

G7 Bootcamp 2024

Saturday April 27

1:00	Registration and Check In
2:00	Welcome and Introductions
2:15	Accuracy and Fundamentals
2:30	Basic Coverage Recognition
3:00	Group Dynamic Stretch
3:30	Arm Care/Warm-up Progression
4:05	Fundamental Footwork
4:30	Net Throws
	Quick Game
	Intermediate
5:00	Goal Line Fade and Challenge
5:15	Break
5:25	Sprint Out
5:45	RPO
	Technique and Footwork
	Give/Run - Throw Read
	Pre-Snap Bubble

6:10 Pocket Management
 Bad Snap Drill
 Climb and Throw
 Conflict and Throw
 Escape and Throw
6:40 Deep Ball Challenge
6:55 Screens
7:10 Transition to Field House
7:20 Media Training
7:55 Dinner: Q&A with Will and Coach Grier
 [Counselors?]
8:25 Recruiting Process
8:40 Coverage and Box Recognition
8:55 Close

Sunday April 28

8:00 Dynamic Flex w/WR
8:10 5-10-5 and L Drill Instruction and Testing
8:40 Self-Paced Warm Up Progression [WR Indy]
8:55 Play Action Footwork and Throws [WR Indy]
 7-Step - UC
 Ride, Pull, 3-Step Gather - Gun
9:15 QB/WR Routes on Air

10:00

Marksman Challenge

1 Minute Drill

Competition Throws [Day 2 Long Ball and
Bucket Challenge? Net Throws Challenge?]

Post-Game interviews with the winners
[w/media]

11:15

Camp Awards [Field House]