



PRESENTED BY  **Huntington**  
Welcome.



## COACH'S HUDDLE: BEST PLAN FOR VIRTUAL CAMP

1. Practice camp drills on your own timeframe. (but we suggest 8 am each day!)
2. Print the camp worksheet.
3. Watch each video to see the drills you need to practice.
4. Perform the drills on the worksheet and check them off the list.
5. Share your progress with us via email. ([info@secondandseven.com](mailto:info@secondandseven.com)) or social media ([#2and7camp](https://twitter.com/2and7camp))
6. Record your video for the Camp Video Challenge and email to [info@secondandseven.com](mailto:info@secondandseven.com).
7. **HAVE FUN!**

COACH'S HUDDLE:  
**EXTRA  
POINTS!**

1. Sign up for the goodie bag (optional)
2. Purchase camp gear (optional)
3. Share your feedback to [info@secondandseven.com](mailto:info@secondandseven.com)

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## DAILY WARM-UP

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|---|---|
| 1. 10-15 Jumping jacks.                         | 6. High knees while running. (20 yards down and back) |
| 2. 10-15 Push-ups.                              | 7. Butt kicks while running. (20 yards down and back) |
| 3. 20 Arm circles. (10 forward and 10 backward) | 8. Karaoke. (20 yards down and back)                  |
| 4. 20 Side hops. (hop over imaginary line)      | 9. Walking lunges. (20 yards down and back)           |
| 5. 20 Front hops. (hop over imaginary line)     | 10. Walking high kicks. (20 yards down and back)      |

# THE 2ND & 7 FOUNDATION VIRTUAL FOOTBALL CAMP



## DAY 1: TEAMWORK



### WIDE RECEIVER DRILL BY CJ SAUNDERS

- ☐ Use your fingertips to make a triangle. Do not use your palms to catch the ball.
- ☐ Be sure to look the ball in, everytime!
- ☐ Route Running: Run precise routes to get open.
- ☐ Throw/catch 50 balls per day.

**"THIS IS NOT WHITES VS BLACKS. THIS IS EVERYONE AGAINST RACISM." -OSU FOOTBALL**



### QB DRILL BY JUSTIN FIELDS

- ☐ Proper Grip: Have space between your hand and the ball so you're not holding too tightly.
- ☐ Release Point: Release the ball high and away from the defenders.
- ☐ Cadence: Make sure you're loud enough for everyone on the field to hear you.
- ☐ Three-Step Drop: First step, drop to 6 o'clock. Second step is a crossover. Third step, back to 6 o'clock.
- ☐ Step into the throw with a short stride and pointing to the target.
- ☐ Throw 50 balls per day with a three-step drop.

**"YOU MISS 100% OF THE SHOTS YOU DON'T TAKE." -MICHAEL JORDAN**



### OFFENSIVE LINE DRILL BY WYATT DAVIS

- ☐ Establish a base for your three-point stance.
- ☐ Put your hand down and check balance of your weight.
- ☐ Your back foot should be at a 45 degree angle.
- ☐ Have aggressive and quick hands.
- ☐ Your off-hand palm should be open.
- ☐ Step out and shoot your hands up.
- ☐ Complete 25 reps per day.

**"WHATEVER YOU WANT, ESPECIALLY WHEN YOU'RE STRIVING TO BE THE BEST IN THE WORLD AT SOMETHING, THERE'LL ALWAYS BE DISAPPOINTMENTS, AND YOU CAN'T BE EMOTIONALLY TIED TO THEM, COS' THEY'LL BREAK YOUR SPIRIT." - MIKE TYSON**



### RUNNING BACK DRILL BY MASTER TEAGUE

- ☐ Whichever side the QB is on when you take the handoff, that arm should be up.
- ☐ Your thumb should be at chest level and the pinky of your other hand should be at your belly button.
- ☐ Don't grab the ball from the QB. Clamp down for the ball once you feel it in your stomach.
- ☐ Ball security: Tip of the football should be in between your pointer and middle fingers.
- ☐ Hold the ball high and tight: Don't hold ball below 90 degrees and keep your elbow clamped in.
- ☐ Take 50 hand offs per day. (25 left and 25 right)

**"RISE UP ... TAKE COURAGE AND DO IT." - EZRA 10:4**

## HOMEWORK:

Write three goals that you have for sports this summer.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# THE 2ND & 7 FOUNDATION VIRTUAL FOOTBALL CAMP



## DAY 2: PRACTICE & PERSISTENCE



### THE DIFFERENCE DRILL BY TUF BORLAND

- ☐ Start with feet shoulder-width apart, with bend in hips, knees and ankles.
- ☐ Put hands on thighs to start.
- ☐ Your hairline should line up below your partner's chin, thumbs up, elbows together.
- ☐ Perform 25 reps of the difference drill per day.

