



OTA Flag Football Camp
Day 1 – Monday

8:45 – 9:10: Registration Check In

8:45-9:10: Coaches Challenge

- Accuracy Throw
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:00: Warm Up Game

- Flag Tag
- Sharks & Minnows w/ Flags
- _____ (Fill In)

10:00 – 10:10: Water Break

10:10 – 10:45: Skill Stations & Fundamentals

- Passing
- Running With Ball
- Receiving
- _____ (Fill In)

10:45 – 11:00: Water Break

11:00 – 11:30: Practice Games (10 min running clock)

11:30 – 12:00: Blow Out Game

- Steal The Bacon
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: Team Practice

1:30 – 2:45: Team Games

- NCAA Games
- NFL Games
- _____ (Fill In)

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Flag Football Camp
Day 2 – Tuesday

8:45 – 9:10: Registration Check In

8:45-9:10: Coaches Challenge

- 40 yd dash (timed)
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:00: Warm Up Game

- Capture the Flag w/ Flag Belts
- NFL Ultimate
- _____ (Fill In)

10:00 – 10:10: Water Break

10:10 – 10:45: Skill Stations & Fundamentals

- Pass Patterns
- Hand Offs/ Tosses
- _____ (Fill In)

10:45 – 11:00: Water Break

11:00 – 11:30: Practice Games (10 min running clock)

11:30 – 12:00: Blow Out Game

- Red Zone
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: Team Practice

1:30 – 2:45: Team Games

- NCAA Games
- NFL Games
- _____ (Fill In)

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Flag Football Camp
Day 3 – Wednesday

8:45 – 9:10: Registration Check In

8:45-9:10: Coaches Challenge

- Longest Punt
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:00: Warm Up Game

- 500
- Fair Catch
- Run & Shoot
- _____ (Fill In)

10:00 – 10:10: Water Break

10:10 – 10:45: Skill Stations & Fundamentals

- Defense
- Kicking/Punting
- _____ (Fill In)

10:45 – 11:00: Water Break

11:00 – 11:30: Contest

- Punt Return Contest
- _____ (Fill In)

11:30 – 12:00: Blow Out Game

- Miss Me
- Flag Tag
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: Team Practice

1:30 – 2:45 Team Games

- NCAA Games
- NFL Games
- _____ (Fill In)

2:45 – 3:00 Wrap Up / Recap and Preview / Awards / Dismissal



OTA Flag Football Camp
Day 4 – Thursday

8:45 – 9:10: Registration Check In

8:45-9:10: Coaches Challenge

- QB Distance Throw
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:00: Tournament Games

- NCAA Game: Team 1 vs Team 2
- NFL Game: Team 3 vs Team 5
- _____ (Fill In)

10:00 – 10:10: Water Break

10:10 – 10:45: Contest

- 3-2-1 Bomb
- Campers (WR) vs Coachs (Defense) 1on1
- _____ (Fill In)

10:45 – 11:00: Water Break

11:00 – 11:15: Demonstration / Guest Speaker

- Breaking the Huddle Correctly
- _____ (Fill In)

11:15 – 12:00: Tournament Games

- NCAA Game: Team 3 vs Team 4
- NFL Team: Team 1 vs Team 2
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: Team Practice

1:30 – 2:45: Tournament Games

- NCAA Games
- NFL Games
- _____ (Fill In)

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Flag Football Camp
Day 5 – Friday

8:45 – 9:10: Registration Check In

8:45-9:10: Coaches Challenge

- NFL Combine Finals (40yd dash, accuracy throw, long punt)
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:00: Tournament Playoff Games

- NCAA First Round Matchups
- NFL First Round Matchups
- _____ (Fill In)

10:00 – 10:10: Water Break

10:10 – 10:45: Contest

- 3-2-1 Bomb
- Rushing Attack
- _____ (Fill In)

10:45 – 11:00: Water Break / Demonstration / Guest Speaker

- Hard Snap Count
- WR Stance
- How to Receive a Handoff
- _____ (Fill In)

11:00 – 12:00: Tournament Playoff Games

- NCAA Second Round Games
- NFL Second Round Games
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: Team Practice

1:30 – 2:45: Tournament Playoff Games

- NCAA Championship & Consolation Games
- NFL Championship & Consolation Games
- _____ (Fill In)

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal