

BISHOP DULLAGHAN

MIDDLE SCHOOL CAMPS

ALL POSITIONS GRADES 5 - 8 (SUMMER 2020)

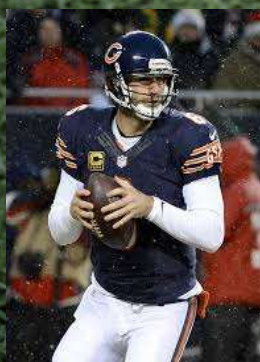
**"Traditionally—championship
teams start here."**

Technique Instruction for 40 Years

Register today on our website! www.BISHOPDULLAGHAN.com



SEAN PAYTON
Superbowl Champions
New Orleans Saints
Eastern Illinois University
3-Year Camper
5-Year Camp Instructor



JAY CUTLER
Chicago Bears
Vanderbilt University
Heritage Hills HS
3-Year Camper



TANDON DOSS
Indiana University
Ben Davis HS
3-Year Camper



REX GROSSMAN
Washington Redskins
University Of Florida
3-Year Camper, Bloomington
South HS

CAMP OWNERS AND DIRECTORS

Dick Dullaghan, Paul Page and George Dury have combined their expertise in directing the Middle School sessions to continue the 40+ year tradition of excellence at the Bishop and Dullaghan Football Camps in 2020. Coaches Dullaghan, Page and Dury will direct and be part of the coaching staff at all of the Indiana Sessions.

The Bishop and Dullaghan Football Camps were founded in 1974, when the first session had just 22 campers, and last summer's attendance topped 2,750 athletes. Now the camp is known nationally as the largest camp in the country for players at all positions. The camp has graduated dozens of All Americans and numerous NFL players, and last year the camp attracted athletes from 15 states across the USA.

Traditionally, "CHAMPIONS SEND US THEIR PLAYERS". Last year the Middle School Camps were attended by over 600 athletes on the campuses of UIndy and Depauw Universities.

This camp is for Middle School and Junior High age players in all positions entering 5-6-7-8th grades in the Fall of 2020. This is the 46th year of these camps and the coaching staff's intent is to get these young players "Jacked Up" to the play the greatest game on the planet. Techniques and fundamentals are drilled for over 20 hours for every position and the coach to player ratio never exceeds 10 to 1. We guarantee the camper will return better prepared and more confident in this ability to play both his chosen positions and will be ready to have his best year ever in 2020.



DICK DULLAGHAN

National HS Hall of Fame
Indiana Football Hall of Fame
Butler University Athletics Hall of Fame
8 Indiana State Championships
4 Years College Coaching - Purdue / Army
12-time "IFCA Coach of the Year"
Sent over 200 players to College FB
National FB Foundation Distinguished Amer. Award
USA Football Clinic Director
Coached 10 NFL or CFL Players
Camp Owner / Director / Clinician 40 years

AMERICA'S LARGEST FOOTBALL TECHNIQUE CAMPS

MIDDLE SCHOOL SKILLS CAMPS



UNIV. of INDIANAPOLIS Overnight June 22 - June 25
9 Opportunities - 4 Days - 3 Nights

\$379.00



UNIV. of INDIANAPOLIS Overnight July 13 - July 15
8 Opportunities - 3 Days - 2 Nights

\$349.00

**** PLEASE NOTE ****

ONLINE REGISTRATION ONLY THIS YEAR

Register online:

www.bishopdullaghan.com

EQUIPMENT (WHAT TO BRING TO CAMP):

- **Helmet and Shoulder Pads Required - No rental**
(Ohio, Michigan campers shoulder pads are not required due to state rules)
- **For Additional Camp Details please visit our website:** www.bishopdullaghan.com

REGISTRATION AND PICK-UP:

Check in between 11:45 and 1:30 PM (No lunch served on check in day). Pick up at 11:00 AM on last day of the 4-day camp. Pick up is at 8:00 PM on last day of the 3-day camp.

INQUIRIES:

Paul Page - call or text: 317-945-5914
email: ppage@pjpinvestmentsllc.com

George Dury - call or text: 317-590-5549 email:
georgedury@sbcglobal.net

DO NOT CALL COLLEGES*



CHAMPIONS SEND US THEIR PLAYERS

MIDDLE SCHOOL CAMP OBJECTIVES

Technique Instruction for all Positions
Development of Positive Attitude & Confidence
Flexibility Instruction
Foot Speed Development

CURRICULUMS

QUARTERBACK & WIDE RECEIVER

Grip On The Ball • Pre-Passing Position • Footwork Throwing Mechanics • Throwing On The Run • Throwing On Time • Throwing Accuracy • Throwing The Deep Ball • Throwing 1 On 1 Routes • Confidence • Development • Scrambling Skills • 3 Step And 5 Step Pass Drops • Handing Off • Ball Skills • Catching FB Techniques • Route Running • Techniques • The Tricks Of The Trade • Releases • Ball Security • Stalk Blocking

TIGHT END AND RUNNING BACK

Run Blocking Technique • Hook, Drive, Down, And Cutoff Blocks (TE) Pass Protection Technique • Catching The Football Technique Development • Los Release Techniques (TE) • Route Running Skills Ball Handling And Ball Security Drills (RB) • 1 On 1 Route Running Violent Running Technique (RB)

LINEBACKER AND DEFENSIVE BACK

LBs And DBs Will Be Grouped And Taught According To 4-4 Defensive Scheme • Tackling Technique • Reading Backs Shed, Flipper & Separation • Hand Shivers • Zone Pass Drops Man To Man Coverage Techniques • Pursuit Angles • Back Pedal Technique (DB) • 3 Deep Zone Coverage

OFFENSIVE AND DEFENSIVE LINE

Stance And Footwork • Throwing The Hands Technique Drive, Reach, Down, And Cutoff Blocks • Second Level Blocking Pass Protection • Pulling And Trap Blocks • Combo Blocks Defensive Gap Control Separation Technique • Key Education • Pass Rush Moves Bull And Rip • Tackling Technique

TYPICAL DAY

Wake up7:00 AM
Breakfast.....7:30 AM
Workout on field.....9:00 - 11:00 AM
Lunch.....11:30 AM
Film Study and/or meeting.....12:30 PM
Workout on field.....2:00 - 4:00 PM
Supper.....5:00 PM
Workout on field.....6:30 - 8:30 PM
Film Study and/or meeting.....9:15 - 10:15 PM
In rooms and Lights out.....10:45 PM

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