



# Football Spring Camp

**HUNTING HILLS**  
**FOOTBALL 2020**

day	Tuesday	Wednesday	Thursday	Friday	Saturday
Intro to football (players) 8-9 pm	5 Intro to offense 8-9 pm	6	7 Intro to defense and tackling 7:30-9 pm	8	9
Defensive insertion week 1 - 8-9 pm	12 Defensive insertion and tackling week 1 8-9 pm	13	14 Defensive indy 7:30-8:10 Offensive indy 8:15-9:00	15	16
Defensive insertion week 2 - 8-9 pm	19 Defensive insertion and tackling week 2 8-9 pm	20	21 Defensive indy 7:30-8:10 Offensive indy 8:15-9:00	22	23
Defensive insertion week 3 - 8-9 pm	26 Defensive insertion and tackling week 3 8-9 pm	27	28 Defensive indy 7:30-8:10 Offensive indy 8:15-9:00	29	30
	2	3	4	5	6

## WHAT TO BRING TO PREPARED FOR EACH SESSION

- Paper and pen to write down notes
- Courage- Ask questions if you need more understanding
- Positive attitude- Be ready to learn and have fun.
- Accountability- to work on the drills that we provide for you to do at home.
- Honour- The way you interact and treat others throughout the sessions.

### For further information contact

Joshua Sorensen Head Coach 403-302-2487 Joshua.Sorensen@rdpsd.ab.ca	Chrystal Saxby Bantam Football Equipment Chrystal.Saxby@gmail.com
--	---

**Leadership- Helping out your teammates when opportunities arise.**