

## *What do I gain from the Skill Academy?*

The Kevin Higgins Skill Academy is a unique in that our staff will provide each student/athlete with the opportunity to be coached in an atmosphere structured the same way as a college program. Each practice session will be filmed, and each student/athlete will have the opportunity to learn from film instruction. Techniques, fundamentals, and concepts will then be translated onto the field.

Our philosophy at the Academy is that we want to prepare each student/athlete with a glimpse of what it takes to be a college student/athlete

### **TYPICAL DAY**

#### Day 1

1:30 – 2:30 PM	Registration
2:45 – 3:00 PM	Camp Meeting
3:15 – 4:45 PM	Field Session #1
5:00 – 5:45 PM	Dinner (Bring or Buy Pizza)
6:00 – 6:30 PM	Classroom Session #2
6:45 – 8:15 PM	Field Session #2
8:30 PM	Dismissal

#### Day 2 (*Academy Ends 4:30 pm on Saturday*)

8:15 – 8:30 AM	Academy Students Arrive
8:30 – 9:00 AM	1 on 1 and Drill Tape Review
9:00 – 9:30 AM	Classroom Session #3
9:45 – 11:45 AM	Field Session #3
12:00 – 1:00 PM	Lunch (Bring or Buy Pizza)
1:15 – 2:00 PM	Classroom Session #4
2:15 – 4:15 PM	Field Session #4
4:30 PM	Dismissal

### **THE CITADEL COACHING STAFF:**

Kevin Higgins  
Head Football Coach/QB  
The Citadel

Josh Conklin  
Defensive Coordinator/ DB  
The Citadel

Tommy Laurendine  
Offensive Coordinator/ QB  
The Citadel

Everette Sands  
Running Backs  
The Citadel

Nate Hogge  
Tight Ends  
The Citadel

Gerald Dixon  
Cornerbacks  
The Citadel

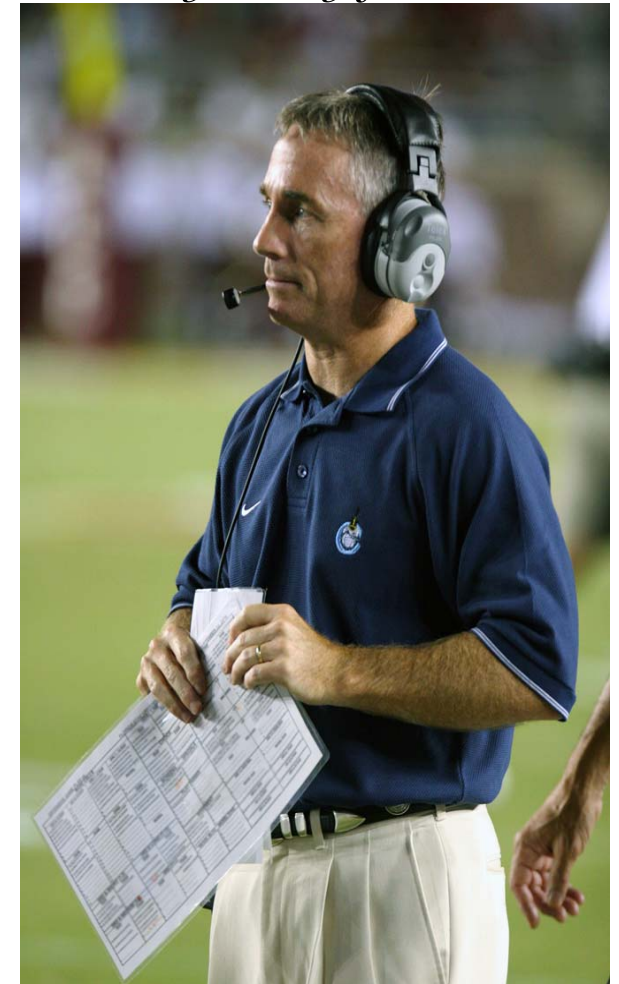
Aashon Larkins  
Special Teams/LB's  
The Citadel

KEVIN HIGGINS FOOTBALL CAMP  
171 Moultrie Street, Seignious Hall  
Charleston, SC 29409  
Phone (843) 953-5123  
Fax (843) 953-7336

## **THE KEVIN HIGGINS 2011 SKILL ACADEMY AT THE CITADEL**

**(8<sup>TH</sup> TO 12<sup>TH</sup> GRADE)**

*Friday-Saturday, June 17-18*



## WHAT WILL A QB LEARN AT THE ACADEMY?

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Quarterbacks will learn the fundamentals and proper mechanics of throwing the football. Quarterbacks will learn the proper fundamentals of the center/quarterback exchange, 3 and 5 step drops, establishing a proper throwing platform, sprint-out, dash mechanics and escape drills. Quarterbacks will learn to recognize basic pass defenses as well as common reads and “trigger” drills that quarterbacks need to effectively attack basic coverages. Quarterbacks will learn drills and exercises that can be beneficial to quarterbacks’ performance. Quarterbacks will learn how to study film on mechanics and defensive opponents. Quarterbacks will learn how to correct the common errors that young quarterbacks make with respect to throwing, hand-offs, drops, scrambling, leadership and more.

