

Jamboree

Insert Date and Time

1. Coaches, check all helmets and make sure chinstraps are buckled. IMPORTANT, make sure everyone has a mouthpiece.
2. Warmup: Form Runs (High knees, butt kicks, slides, back pedal, bear crawl and sprint) (Insert Coaches) (5-7 mins)
3. Defensive Groups - (10 mins)
 - a. Defensive line (Insert Coaches)
 - i. Form tackle drill - 2 at a time, coach hold pads or bags. Repeat 2-3 times.
 - ii. Get in stance and fire off on snap count. Repeat several times and mix up count.
 - b. Linebackers and Defensive Backs (Insert Coaches)
 - i. Form tackle drill - 2 at a time, coach hold pads or bags. Repeat 2-3 times.
 - ii. Line up in positions and do read and react drill. Repeat several times. Coach plays QB with ball.
4. Offensive Groups (10 mins)
 - a. Offensive Line (Insert Coaches)
 - i. Get in stance and fire off on snap count. Repeat several times and mix up count. If you have enough players, partner up. One player will do stance/block until the whistle, then switch.
 - b. QB's, RB's, and Center (Insert Coaches)
 - i. Work on snaps, hand offs, and toss.
 - c. If time, bring together and run plays.
5. Come together, final words and breakdown (Head Coach)
6. Captains and Coin Toss

NOTE: Typically, you will have pictures prior to your jamboree. Request for families to arrive at least 45 minutes before picture time. This will allow you time to get everyone organized. Encourage coaches to arrive at least an hour early and prepare to help kids with equipment. Players will need to get fully dressed in pads and uniform, complete picture form, etc. If you do not have 30-minutes between pictures and the start of your Jamboree game, you can remove one of the sections above. Remind kids to **BRING A DRINK.**

***PRO TIP:** Get a good night's rest. ☺ Jamboree/picture day will be one of your most hectic (but fun) days as a head coach. There will be a ton of excitement! Kids will be in their uniforms for the first time, and finally able to play a game. Parents will be just as excited. The transition from pictures to jamboree is typically a tight timeframe and you may feel like you are herding cats getting everyone to the field. Rely on your assistant coaches to help. Expect the kids to have first game nerves. Encourage them to relax and have fun.