

Westonka Football Big Man OL/DL Camp



Westonka Big Man OL/DL Football Camp (Entering Grades 7-12)

The Westonka Football Big Man OL/DL Camp is a 3-day 7-12 Grade football camp that is dedicated exclusively to the most important part of any football team, the offensive and defensive linemen...The big men in the trenches.

The Westonka Football Big Man OL/DL Camp strives to provide intensive instruction for football players wishing to improve their overall skill level. We will focus on the fundamentals of the game of football with high repetition drill work and teaching from highly qualified coaches. Camp sessions will focus on footwork, technique, speed, and overall football knowledge through extensive practices that will include, but are not limited to, one-on-one instruction, fundamental stations, position drills, and competition.

Participants will be grouped according to age and/or ability level. All participants will receive a lineman themed camp t-shirt. Please bring a helmet, shoulder pads, mouth guard, practice jersey, football pants, and cleats to camp each day.

INSTRUCTORS: MWHS Varsity Head Coach Nick David, Varsity Offensive Line Coach Brandon Brakstad, & Guest Coaches

Players will be taught the following techniques and skills by 90% of the practice opportunities being fundamental drills:

OFFENSIVE LINE:

- Stance & Starts
- Drive Blocking
- Reach Blocking
- Second Level Blocking
- Combo Blocks
- Zone Blocking
- Pulling & Trapping
- Pass Protection Technique

DEFENSIVE LINE:

- Stance & Takeoff
- Neutralization
- Separation
- Pursuit Angles
- Gap Control
- Key Education
- Pass Rush
- Tackling

ALL football equipment is provided for 7-12 grade players. Players will be able to pick up their football equipment on Monday, July 17th from 8:00am-10:30am by the MWHS weight room.

Entering Grades 7 - 8

Tuesday - Thursday, July 18-20
10:30am - 11:45am
MWHS South Fields
\$65

Entering Grades 9 - 12

Tuesday - Thursday, July 18-20
10:30am - 11:45am
MWHS South Fields
\$65

