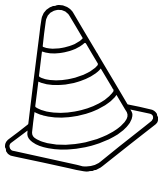
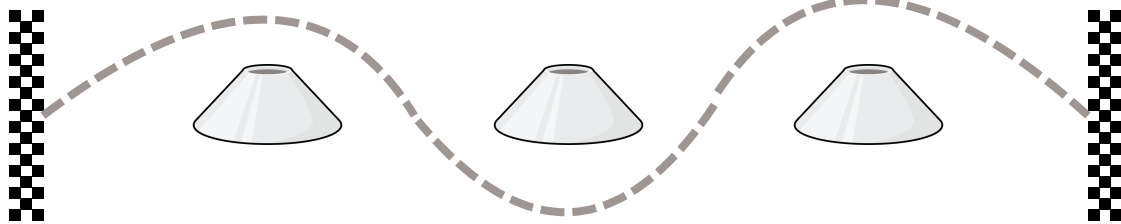


Welcome to Training Camp!

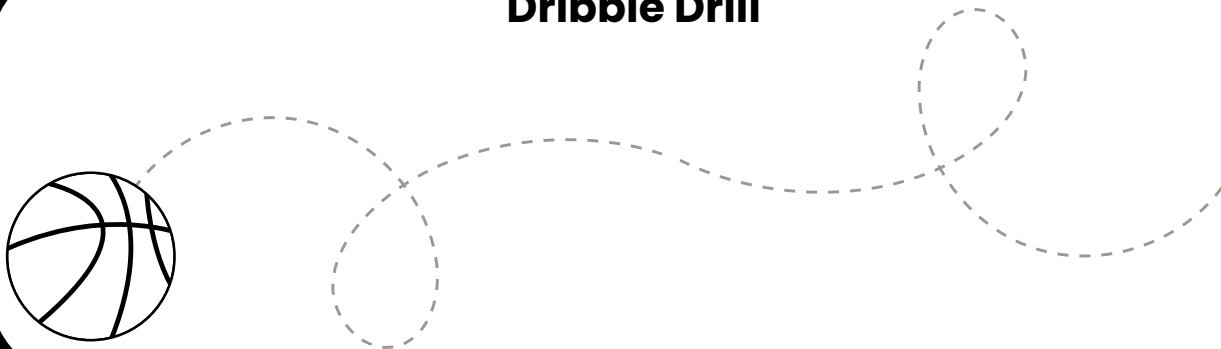
Let's start with some quick drills to get you nice and warm!



Cone Drill



Dribble Drill



Goal Posts



Alright, time for some fundamentals. Look at the picture to learn each letter!



Aa

Aa

Aa

Aa

Aa

Aa

Aa

Aa

Bb

Bb

Bb

Bb

Bb

Bb

Bb

Bb

Cc

Cc

Cc

Cc

Cc

Cc

Cc

Cc

Dd

Dd

Dd

Dd

Dd

Dd

Dd

Dd

Ee

Ee

Ee

Ee

Ee

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Ee

Ff

Ff

Ff

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Ff

Gg

Gg

Gg

Gg

Gg

Gg

Gg

Gg

Hh

Hh

Hh

Hh

Hh

Hh

Hh

Hh

Ii

Ii

Ii

Ii

Ii

Ii

Ii

Ii

J j

Jj

Jj

Jj

Jj

K k

Kk

Kk

Kk

Kk

Kk

Kk

Kk

L l

Ll

Ll

Ll

Ll

Ll

Ll

Ll

M m

Mm

Mm

Mm

Mm

Mm

Mm

Mm

N n

Nn

Nn

Nn

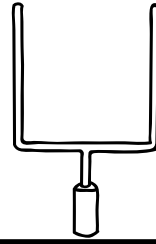
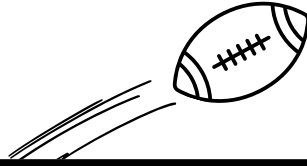
Nn

Nn

Nn

Nn

Remember, it's not all about speed, it's about accuracy.



