

PLAYER CAMP & COMBINE

AMERIKANSK FOTBALL



21. – 23. februar 2020

Vallhall Arena, Oslo



**NORGES AMERIKANSKE
IDRETTERS FORBUND**

NAIF, seksjon Amerikansk fotball inviterer alle utøvere og trenere til Player Camp

Dato: 21. - 23. februar

Sted: Vallhall Arena og Scandic Helsefyr Hotel

PÅMELDING

Vi bruker Deltager.no – spillere kan velge camp uten overnatting eller ulike hotell valg.

Link til påmelding: https://www.deltager.no/player_camp_amerikansk_fotball_21022020

Påmeldingsfrist: onsdag 29. januar

Player Camp

Utøverne deles inn i U16 (f. 2004, 2005 og 2006) og U19 (f. 2001, 2002 og 2003). Det er satt av 50 plasser totalt per gruppe. Utøverne coaches av Landslagets trener stab og det fremste av norske/ norskboende trenere. Det er egen gruppe med posisjonstrenerne for U16 og U19, men trener gruppene samarbeider tett. Dere kan lese mer om timeplan og opplegg i invitasjonen som er sendt ut til klubbene, på facebook og som ligger på forbundets nettsider, <http://amerikanskeidretter.no/amerikansk-fotball/#terminliste>.

NYTT i 2020: Combine-test (også åpen for spillere født 2000 og eldre). Beskrivelse av øvelser nederst i dette dokumentet.

Hva får du?

Combine test + 10 timer trening i Vallhall arena. Detaljert teknikk og posisjonsfokus og video med de beste trenerne i Norge. Det blir mye fokus på individuell teknikk, men også en full camp, som avslutter med scrimmage. Alle har mulighet til å vise seg frem for de norske landslagstrenerne, som skal lede Norge i U19 Nordisk høsten 2020 og U17 Nordisk høsten 2021.

Måltider:

Kveldsmat fredag for dem som bor på hotell, to varme måltider lørdag, samt varm lunsj på søndag. Velger du hotell er frokost inkludert lørdag og søndag.

Observatør Trenere

Trenere som ønsker å utvikle seg og evt. få med seg hva egne spillere lærer, kan fritt delta og observere det man ønsker på banen. Man må melde seg på!

Kontakt, Jorgen.Benestad-Johansen@nif.idrett.no, ved spørsmål.

TIMEPLAN (endringer kan forekomme): **Fredag 21. Februar**

For:

Fra kl. 17.00	Registrering i Vallhall	Spillere og Trenere
Kl. 18.00 – 21.00:	COMBINE (også åpen for Sr spillere)	Spillere og Trenere

Slutt dag 1/ Kveldsmat for dem som bor på hotell

Lørdag 22. Februar

Kl. 09.00 – 11.30	Trening 1 – U16 gruppe	Spillere og Trenere
Kl. 09.00 – 12.00	Trening 1 – U19 gruppe	Spillere og Trenere

Lunsj kl. 12 og 12.30

Kl. 13.00	Møte U16 gruppe	Spillere og Trenere
Kl. 13.30	Møte U19 gruppe	Spillere og Trenere
Kl. 15.00 – 17.30	Trening 2 – U16 gruppe	Spillere og Trenere
Kl. 15.00 – 18.00	Trening 2 – U19 gruppe	Spillere og Trenere

Middag U16

Middag U19

Posisjonsmøter for begge grupper

Søndag 23. februar

Kl. 09.00 – 11.00	Trening 3 begge grupper	Spillere og Trenere
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Lunsj

Kl. 12.30	Møter/ video	Spillere og Trenere
Kl. 15.00 – 17.30	Trening 4 begge grupper	Spillere og Trenere

17.30 **Slutt**

COMBINE- TESTER

40 Yard Dash

A test of: overall speed (40-yard time).

Attempts: Participants will be given two (2) attempts each.

Times: ~~Taken at the 10, 20 &~~ 40-yard marks. Recorded to the nearest hundredth of a second. E.g. 40=4.46, 20=2.26, 10=1.26

Description: 1 – Participant must start in a 3-point stance (either hand down). 2 – Participant must be set for at least one second prior to starting. 3 – Participants may not use a “rolling starts” 4 – Time starts upon the runner’s first movement

*For the above test, handheld times will be started manually by the tester on the athlete’s first movement and be stopped manually when the athlete crosses the sensor at the finish line.

*Hudl film of each participants run MAY be recorded.

20 Yard Short Shuttle

A test of: Lateral quickness, start/stop quickness and agility.

Attempts: Participants will be given two (2) attempts, once going to their left and once to their right. Participants will be given a maximum of one (1) mulligan.

Runner will be given one mulligan if the participant falls, does not touch or improperly touches a line, or uses both hands to touch. The participant must run this attempt immediately after mulligan is awarded.

Times: Recorded to the nearest hundredth of a second. E.g. 4.05 sec.

Description: Participant will start in the middle of the course starting in a 3-point stance with one hand down (either hand). The participant will run 5 yards to their left touching the line with their left hand, race 10 yards back across the starting point and touch another line with their right hand and then race back to the starting point. On the second attempt the process is repeated in the opposite direction.

