

CATHOLIC FOOTBALL LINEMAN CAMP

BIG MAN CAMP

HOSTED BY KNOXVILLE CATHOLIC
HIGH SCHOOL
GRADES 3-8

JUNE 11TH AND 12TH

6:00-8:00 PM

KCHS PRACTICE FIELD

COST: \$40.00

OFFENSE LINE COACH JUSTIN ANDERSON
DEFENSE LINE COACH JOHN BREWSTER
CO DEFENSE COORDINATOR KEVIN LANE
CURRENT AND PAST LINEMAN FROM KCHS
WILL TEACH FUNDAMENTALS OF BEING A
GREAT LINEMAN

TOPICS TO BE COVERED

- Stance: Importance of a good stance allowing you to execute all your assignments
- Explosion Drills: Importance of pad level and maintaining power angles in the ankles, knees, and hips during the approach phase of the block
- Leverage Drills: Emphasis on finishing what you started
- Steps: Techniques of Combo and Individual Blocks
- Teamwork: Working in tandem and as a unit
- Learn pass set techniques
- Work on progression of individual pass sets on defenders aligned inside, head-up, outside, and wide
- Incorporate different pass protection schemes such as quick, pocket and slide, sprint, and play action

Success of the linemen at Knoxville Catholic since 2013

13 - All-State linemen
20 - All-Conference linemen
10 - High School All-Americans
Three-time Mr. Football finalist

AND

Two-time Mr. Football winner



If you have any questions, please email Justin Anderson justin.anderson@knoxvillecatholic.com