GROSSMONT COLLEGE OFFENSIVE LINE TECHNIQUES CAMP/CLINIC SCHEDULE

8:00 - 8:45: Registration/Athletes Check In

9:00 - 9:30: Stretch/Form Run

9:30 - 9:40: Water Break

9:40 - 11:10: (Session1/Group 1) Run Game - Fundamentals and Techniques - Athletes may get water when needed

- Duck Walk Demeanor/Power Walk, Hip Explosion Progression
- Stance/Footwork Drills
- Stance/Starts/Board Drills/Chute Drills
- Truck Push/Fire/Fit/Frame/Replace/Finish/Escape
- Punch Progression/Eyes/Position Step-Lead Hip/Power Step-Drive Hip
- Basic Blocking Progressions and Principles
  - Base Man
  - Down
  - Reach
  - Combo
  - Zone Combos-Covered and Uncovered

9:40 - 11:10: (Session 1/Group 2) Pass Game - Fundamentals and Techniques - Athletes may get water when needed

- Stance
- Pass Pro Demeanor, Bounce (settle the feet)
- Slow/Fast Stutter/Footwork Drills
- Punch Progression/Eyes/Spot Mirror/Push Pull
- Snap Ups/Time of Domination Drills (Blood Drill)/Squareness
- Set System Progression and Principles/Teaching a Step Pattern within the Set System
  - Jump Set
  - Power Set
  - Vertical Set
  - Settle Set
  - Short Set

11:10 - 11:20: Water Break

11:20 - 1:00: (Session 2/Group 1) Pass Game Fundamentals and Techniques - same schedule as 9:40 – 11:10

11:20 - 1:00: (Session 2/Group 2) Run Game Fundamentals and Techniques - same schedule as 9:40 – 11:10

1:00: Closing Remarks/Questions/Group Picture