O o

O o

O o

O o

O o

O o

O o

O o

P p

P p

P p

P p

P p

P p

P p

P p

Q q

Q q

Q q

Q q

Q q

Q q

Q q

Q q

R r

R r

R r

R r

R r

R r

R r

R r

Ss

Ss

Ss

Ss

Ss

Ss

Ss

Ss

Tt

Tt

Tt

Tt

Tt

Tt

Tt

Tt

Uu

Uu

Uu

Uu

Uu

Uu

Uu

Uu

Vv

Vv

Vv

Vv

Vv

Vv

Vv

Vv

Ww

Ww

Ww

Ww

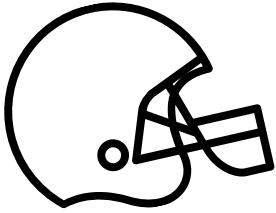
Ww

Ww

Ww

Ww

You're Doing Great! Just a few more to go
before a water break.



Xx

Xx

Xx

Xx

Xx

Xx

Xx

Xx

Yy

Yy

Yy

Yy

Yy

Yy

Yy

Yy

Zz

Zz

Zz

Zz

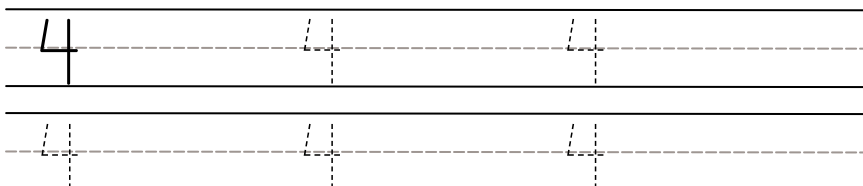
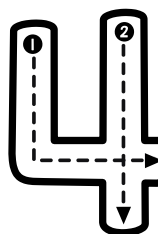
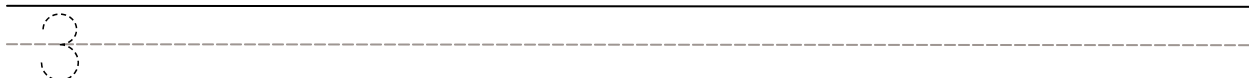
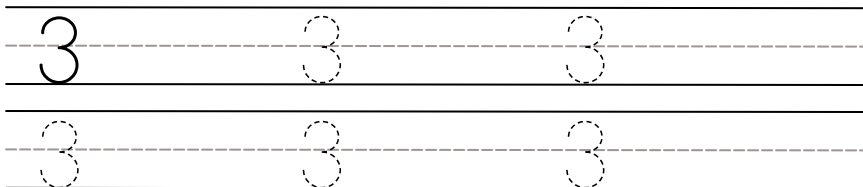
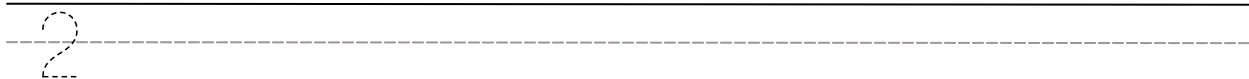
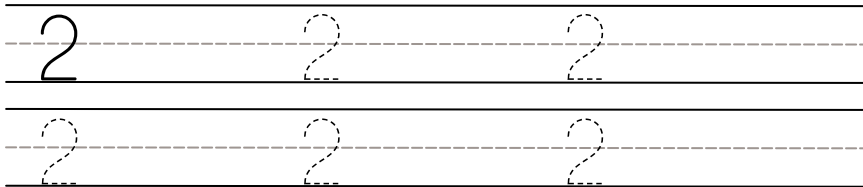
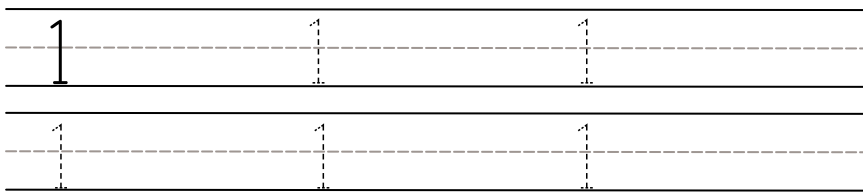
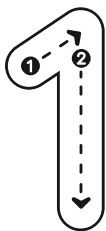
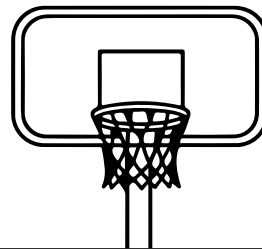
Zz

