

ALL-PRO LINEMAN CAMP LLC.
SCHEDULE

Day 1

- 3:30 - 4:45 COACHES ORGANIZATIONAL / TECHNIQUE MEETING
- 4:45 - 5:30 CAMPER CHECK IN / REGISTRATION / EQUIPMENT HANDOUT
- 5:30 - 5:50 FLEX & STRETCH - Large Group (6 lines)
- 5:50 - 6:00 STANCE & CADENCE DEMO - Large Group (6 lines)
- 6:00 - 6:15 RUN PROGRESSION DEMO - Large Group (6 lines)
- 6:15 - 6:55 INDIVIDUAL RUN PROGRESSION TECHNIQUES
Form Fit on Bags - 5 Minute Segment
Short Step & Hands --- One Step / Two Step - 10 Minutes Segment
 # Emphasis on Pounding Steps
Step & Explosion - 5 Minute Segment
 # Emphasis on Pound First Step / Roll Hips
FF / Flat Back & Hands on Boards - 5 Minute Segment
One Yard off "Drive" down the Boards - 10 Minute Segment
Put it all Together & Finish at End of Board --- Right & Left - 5 Minute Segment
- 6:55 - 7:00 Break (Stack Boards Neatly)
- 7:00 - 7:45 GROUP RUN PROGRESSION TECHNIQUES * 15 Minute Segments *
Combo Blocks (Level One Drill / Plug & Scrape Drill)
Pull & Trap (Step Progression & Bag Drill)
Reach & Backside Seal Block / Influence Block (Lock Out Drill)
- 7:45 - 7:50 Break
- 7:50 - 8:05 DEFENSIVE LINE TECHNIQUE DEMO - Large Group
- 8:05 - 8:15 DEFENSIVE STANCE & START - Large Group (6 lines)
- 8:15 - 8:45 DEFENSIVE PASS RUSH TECHNIQUE STATIONS * 10 Minute Segments *
Bull Rush
Bull to Rip
Bull to Swim
- 8:45 - 8:55 DRIVE BLOCK CHALLENGE
- 8:55 - FINAL COMMENTS / CLEAN UP
Stack Boards
Stack Dummies in Garage Neatly
Place Helmets and Shoulder Pads neatly on Tarp in the Gym

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Day 2

- 5:00 - 5:20 FLEX & STRETCH - Large Group (6 Lines)
- 5:20 - 5:30 DEFENSIVE LINE TECHNIQUE DEMONSTRATION - Large Group
- 5:30 - 6:30 DEFENSIVE PASS RUSH TECHNIQUE STATIONS * 10 Minute Segments *
Beating the Double Team
Slant & Angle
Bull / Rip / Swim Pommel Drill
Defeat the Reach w/ball carrier
F. Defeat the Trap
- 6:30 - 6:35 Break
- 6:35 - 6:55 INDIVIDUAL RUN PROGRESSION TECHNIQUES * 5 Minute Segments *
Form Fit on Bags
Short Step & Hands --- One Step / Two Step --- Explosion
Emphasis on Pounding Steps
FF / Flat Back & Hands on Boards
One yard off "Drive" down the Boards
Put it all Together & Finish at End of Board --- Right & Left
- 6:55 - 7:00 Break
- 7:00 - 7:10 PASS PROGRESSION DEMONSTRATION - Large Group
- 7:10 - 7:40 PASS PROGRESSION TECHNIQUES * 10 Minute Segments *
2 pt. Pass Set -- 3 pt. Pass Set -- Mirror Drill
Placing Punch on Knees -- Shuffle -- Down the Line
Timing Punch -- Punch & Shuffle -- Move 1 on 1
- 7:40 - 7:45 Break
- 7:45 - 8:15 GROUP RUN PROGRESSION TECHNIQUES * 10 Minute Segments *
Combo Blocks (Level One Drill / Pull & Scrape Drill)
Pull / Trap (Short Trap Drill / Long Pull Drill)
Rip-Reach & Overtake (Option Blocking Drill)
- 8:15 - 8:30 ONE on ONE RUN / PASS CHALLENGE
- 8:30 - 8:45 DECLEATER DRILL
- 8:45 - CLEAN UP
Stack Boards
Stack Dummies in Garage Neatly
Place Helmets and Shoulder Pads neatly on tarp in the Gym.

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Day 3

- 5:00 - 5:10 FLEX & STRETCH - Large Group (6 lines)
- 5:10 - 5:20 BULL RUSH - 6 Groups
- 5:20 - 6:20 DEFENSIVE PASS RUSH DRILLS * 10 Minute Segments *
Pommel Drill / + & - Drill
Bull to Rip
Form Tackle (Diamond Drill)
Defeat the Reach
Bull Rip Swim
Agile Bags to Tackle
- 6:20 - 6:25 Break
- 6:25 - 6:50 INDIVIDUAL RUN PROGRESSION TECHNIQUES * 5 Minute Segments *
Form Fit to Prong
Short Step & Hands --- One step / Two Step
Emphasis on Pounding Steps
C. Explosion Drill
One yard off, Lateral Step, Flat Back & Hands on Boards
Finish "No Bags"
- 6:50 - 6:55 Break * Stack Boards Neatly *
- 6:55 - 7:20 GROUP RUN PROGRESSION TECHNIQUES * 8 Minute Segments *
Combo Blocks (Full Line / Verses Odd & Even)
Pull / Trap (Full Line / Verses Odd & Even)
Rip-Reach & Over Take (Full Line / Verses Odd & Even)
- 7:20 - 7:25 Break
- 7:25 - 7:40 PASS TECHNIQUES * 5 Minute Segments *
Timing Punch - Knees
2Pt. - 3Pt. -- Mirror
Timing Punch -- Move 1 on 1
- 7:40 - 8:10 Run/Pass Challenge
- 8:10 - 8:25 BASEBALL BAT SPIN
- 8:25 - CLOSE WATERMELON EATING CONTEST
WATERMELON FEED
FINAL COMMENTS / CLEAN UP
Coaches check-in and Place Helmets and Shoulder Pads neatly on tarp in the Gym.
T-SHIRT HANDOUT