

# *“More than a camp – A unique football learning experience”*

## Passing Game Emphasis

- Attitude, character & LEADERSHIP
- Staff of NFL players and college & pro coaches
- Fundamentals and techniques of the passing game
  - Classroom Meetings before each practice session
    - School Playbook and Position Manuals
  - Pass Series: 3-step, 5-step, Sprint-out & Play-action
  - Introduction to defensive coverages (Man & Zone)
  - Situations: Red Zone, Goal Line, 2-minute, & Blitz
- Evening classroom meetings / Motivational Speakers
  - Video Review of practice sessions

### Quarterback Instruction

- Footwork and Agility Drills
- Passing Mechanics & Ball Handling
- Pass Drops: 3-step, 5-step, Sprint-out & Play-action Series
- Faking, Shotgun, Screen & Draw
- Coverages: Man & Zone (Cover 3 / Cover 2)
- Red Zone and Goal Line Offense
- Two-minute Drill
- Leadership

### Receiver Instruction

- Wide Receivers, Tight Ends & Running Backs
- Stance & Releases
- Agility Drills
- Concentration & Ball Drills
- Coverage Recognition (Man & Zone)
- Techniques & Timing – Basic Route Tree
- Red Zone & Goal Line Techniques (Tight Man)
- Two-minute Drill
- Acceleration & speed training

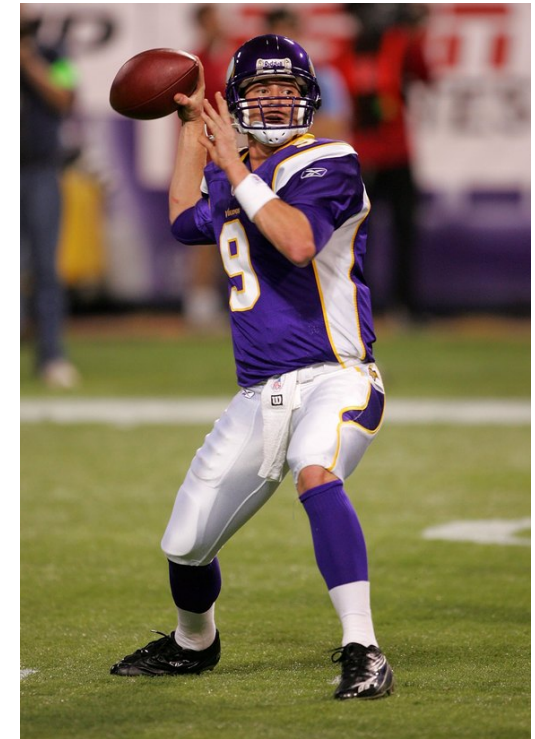
### What Campers Should Bring

- ✓ Football (Quarterbacks)
- ✓ Helmet
- ✓ Tennis shoes & football cleats
- ✓ T-Shirts & Shorts
- ✓ Sleeping bag, pillow & linen (dorm)

### Campers Receive

- Camp Playbook
- Position Manual
- (QB, WR, TE or RB)
- Bollinger School T-Shirt
- Position Evaluation

## The 5<sup>th</sup> Annual Bollinger QB & Receiver School



**Brooks Bollinger**  
QB - Minnesota Vikings

**July 8-11, 2008**  
**University of North Dakota**  
**Grand Forks, ND**

**“More than a camp – a  
unique football learning  
experience”**

**Bollinger QB & Receiver School Coaching Staff**

Brooks Bollinger – QB / Minnesota Vikings  
 Tim Dwight – WR / Oakland Raiders  
 Jeff Horton –Assistant Coach / St. Louis Rams  
 Mike Berg – NFL High School Coach of the Year  
 Rob Bollinger – Former UND Coach  
 Additional College & High School Coaches

**Camp Schedule**

**July 8<sup>th</sup>**

4:00 PM – Dorm Check-in  
 5:00 PM – Commuter Check-in  
 6:00 PM – Dinner  
 7:00 PM – Classroom Meeting  
 8:00 PM – Dorm Free Time  
 10:00 PM - Lights Out

**July 9<sup>th</sup> & 10<sup>th</sup>**

8:00 AM – Breakfast  
 9:00 AM – Classroom Meeting  
 10:00 AM – Practice Session  
 Noon - Lunch  
 2:00 PM – Classroom Meeting  
 3:00 PM – Practice Session  
 5:00 PM – Practice Concludes  
 6:00 PM – Dinner  
 7:00 PM – Classroom Meeting  
 8:00 PM – Dorm Free Time

**July 11<sup>th</sup>**

8:00 AM - Breakfast  
 9:00 AM – Classroom Meeting  
 9:30 AM - Practice Session  
 Noon - Camp Concludes  
 Dorm Check-

**Camp Costs & Discounts**

Dorm Camper (*All meals*) - **\$275.00**  
 Commuter (*Lunches*) - **\$230.00**  
 Commuter (*No meals*) - **\$215.00**

**Discount**

**\*Dorm Campers Only**  
**Two (2) or more campers from same school**  
**\$250.00 per camper**

Questions? Contact Rob Bollinger (218-333-0566) / bollfb@paulbunyan.net

**Registration Form / Bollinger QB & Receiver School / July 8-11, 2008**

NAME \_\_\_\_\_ PARENT'S NAME \_\_\_\_\_  
 PHONE (home) \_\_\_\_\_ (other) \_\_\_\_\_ E-MAIL \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 HIGH SCHOOL \_\_\_\_\_ COACH \_\_\_\_\_  
 POSITION \_\_\_\_\_ YEAR IN SCHOOL (2007) \_\_\_\_\_  
 PAYMENT \_\_\_\_\_ COMMUTER (no meals) \$215.00 \_\_\_\_\_ COMMUTER (lunches) \$230.00 \_\_\_\_\_ DORM (all meals) \$275.00  
**SCHOOL DISCOUNT:** \_\_\_\_\_ There will be \_\_\_\_\_ campers attending from out school at the reduced rate of \$250.00 per camper  
 T-SHIRT SIZE (check one) \_\_\_\_\_ LARGE \_\_\_\_\_ X-LARGE \_\_\_\_\_ XX-LARGE \_\_\_\_\_  
 Please enclose check with registration and make check payable to: **BOLLINGER QB & RECEIVER SCHOOL**  
 Send registration and payment to: **BOLLINGER QB & RECEIVER SCHOOL, 405 Irving Beach Dr. SW, Bemidji, MN 56601**  
**PANERNT'S WAIVER:** My son has my permission to attend the Bollinger QB & Receiver School, and in the event of injury or illness, I give my consent for medical treatment. I will be responsible for any medical charges or fees as a result of attendance in the camp.  
 Insurance Co. \_\_\_\_\_ Policy # \_\_\_\_\_ Parent signature \_\_\_\_\_