

Rhode Island Football Academy Daily Practice Schedule

Morning Session 8:30-12:00

Youth Division

8:30-8:55 – Stretch & Form Run

8:55-9:00 – Water Break

9:00-9:25 – 1st Offensive Session-Position specific skills and techniques

9:25-9:30 – Water Break

9:30-9:55 – 2nd Offensive Session-Position specific skills and techniques

9:55-10:00 – Water Break

10:00-10:25 – 3rd Offensive Session- Position specific skills and techniques

10:25-10:30 – Water Break

{Transition to Defense}

10:30-10:55 – 1st Defensive Session- Position specific skills and techniques

10:55-11:00 – Water Break

11:00-11:25 – 2nd Defensive Session- Position specific skills and techniques

11:25-11:30 – Water Break

11:30-11:55 – 3rd Defensive Session- Position specific skills and techniques

11:55-12:00 – Camp Dismissal-Camper Awards Presentation

{12:00-1:00 Lunch}

Youth Division

1:00-1:10-Transition to Activity area or Field #2

1:10-1:30- Group Stretch & Form Run

1:30-1:35 – Water Break

1:35-1:40 -Transition & Organization of Afternoon Groups

1:40-2:10 - Activity Period #1

2:10-2:15 – Water Break

2:15-2:45 – Activity Period #2

2:45-2:50 – Water Break

2:50-3:20 – Activity Period #3

3:20-3:25 – Water Break

3:25-3:55 – Activity Period #4

NOTE: Youth Division Camps end Friday 12:00 noon at all locations. Awards ceremony will follow.

High School Division Practice Schedule

1:00-4:30

1:00-1:25 – Stretch & Form Run

1:25-1:30 – Water Break

1:30-1:55 – 1st Offensive Session {Tues.-Wed.-Thurs.- Group Combine Training}

1:55-2:00 – Water Break

2:00-2:25 – 2nd Offensive Session-Position specific skills and techniques

2:25-2:30 – Water Break

2:30-2:55 – 3rd Offensive Session- Position specific skills and techniques

2:55-3:00 – Water Break

Transition to Defense

3:00-3:25 – 1st Defensive Session- Position specific skills and techniques

3:25-3:30 – Water Break

3:30-3:55 – 2nd Defensive Session- Position specific skills and techniques

3:55-4:00 – Water Break

4:00-4:25 – 3rd Defensive Session- Position specific skills and techniques

4:25-4:30 – Camp Breakdown

Rhode Island Football Academy uses video technology as part of its training curriculum. Various offensive and defensive drills are filmed daily. Players will have the opportunity to review their training session with their position coach as a group in a classroom setting.

Flag Football Division-West Bay-CCRI Only

8:30-8:55- Introduction of camp activity for the day

8:55-9:00- Water Break

9:00-9:25- Football introduction, Stance and Starts/ Basics of Line of Scrimmage

9:25-9:30- Water Break

9:30-9:55- Offensive Session-Ball drills, passing, receiving. Line blocking basics.

9:55-10:00- Water Break

10:00-10:25- Offensive Session-Ball drills, passing, receiving. Line blocking basics.

10:25-10:30- Water Break

10:30-10:55- Defensive Introduction-Basics of defense. Stance and Starts.

10:55-11:00- Water Break

11:00-11:25- Defensive skills and drills.

11:25-11:30- Water Break

11:30-11:55- Defensive skills and drills.

11:55-12:00- Camp Dismissal. Camper Awards Presentation

R.I. Football Academy
“East Bay”
2008

Coaching Assignments

Offense:

- **QB's – M. Sassi, C. Santos, {M. Plumb- Tues. & Wed.}**
- **RB's {HB's/Slot-Wing} – J. Whalen, J. McKinnon, {*Matt Lavasseur} ,{*Jason Ajulay}**
- **RB's {FB's} – D. Almeida, {* Mike Pimental,* B. Vacaro}**
- **O-Line – B. Monteiro, B. Fitzgerald, J. Gendron, D.Maura, R. Zilly, John Berube**
- **WR's – Frank Sullivan {M-W & Th. am lead/pm rotate} Gary Rockcliffe{Tues.&Fri. am lead/pm rotate} **Pm with O- Line Jay Monteiro {pm} Roger Farmer{pm lead}**
- **TE's – C. Skurka, Nick Freitas, {R. Sullivan }**

Defense:

- **DB's – C. Santos, Mike Sassi, R. Farmer {pm} {M. Plumb – Tues. & Wed.} {*B. Sewall-* pm rotate during Def.}**
- **LB's – J. Gendron, J.Whalen, D. Maura {*J. Ajulay}, {* M. Pimental}**
- **OLB's – J. Mckinnon, J. Monteiro{pm}, {*Matt Lavasseur, * B. Vacaro}**
- **D-Line – B. Monteiro, B. Fitzgerald, R. Zilly, John Berube {*F. Sullivan}**
- **D-Ends – D. Almeida, N. Freitas {*G. Rockcliffe/Rotate} {R. Sullivan}**

{*am with Position/pm with All-Day campers}

Frank Sullivan & Gary Rockcliffe {Rotate}

Matt Lavasseur

Jason Ajulay

Mike Pimental

Ryan Sullivan

Brian Vacaro

Pre-Practice - _____

- **Stretch/Flexibility**
- **Agility/Form-Run**

Pre-Practice – pm: G. Homol

- **Stretch/Flexibility, Agility/Form Run**