



**KNIGHT  
FOOTBALL  
CAMP**



**Williams, Arizona**

**KNIGHT FOOTBALL CAMP**

Application

Base Camp Price \$250 – Due by June 1, 2012

- After June 1, camp price is \$325
- There will be no refunds for any reason  
If your child is unable to participate for any reason after registration your payment will be considered a charitable contribution to Higley Football and we will gladly provide you a receipt for you to claim the contribution for tax purposes.
- Make checks payable to **All Pro Camp**

*Mail Payment and form to:*  
 All-Pro Camps  
 2717 West Wildwood Drive  
 Phoenix, AZ 85045  
 OR give to Coach Zubey

For any questions, call Coach  
Zubey at 480-277-5569

Camper Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Grade (Fall 2011) \_\_\_\_\_ Phone \_\_\_\_\_

Name of Medical Insurance \_\_\_\_\_

Camp T-Shirt Size (circle one):    S    M    L    XL    XXL    XXXL

All participants must be covered by their own insurance policies. It is understood that the Higley Public Schools, coaches, and staff are released from any and all claims, demands and causes of action whatsoever in any way growing out of or resulting from participation in, or in transit to or from, this football camp.

I hereby authorize Camp Directors to seek medical attention if such attention is warranted.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

## Camp Fee is \$250

Due by June 1, 2012

Monday, July 16<sup>th</sup> thru Saturday, July 21<sup>st</sup>

**Bus leaves at 9:00 AM on Monday**

**Bus returns at Noon on Saturday**

### Camp Director

Eddy Zubey, Head Football Coach

Camp fee includes: Bus transportation, accommodations, all meals, T-shirt, individual, group and team training.

Bus transportation will be provided from Higley High School back parking lot (next to the football stadium) on Recker.

You'll need to bring with you:  
(remember, there are 20 practices)

- Shorts
- Shirts
- Socks and underwear
- Shoes (football and sneakers)
- Sweatshirt and sweatpants
- Toiletries, sunscreen
- Towels
- Sleeping Bag
- Air mattress, sleeping pad/mat
- Pillow and pillowcase
- Notebook and pen
- Spending money for snack bar at night (\$20-40)

## Features of the Camp

Specific training and drills for lineman, backs, quarterbacks, receivers, and kickers is provided by some of Arizona's finest coaches. Take the opportunity to develop your talent before the season starts.

- Emphasis on fundamental skills
- Teaching individual skills of offense and defense
- Techniques of passing and receiving
- Speed improvement
- Stretching and strengthening drills
- Team concepts

## Typical Daily Schedule

5:30 am	Dawn Workout
7:00 am	Breakfast
8:30 am	Offensive Chalk Talk
9:00 am	Offensive Workout
11:30 am	Team Competition
12:00 pm	Lunch (nap time)
2:30 pm	Defensive Chalk Talk
3:00 pm	Defensive Workout
4:30 pm	Special Teams
5:00 pm	KNIGHT Hill
5:30 pm	Evening Meal (rest time)
7:00 pm	Stretch
7:30 pm	7 on 7, Line workout
9:00 pm	Snack Bar
9:30 pm	Clean Up
10:15 pm	Lights Out

## Camp Program

### Offense

**Quarterbacks** – Stance, center exchange, cadence, ball handling, drop steps, release, throwing, ball faking, reading defenses, coverages, strategy, and leadership

**Running Back** – Stance, starts, ball handling, faking, running with the ball, direction change (cutting), blocking, pass routes, and receiving.

**Lineman** – Stance, explosion off the ball, blocking scheme techniques (pulling, trapping and pass protection), along with communication and drill work.

**Receivers** – Stance, starts, release patterns, sight adjustments, routes, running with the ball, catching, and blocking.

### Defense

**Secondary** – All phases of coverages (2-3 deep, man, and zone), stance, alignment, pass coverage, deflection, interception, back pedal, spot drops, tackling, and pursuit angles.

**Linebackers** – Stance, alignment, key recognition, attack techniques (hit and shed), pursuit (shuffle, alley, press), tackling, coverage skills (zone – man to man), and stunting.

**'D' Lineman** – Stance, alignment, pass rush technique (bull, swim, rip), pursuit, leverage, hit and shed, tackling, and reading recognition (read triangle),

**Specialty** – Punting, place kicking, kick-off and punt returning, snapping, and holding.