Zz

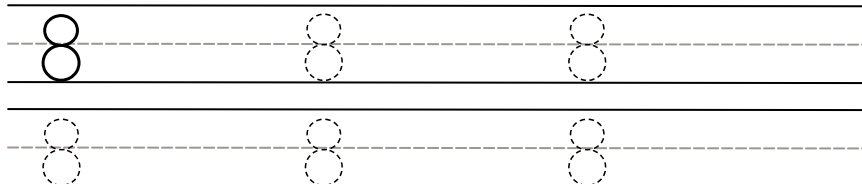
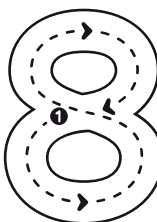
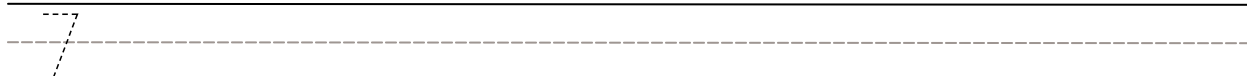
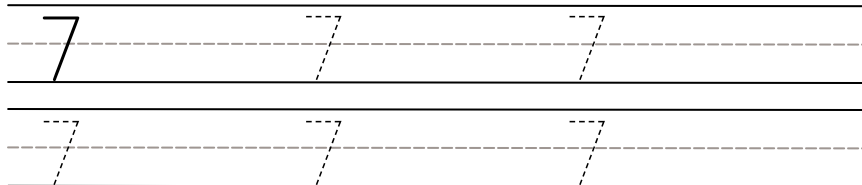
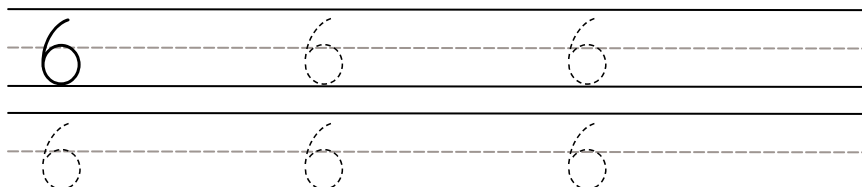
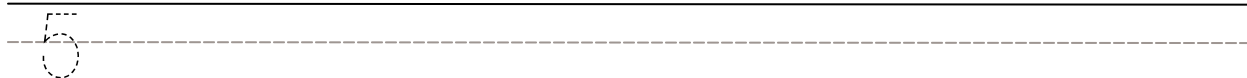
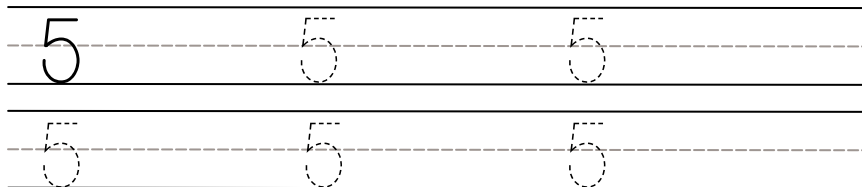
Zz

Zz

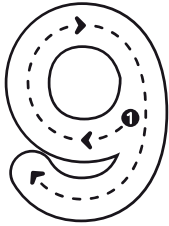
Okay, it's time to move on to numbers.
Remember, neat beats speed.



Did you know there are roughly 8,000 different sports played around the world?



Just two more to go! And then we can
move on to the fun part!



9

9

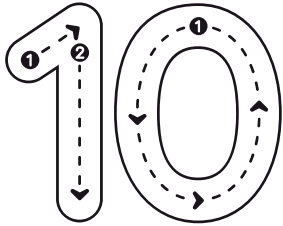
9

9

9

9

9



10

10

10

10

10

10

10

Congrats! You've finished training camp.

Give yourself a pat on the back.

**Now make sure to check Training Camp off
the Game Plan, and when you come back it's
time for football practice!**

