



Camp Lineman Itinerary

- 8:00am – 8:30am Participant Registration
- 8:30am – 8:45am Welcome Orientation
- 8:45am – 9:00am Dynamic Warm-Ups
- 9:00am – 9:25am Offensive Technique
- 9:30am – 9:55am Offense Period #1 (Stance/Starts)
- 10:00am – 10:25am Offense Period #2 (Pass pro/ kick slide, etc)
- 10:30am – 10:55am Defensive Technique
- 11:00am – 11:25am Defense Period #1 (Stance/Start)
- 11:30am – 11:55am Defense Period #2 (Hand placement, get offs)
- 12:00am – 12:15pm Chalk Talk Review
- 12:15pm – 12:30pm 1 on 1's
- 12:30pm- Closing Remarks/ Q & A