

# Training Camp Playbook

Name:



# PANTHERS TRAINING CAMP 2018

Welcome to your very own Training Camp Playbook! In this booklet, you will find the 2018 Panthers Training Camp schedule along with Training Camp bingo to play if you plan to attend camp this summer. You can also create and draw up your own football plays, as well as learn drills to practice at home!

The season is almost here and we couldn't be more excited! Training Camp Kickoff will begin Thursday, July 26 at Wofford College in Spartanburg, SC. We hope to see all of our Kids Club and Little Purr members there to cheer on the team!

At Training Camp, there are a lot of exciting things to look forward to! Keep up with all of the fun activities by playing Training Camp Bingo! Bring the Bingo card with you and see if you can check off 5 spaces in a row! Be sure to check the schedule below as well as <https://www.panthers.com/schedule/training-camp> to learn more about all things Panthers Training Camp!

## Off Season Schedule

				26 July	27	28
				Kickoff Party Gibbs Stadium 4:00 pm ● 6:30-8:30 pm	● 3:10-5:10 pm ● Play60	● 9:25-11:30 am ●
29	30	31	1 August	2	3	4
● 9:25-11:30 am ●	● 9:25-11:30 am ●		● 9:25-11:30 am	● 9:25-11:30 am	Fan Fest Bank of America Stadium 7:00-9:00 pm ticket required	
5	6	7	8	9	10	11
● 3:10-5:10 pm ●	● 9:25-11:30 am	● 9:25-11:30 am		Panthers at Bills New Era Field 7:00 PM		● 3:10-5:10 pm ●
12	13					
● 9:25-11:30 am ●	● 9:00-11:15 am					



### Carolina Panthers Practice

Check [www.panthers.com](http://www.panthers.com) for more details. Practice schedule is subject to change without notice. Players sign autographs for fans at the conclusion of training camp practices. However, due to demand, not all fans are guaranteed to receive autographs.

### Kickoff Party

Celebrate the start of training camp at Gibbs Stadium from 4-6:30 p.m. prior to the opening practice, which begins at 6:30 p.m. Festivities include on-field performances by the TopCats, Sir Purr, PurrCussion and Black & Blue Crew, Mayors' Ball Delivery, face painting, food, interactive games, sponsor displays and more. Admission is free.



### Panthers Pals presented by Academy Sports + Outdoors

Panthers Pals offers children ages 6-13 an opportunity to watch part of practice from field level and then spend time with a player afterward. Kids can register to be a Panthers Pal at the Academy Sports + Outdoors Kids Field located outside the entrance to the practice fields. Five names will be randomly chosen 45 minutes before the end of practice. The children selected will receive a Panther Pal T-shirt and will be escorted to a special area to watch the conclusion of practice.



### Play 60 Day presented by Atrium Health

A free, action-packed, full-field attraction with kid-style NFL combine activity stations and inflatables. Play 60 Day presented by Atrium Health will be held on the Wofford intramural field adjacent to the main training camp entry gate. A great training camp experience for kids, families and youth groups!



### Academy Sports + Outdoors Field


The Academy Sports + Outdoors Field offers kids a great place to toss a football and enjoy active family fun. It is open during training camp practice days and conveniently located by the main spectator entrance gate.

### Fan Fest

Experience the Carolina Panthers first 2018 appearance in Bank of America Stadium followed by a spectacular fireworks and laser light show! Admission is \$5 with proceeds benefitting Carolina Panthers Charities. A reserved ticket is required for entry. Tickets will be available on a first-come, first-served basis on [Panthers.com](http://Panthers.com). Tickets are limited to six per household and can be printed at home starting August 1. There will be performances by the TopCats, Sir Purr, PurrCussion and Black & Blue Crew followed by team practice beginning at 7 p.m. Transparent, plastic, vinyl or PVC bags smaller than 12" x 6" x 12" will be allowed after inspection.

# TRAINING CAMP BINGO

If you are able to attend practice at Wofford, make sure to pay attention and fill out the bingo card below! Use coins or a marker to cross off the spaces!

B	I	N	G	O
#1 Cam Newton throws a touchdown	TopCats Perform	Attend the Kickoff Party on July 26	Get an autograph from a player	#9 Graham Gano makes a field goal
Watch the helmet walk	Sir Purr Sighting	Coach Ron Rivera blows the whistle or horn	Take a picture with your family or friends wearing your Panthers gear	Go to the Academy Sports + Outdoor Field
Get your face painted	Attend Fan Fest on August 3 at Bank of America Stadium		#12 DJ Moore catches a pass	Get a picture with your favorite player
#17 Devin Funchess catches a pass	Share a picture from training camp online using #PanthersCamp	PurrCussion Perform	#88 Greg Olsen catches a pass	See the fireworks and laser light show after Fan Fest
Grab your favorite bite to eat	#22 Christian McCaffrey runs for a touchdown	Attend the Play60 Camp on July 27	Catch a t-shirt from the Black & Blue Crew	Players stretch before or after practice



# DRAW UP YOUR OWN PLAYS

As the team practices their plays at Training Camp for the upcoming season, use the templates below to create your own touchdown-scoring plays! Draw with different colored markers to show the quarterback, running backs, receivers, and other players. Be sure to get creative and give your play a name!



**X = Defense**

**O = Offense**



PLAY NAME:

 <b>CAROLINA PANTHERS</b> 		
10		10
20		20

PLAY NAME:

 <b>CAROLINA PANTHERS</b> 		
01		10
02		20

PLAY NAME:

 <b>CAROLINA PANTHERS</b> 		
01		10
02		20

# TRAINING CAMP DRILLS

Train like the Panthers do! Follow these Training Camp drills that are fun for all ages and practice your skills at home!

## **STRETCH**

First things first, don't forget to stretch! Be sure to warm up your muscles, just like the team does before any practice or drill!



## **PRACTICE YOUR PLAYS**

Grab your friends or family and practice the new plays you created! Get in the huddle, call the play name, and do your best touchdown celebration after!





## TRAINING CAMP DRILLS CONT.

### SNAP DRILL

Grab a partner and practice taking snaps! Have one person be the center and the other be the quarterback. Once the quarterback yells, “Hut!” snap the ball. Alternate positions with your partner!



### PASSING DRILL

Practice your catching skills! Line up like a receiver and run your favorite route. Then, practice catching the pass! Designate a friend or family member to throw the pass.



## TRAINING CAMP DRILLS CONT.



### RUNNING BACK SHUFFLE DRILL

Practice your running back skills with this shuffle drill! All you need is four cones and a football. Follow the directions below!

1. Set up 4 cones 10 yards apart from one another in a square.
2. Grab a football.
3. Start at cone #1 and sprint diagonally to cone #2.
4. Lateral shuffle across to cone #3.
5. Pivot 45 degrees and shuffle backwards to cone #4.
6. Repeat!

