

Pee-Wee Football Training Camp

Introduce yourself as "Coach _____."

Get into a circle and allow the kids to introduce themselves.

Teach players to shake hands as they introduce themselves. Make sure to pass out name tags as the players introduce themselves.

Teach Kids how to properly put their Flags around the waist

Have the parents help you by making sure each kid has their flags on properly.

Week 1

Warm up:

- Jog in place (30 sec.)
- Toe grabs (middle, left/right)
- Arm pullbacks (left/right)
- Arm circles (small/big & front/back)
- 5-yard Sprints (2)

Give a quick 1 Minute water break.

Drill 1: Going Over Positioning

Place the ball on the ground and walk the Players through each position and show them where they would line up and give a brief explanation of what you would do when Playing the Position.

Offense:

- Quarterback (The person who yells "Down Set Hike!" and throws it to a wide receiver or hands it of to the running back.)
- Center (The person who gives the ball to the Quarterback after he says "Down Set Hike!")
- Wide-Receiver (Person who runs down the field to catch the football)

Running back (Person who stands next to the quarterback and runs down the field if and when the ball is handed to them)

Drill 2: QB and Center Exchange

Have the kids split into two lines one playing the quarterback position and the other playing the center position. Have the quarterback yell out "Down Set Hike!" after the word hike the center will hand the ball/snap the ball to the quarterback.

The Proper way for the center to hand/snap the ball to the quarterback is for the center parallel to the football and the hands the ball to the quarterback after they say, "Down Set Hike!"

Have each kid play each position twice.

Drill 3: QB and Running-back

Have the kids split into two lines one line of quarterbacks and the other line of running-back. The Running-back will stand next to the Quarterback. The quarterback will say, "Down Set Hike!", then they will hold the ball straight out in front of them, while the quarterback is holding the ball the running-back will then run in a diagonal line and grab the football out of the quarterbacks hand and continue to run with the ball for 5 Yards.

Make sure that each child gets the opportunity to play each position. Once each kid gets a turn at each position have the running-back line switch sides and practice from the other side.

Drill 4: Throwing and Catching

Have the kids line up in a horizontal line first teach them the proper form of catching a football above and below the waist. When catching above the waist arms out and thumbs together. When catching below the waist arms out and pinky fingers together.

Throw the ball to each kid about 3 times each going above and below the waist.

Week 2

Warm up:

- Jog in place (30 sec.)
- Toe grabs (middle, left/right)
- Arm pullbacks (left/right)
- Arm circles (small/big & front/back)
- 5-yard Sprints (2)

Give a quick 1 Minute water break.

Drill 1: Going Over Positioning

Place the ball on the ground and walk the Players through each position and show them where they would line up and give a brief explanation of what you would do when Playing the Position.

Defense:

- Linebacker (Stands 5 yards off the ball and watches the middle of the field)
- The cornerbacks (lines up in front of the wide-receivers and stays in front of them to prevent them from catching the football)
- The Safety (7 yards off the ball and does not let anyone get behind them)

- **The Defensive Tackle (2 yards in front of the center and watches the running back to see if the quarterback hand off the ball.)**

Drill 2: Mirror Drill

- **Have the children find a partner up one kid will perform a series of action while the other tries to imitate the actions.**
- **Have their turn last about 30 Seconds and then have them switch roles.**
- **Have each kid go about 3 times each.**

Drill 3: Flag Pulling

Have 4 kids line up in a zig zag formation have them about five yards. Then one kid will run through pulling their flag 1 by 1 have the children rotate so they each have a turn pulling flags.

Drill 4: Box Drill

- **Just line up 4 cones in a square about 5yards apart and at the first cone have them sprint to the second cone and from the second cone to the third cone have the crab walk. From the 3rd cone to the 4th cone have them back pedal. (let each kid go 4 times)**
- **For the next drill have each kid go one at a time. The child will stand in the middle of all the cones while jogging in place then you will point to a cone and the player will run and touch the cone as fast as they can and then return to the middle and you will point to a different cone.**