karaoke Power
6. Shuffles	"A" Skips
7. Sponge Walk Front	Sponge Walk Back
8. Inchworms	Bear Crawls

The Football Boot Camp
60 Revere Road
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www.thefootballbootcamp.com

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Co-Owner & Founder

Coach Tony D'Aurora
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10:20 AM to 10:30 AM Stretching (Groups 1S, 2Y, 3R, 4A, 5C)

1. Right Over Left	9. Right Quad
2. Left Over Right	10. Left Quad
3. Center Stretch	11. On Your Stomachs
4. Right Leg	12. Right Calf Stretch
5. Left Leg	13. Left Calf Stretch
6. On Your Butts	14. Clap It Up
7. Buddha/Butterfly	15. Boot Camp Jacks
8. Clap It Up	16. Bring It In

10:30 AM to 10:40 AM PLYOS (1:30 Stations x Twice Around)

Station 1 SY	Station 2 RA	Station 3 CU	Station 4 SE	Station 5 Garage
Ladders	Stomach/Stance/Sprints	4 Cones Square	4 Cones Zig-Zag	5 Bags

10:40 AM to 10:45 AM Water Break & Coaches set up for Blocking/Tackling Stations

- Kids Get Water
- Coaches & Jr. Coaches Grab Blocking & Tackling Equipment

10:45 AM to 11:00 AM Blocking Stations 5 Stations X Once Around

Station 1 SY	Station 2 RA	Station 3 CU	Station 4 SE	Station 5 Garage
Fit/Hands/Feet	Head On Block	Angle Block	Stalk Block	Run/Pass Block

11:00 AM to 11:15 AM Tackling Stations 5 Stations X Once Around

Station 1 SY	Station 2 RA	Station 3 CU	Station 4 SE	Station 5 Garage
Breakdown/Head	Head On/Go Through	Angle/Head/Go Through	Pursuit	Shed Block/Tackle

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11:15 AM to 11:20 AM Water Break & Coaches set up for Offense Stations

11:20 AM to 12:00 PM Offense (Progressions)

- Coach Barker Weight Lifting with Jr. Coach Linemen

Station 1	Station 2	Station 3	Station 4	Station 5
QB	RB	WR/TE	OL	Formations

12:00 PM to 12:40 PM Defense (Progressions)

- Coach D'Aurora Weight Lifting With Skill Jr. Coach

Station 1	Station 2	Station 3	Station 4	Station 5
S	CB	LB	DL	Formations

12:40 PM to 12:45 PM Up Back/Gassers

12:45 PM to 12:55 PM Conditioning (1:30 Stations X Twice Around)

Station 1 SY	Station 2 RA	Station 3 CU	Station 4 SE	Station 5 Garage
4 Cones	Up/Downs & Eagles	Bag Over Drills	Push Ups/Sit Ups/Jump Ups	Mt. Climbs/Squat Walks

12:55 PM to 1:00 PM Wrap Up

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