1 – The participant will straddle the starting line in a 3-point stance with either hand down touching the center of the start/finish line, feet equal distance from the starting line. Participants hand, hips and knees square to and facing the timer. The timer should not be any further than 1-2 meters from runner. 2 – Participant must be set, without any movement for at least one second prior to starting. 3 – No rolling starts. Time starts on runner's first movement. 4 – Only one can hand touch the ground at any given time. 5 – It is the responsibility of the participant not to slip and adjust to the surface. 6 – Test administrator will inform participant when they have consumed a mulligan and when it is their final attempt.

*Handheld times start on participant movement & stop at the finish line. Hudl film of each participants run MAY be recorded

3 Cone Drill

A test of: Lateral quickness, start/stop quickness and agility.

Attempts: Participants will be given one (1) attempt and a maximum of one (1) mulligan. Participant will be given one mulligan if he falls, knocks over a cone, or improperly runs the drill. The participant must run this attempt immediately after mulligan is awarded.

Times: Recorded to the nearest hundredth of a second. E.g. 4.05 sec.

Description: The participant will begin in a 3-point stance (either hand touching the ground behind the line). The participant will run to the first line 5 yards straight ahead and touch the line with their right-hand. The participant will then pivot and come back to the starting line touching the starting line with their right hand. The participant will then pivot, run towards the first 18" cone and head right 90 degrees to the second 18" cone located 5 yards away. The participant will run around this cone, keeping the cone on their left-hand side, then sprint back towards the 1st cone, keeping the cone on their left-hand side, and sprinting through the finish line.

1 – Start in a 3-point stance with either hand down, hand must be behind the starting line. 2 – Participant must be set for at least one second prior to starting. 3 – No rolling starts. 4 – Time starts on participants first movement. 5 – While rounding the 18" cones the participant can not lean over and touch the ground with their hands, the participant will be disqualified for that attempt. 6 – If, when rounding either cone, they are knocked over or displaced the participant will be disqualified for that attempt. 7 – It is the responsibility of the participant to adjust to the surface and avoid slipping. 8 – Test administrator will inform participant when they have consumed a mulligan and when it is their final attempt. Test administrator will stop the test immediately if protocol is broken.

*Handheld times start on participant movement & stop at the finish line. Hudl film of each participants run MAY be recorded

Vertical Jump (Obs! kan utgå)

A test of: Explosiveness and vertical leaping ability

Attempts: A participant can jump a maximum of three (3) times, as long as the participant improves each jump.

Measurements: Measured to nearest 0,5 cm.

Description: From a set position, participants will perform a two footed jump and touch the highest slat-marker possible. Prior to their jump each participant will have their vertical reach measured. This will be done using either your left or right hand (Participants choice, but if tested with right hand must jump with right hand).

Broad Jump (Standing Long Jump)

A test of: Explosiveness, body control & a check for correlation to Vertical Jump.

Attempts: Participants will be given two (2) attempts and will be given a maximum of one (1) mulligan.

Measurements: Measured to the nearest 0,5 cm.

Description: The participant stands behind the line, within a 3-foot lane, and jumps forward as far as they can. The measurement will be from the starting line (same place the participants toes started from) to the back of the foot (heel) that is closest to the starting line upon landing.

1 – When starting; Both feet are behind starting line, flat footed, no steps prior to jump. 2 – Participant can use arms for momentum and feet can be together or slightly apart. 3 – Participants feet must remain behind the starting line until they leave on their jump. 4 – Upon landing, as long as participants foot closest to the starting line remains planted, the participant may fall forward.

* Disqualification occurs if the participant skips their feet across the starting line on jump or when a participant falls back towards the starting line inside the 3-foot lane. ** Disqualification is at the discretion of the spotter.

Bench Press (Testes kun for utøvere født 2003 og eldre og på 102 kg)

A test of: Upper body strength and stamina.

Attempts: Each participant will be given one (1) attempt.

Measurements: Record the number of counted reps and subtract the number of deducted reps to determine the official number of reps completed. E.g. [35]-[3]=[32]

Description: The participant will perform as many repetitions of **102 kg** as they possibly can without interruption.

1 – The participant should complete a proper warmup before it is their turn to complete the test. 2 – The participant will take position with their back on the bench and their feet flat on either side of the bench. 3 – Once the bar is lifted from the rack, the participants shoulders, mid-back and tail bone should remain in contact with the bench at all times. 4 – The participant will lower the bar to the chest and back to full arm extension: - Minimal bouncing of bar off chest is permitted - Must have full extension of arms on each rep - Resting with arms fully extended during test is permitted

Height

A measure of: A participant's height

Measurements: Taken in cm with one decimal. F.ex. 186,2 cm

Description: The participant shall walk up to and turn their back to the chart but not touching the wall with any body part. The heels of their feet stay together (touching each other) and their feet are then turned out at an angle of 45 degrees forming a V. Then the participant shall curl up (extend) to prevent the ability to rise up on their toes. The instructor will take a geometric type triangle and place it on the very top cone of the head and flat against the chart on the wall to obtain an accurate reading from the chart.

Weight

A measure of: A participant's body mass

Measurements: Taken in kg. For ex. 106 kg

Description: Participant will remove shoes and socks prior to stepping on scale with minimal clothing.