**"IT IS NOT THE CRITIC WHO COUNTS; NOT THE MAN WHO POINTS OUT HOW THE STRONG MAN STUMBLES, OR WHERE THE DOER OF DEEDS COULD HAVE DONE THEM BETTER. THE CREDIT BELONGS TO THE MAN WHO IS ACTUALLY IN THE ARENA..."**

**- THEODORE ROOSEVELT**



### SHUTTLE DRILL BY XAVIER JOHNSON

- ☐ You need 3 cones or markers.
- ☐ Whichever way you choose to go, put that hand down.
- ☐ Key is to stay low to help change directions quicker.
- ☐ Perform 10-15 reps per day of the shuttle drill.

**"GREATNESS ISN'T FOR A CHOSEN FEW, IT'S FOR THE FEW WHO CHOOSE." - JOSHUA MEDCALF**



### CORNERBACK FOOTWORK DRILL BY SEVYN BANKS

- ☐ Set up 4 cones or any markers you have.
- ☐ Backpedal from front corner back. Don't look down!
- ☐ Shuffle across to next corner.
- ☐ When you reach 3rd corner, run up to front and then shuffle back to where you started.
- ☐ Perform 10-15 reps per day.

**"FOOTBALL IS NOT ABOUT HOW BIG YOU ARE AND HOW FAST YOU ARE BUT HOW YOU STUDY THE GAME AND HOW YOU KNOW WHAT'S COMING BEFORE IT HAPPENS FROM FILM." -SEVYN BANKS**



### PUNTER DRILL BY DRUE CHRISMAN

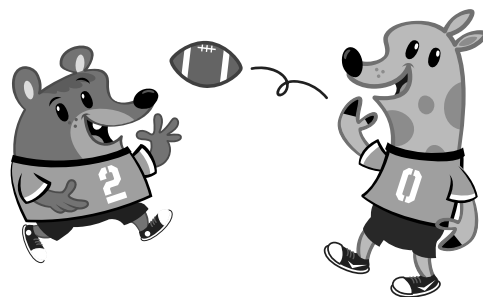
- ☐ Hold the ball as if you were shaking someone's hand.
- ☐ Drop the ball down so it lands horizontal to the ground and bounces straight up.
- ☐ Perform 25 reps per day.

**"90% OF THINGS YOU WORRY ABOUT WON'T HAPPEN, AND THE OTHER 10% ISN'T AS BAD AS YOU THOUGHT IT WAS GOING TO BE. SO, STICK A GERANIUM IN YOUR HAT AND BE HAPPY." -BIG MIKE**

## HOMEWORK:

Write three goals that you have for school this summer.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# THE 2ND & 7 FOUNDATION VIRTUAL FOOTBALL CAMP



## DAY 3: COMPETE & TRY YOUR BEST



### DEFENSE & TACKLING BY BARON BROWNING

- ☐ Proper types of tackling: Profile, Wrap & Roll, Sweep the Ankle, Goal Line.
- ☐ Always start with proper leverage.
- ☐ When opponent approaches, make sure you see their inside hip.
- ☐ Inch closer towards your opponent.
- ☐ Perform these tackling steps 25 times.

**"TWO ROADS DIVERGED IN A WOOD, AND I— I TOOK THE ONE LESS TRAVELED BY, AND THAT HAS MADE ALL THE DIFFERENCE."**

**— ROBERT FROST**



### DB DRILL BY TYREKE JOHNSON

- ☐ Feet should be shoulder-width apart and slightly staggered.
- ☐ Look at the ball and put your chest over your toes.
- ☐ Push off front foot, let the ball lead you. Open up and run for the ball.
- ☐ Perform 50 reps. (25 right and 25 left)

**"TREAT EVERY DAY LIKE IT'S YOUR LAST DAY TO GET BETTER... AND YOU WILL!" — LEBRON JAMES**



### LB FOOTWORK DRILL BY PETE WERNER

- ☐ Run in place.
- ☐ 4 Down-ups.
- ☐ Seat rolls standing up.
- ☐ 4 Down-ups.
- ☐ 4-Point Seat rolls going left and right.
- ☐ 4 Down-ups.
- ☐ Complete this series 4 times.

**"YOU ARE ONLY CONFINED BY THE WALLS YOU BUILD YOURSELF."**

**— ANDREW MURPHY**

**DON'T FORGET TO KEEP  
READING THIS SUMMER!  
REMEMBER THAT READERS  
ARE LEADERS.**

Check out [www.kids.secondandseven.com](http://www.kids.secondandseven.com)  
for all of our books, activity pages and  
reading videos!

### HOMework:

List three books you plan to read this summer.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

