

HEAD COACH JOHN MARTIN: (909) 594-1405 EXT. 33300

To be Held at Diamond Bar High School
Elfelt Field/ Holmes Memorial Stadium

Diamond Bar High School Youth Football Camp



Diamond Bar High School Youth Football Camp gives a sound foundation to beginners and a strong challenge to advanced players. This camp will provide a solid foundation of football knowledge and skills. An energetic and very experienced coaching staff will provide detailed attention to each individual, both offensively and defensively. Areas covered include footwork, stance, base, proper hitting techniques. Each camper will learn the basic fundamentals of each position on the field. Topics such as strength and conditioning, proper hydration and sportsmanship will also be addressed.

DATE: 05/15/10

TIME: 11:00 AM— 2:00 PM

Itinerary:

10:30 – 11:00 AM Drop Off/Check-in
11:00 – 11:15 Dynamic Warm- up
11:15 – 11:45 Station Work/County Fair
11:45 – 11:50 Water
11:50 – 12:35 Offensive Individual Drills & Concepts
12:35 – 12:40 Water
12:40 – 1:25 Defensive Individual Drills & Concepts
1:25 – 1:30 Water
1:30 – 2:00 Cool Down, Nutrition and Closing
2:00 Camp Dismissal & Pick up

Ages:

All athletes from 7-15 are welcome

Cost: \$25.00

What To Bring:

- A Great Attitude
- Tennis Shoes/Cleats
- Bottled Water

Camp Offers a solid foundation for all fundamentals of the game, motivation, and positive self-esteem. Our teaching progression takes into account age and skill differences



Cash or Checks Made Payable to DBHS

For More Information Contact Head Coach John Martin
Email: jmartin@walnutvalley.k12.ca.us or Phone: (909) 594-1405 ext. 33300