



2018 FUTURES MINICAMP

ATHLETE ITINERARY

NAPLES, FLORIDA

Event Addresses

The Naples Beach Hotel
851 Gulf Shore Blvd N.
Naples, FL 34102

Gulf Coast High School
7878 Shark Way
Naples, FL 34109

Saturday, December 15, 2018

The Naples Beach Hotel

7:00 PM - 8:00 PM Minicamp Orientation

Sunday, December 16, 2018

Gulf Coast High School

8:00 AM - 8:20 AM	Athlete attendance
8:20 AM - 8:30 AM	Gatorade Prime Energy Chews
8:30 AM - 8:45 AM	Dynamic warmup
8:45 AM - 10:45 AM	Zybek Reactive Agility Testing (R.A.T.) Drills 4 stations
10:45 AM - 10:55 AM	Gatorade break
10:55 AM - 11:15 AM	Individual position drills All athletes
11:15 AM - 12:00 Noon	1-on-1 All athletes
12:00 Noon - 12:10 PM	Gatorade break
12:10 PM - 12:55 PM	7-on-7 Skill positions
12:10 PM - 12:55 PM	1-on-1 Linemen competition
12:55 PM - 1:25 PM	Positional overview and group evaluations
1:25 PM - 1:45 PM	Closing remarks and MVP awards Freshman All-American Invites, National Combine Invites, Football University Regional Camp Scholarships
1:45 PM - 1:55 PM	Gatorade Protein Recovery Bar
1:55 PM - 2:15 PM	Athlete lunch