## WHAT WILL RECEIVERS LEARN AT THE ACADEMY?

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Receivers will learn the fundamentals and proper techniques of stance and start that are vital to master an explosive “get off” from the line of scrimmage. Receivers will learn basic and advanced separation techniques and maneuvers to attack soft man, press coverage and zone defense. Receivers will learn fundamental “catch” drills and a method for developing concentration and focus. These drills can be incorporated into a year-round skill development program. Receivers will learn to run basic “quick” game routes and proper “deep ball” route techniques. Receivers will learn how to study film to improve fundamentals of running routes and to recognize defensive coverages.

## WHAT WILL RUNNING BACKS LEARN AT THE ACADEMY?

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Running backs will learn how to be a more effective threat in the pass game. Running backs will learn to master stance, start, body control and ball security. Running backs will learn drills that will improve foot work, hands, ball security and pad level. Running backs will learn through film study how to read blocking schemes and blitz responsibility pre-snap.

\*\*\*NCAA mandates that all Kevin Higgins Football camps be open to all students that fall in age or grade level for that particular camp.

## WHAT WILL A DEFENSIVE BACK LEARN AT THE ACADEMY?

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Defensive Backs will learn how to master stance, back pedal, weave and transition which are critical to secondary play. Defensive Backs will learn base soft and press man techniques that can be incorporated in any defensive system. Defensive Backs will learn ball drills that will help enhance their ability to intercept or deflect a pass. Defensive Backs will learn how to study film and recognize routes based on WR splits and formations. Defensive Backs will be given summer drill manual that will give them drills they can do year round to enhance the skills needed to be a great defensive back.

## WHAT WILL A LINEBACKER LEARN AT THE ACADEMY?

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Linebackers will learn how to master stance, lateral movements, hand placement and shedding blocks, which are critical to linebacker play. Linebackers will learn how to read offensive triangle for run / pass. Linebackers will learn pass drop drills that will help enhance their ability to intercept or deflect a pass. Linebackers will learn run block destruction drills that will develop their ability to be a great run defender. Linebackers will learn how to study film and recognize run block combinations and pass drops based on receiver’s release.

## THE KEVIN HIGGINS SKILL ACADEMY AT THE CITADEL

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Please make check payable to

**Kevin Higgins LLC**

Send check with form to:

**Skill Academy**

**171 Moultrie Street**

**Football Office**

**Charleston, SC 29409**

- Day Campers \$135
- Sleep Over Must Make Own Hotel Arrangements

Position:\_\_\_\_\_ T-Shirt(M, L, XL, XXL)

Name:\_\_\_\_\_

School:\_\_\_\_\_

Date of Birth:\_\_\_\_\_

Grade(next fall):\_\_\_\_\_ Age :\_\_\_\_\_

**Camper E-mail:**\_\_\_\_\_

Address:\_\_\_\_\_

City:\_\_\_\_\_

State:\_\_\_\_\_ Zip:\_\_\_\_\_

**Parents E-mail:**\_\_\_\_\_

Home Telephone:\_\_\_\_\_

Parents Cell:\_\_\_\_\_

Work/Emergency Phone:\_\_\_\_\_

Parent’s

Name:\_\_\_\_\_

Student Height:\_\_\_\_\_ Weight:\_\_\_\_\_

Medical/Health

Coverage:\_\_\_\_\_

I hereby make application for my child

to attend The Kevin Higgins Skill Academy at The Citadel. I pledge for his compliance with all camp rules.

\_\_\_\_\_  
(Signature of Parent or Guardian)

It is necessary that our doctor has parents’ permission to administer treatment in event of an accident or sudden illness.

Name:\_\_\_\_\_

Date of Last tetanus immunization:\_\_\_\_\_

List any conditions that physicians should be aware of:\_\_\_\_\_

Emergency contacts:

1)\_\_\_\_\_ Phone \_\_\_\_\_

2)\_\_\_\_\_ Phone \_\_\_\_\_

I hereby authorize any medical treatment which may be advised or recommended by the attending physician of

\_\_\_\_\_  
(student name) while at The Citadel.

Insurance Coverage for accidental injury is required by all participants. In most instances, family health is adequate.

- I have the required insurance
- I do not have the required insurance

Insurance Company:\_\_\_\_\_

Policy#:\_\_\_\_\_

\_\_\_\_\_  
(Signature of Parent/Guardian)