

Location

Hudson High School
69 Brigham Street
Hudson, MA 01749

Equipment

Helmet, mouth piece, shoulder pads and-
practice shirt are required
(Check with your coach)

Meals

Lunches may be purchased
A drink will be provided
Additional drinks may be purchased

T-Shirts

Each camper will receive a complementary
T-Shirt

Staff

College, High School and Youth Coaches

Time

8:45-3:30 July 12,13,14 2010

“Make yourself a better football player on
Offense and Defense. Let our enthusiastic and
experienced staff improve your skills in three
days of drill work”

BOB LORD
CAMP DIRECTOR
FORMER HIGH SCHOOL
AND

COLLEGE COACH
Current New England Director of the NFL
HSPD Program



Bob Lord Youth Football Camp
32 Samual Harrington Road
Westborough, MA. 01581



Sponsored By the Hudson
Recreation Department

IMPROVE YOUR GAME IN
3 DAYS OF SKILL AND
DRILL WORK

13 th ANNUAL

The Camp will Focus on the
Skill Development of Youth and
Young H.S. Players

- **BOYS GRADES 2-10**
- **College,High School and Youth Coaches**
- **Three day session July 12,13,14 2010**
- **Hudson High School-Hudson , MA**

CAMP OVERVIEW

The focus of the camp will be on drills and technique for all offensive and defensive positions. Youth players will be taught fundamentals at all positions with emphasis on skill development. Small group instruction will allow coaches to give the players individual attention and monitor progress

Day 1 Schedule

Day 1 of our camp will have an educational focus where players will be exposed to all positions on offense and defense. Days 2 and 3 will allow players the option to concentrate on a position and/or continue to try new positions

Day 2 and 3 Schedule

8:45 A.M.	Athletes arrive
9:00 A.M.	Testing
9:15 A.M.	Offense
10:15 A.M.	Break
10:30 A.M.	Defense
11:30 A.M.	Specialist
	Punt
	Punt Return
	Long Snap
	Extra Point, FG
12:00 P.M.	Lunch
12:45 P.M.	Staff Presentation
1:00 P.M.	Defense
2:00 P.M.	Break
2:15 P.M.	Offense
3:15 P.M.	Team
3:30 P.M.	End
2:15 P.M.	Award Ceremony Wednesday

This is a great camp for those young athletes who are playing football for the first time

OFFENSE

Running Backs:

Stance
Steps
Ball Security
Faking
Cutting
Blocking
Pass Receiving

Offensive Line:

Stance
Starts
Trapping
Pulling
Double Team
Pass Protection

Quarterbacks:

Center Exchange
3/5 Step Drops
Sprint Out
Ball Handling
Option

Receivers:

Releases
Routes
Catching

DEFENSE

Defensive Backs:

Tackling
Stance
Back Pedal
Steps
Balance
Coverage

Line Backers:

Tackling
Stance
Steps
Pass Drops
Play Recognition

Defensive Line:

Tackling
Stance
Double Team
Down Block
Pass Rush

Defensive Ends:

Tackling
Stance
Pass Rush
Kick Out Blocks
Pass Drops

Camp Staff Has Included:

Dan McAnespie Hudson H.S.	Pat White St. John's H.S.
Sean Mahoney Marlboro H.S.	Dave Flynn Braintree HS.
Bill Long Algonquin H.S.	Vinnie Marino Columbia
Matt Gaffney North Andover HS	Mark Jackson Tennessee
Jerry Pastner Assabet Valley H.S.	Bob Anderson Grafton HS
Matt Ballard Amherst College	Dutch Holland Algonquin
Jim McGuire Assumption	Rick Lacina Marlboro H.S.
Mike McIntrye Milford H.S.	Shawm McIntrye Norwich

For Questions Call

508-932-4314

or email

blord2@Charter.net

Visit our web site @

www.boblordfootballcamp.com

Application:

Name: _____ Telephone _____ City: _____ State: _____ Zip: _____
 Street _____ Your email address _____
 Age _____ Ht. _____ Wt. _____ Coaches Name _____ Parents email address _____
 School _____ Grade September 10 _____ Telephone _____
 In case of an Emergency Notify _____
 Address _____ Telephone _____
 Applicants Signature _____
 I herby request that my child named above be admitted to the Bob Lord Football Camp. Also, I authorize the Bob Lord Football Camp to act on my behalf in any medical emergency. Also, I am responsible for any damages caused by my child to any campus property due to misconduct or misbehavior. I herby forever indemnify and save harmless the Bob Lord Football Camp for and against all liabilities, penalties, damages, expenses, and judgments arising from injury as a result of/or incidental to the above named camper. My son is physically fit to take part.
Any limitations or special concerns are as follows: _____
 Parent or Guardian Signature _____

Make checks payable to:

Bob Lord
32 Samuel Harrington Road
Westboro, MA 01581

Select T-Shirt Size

Youth L
Adult S M L XL

For Information Contact:
Bob Lord (508)932-4314
blord2@charter.net