



GET THE EXTRA INCH OUT OF YOUR GAME!

CALL 480-343-0328 FOR MORE DETAILS

1ST AND 10 FOOTBALL INSTRUCTION

What is 1st and 10 Football?

1st and 10 football instruction is a personal training program designed to help players at all levels and all positions get more out of their game on the field. From Pee Wee to Professional the game of football is often called a “Game of Inches”. Have you ever noticed how many times the first down is only inches away? How much separates a complete pass from an incomplete pass; is it a fingertip? A sack or an escape? 1st and 10 believes it is not luck or accident that these things happen, but preparation. 1st and 10 football is designed to give your son a better understanding of the game of football, help him build self-confidence and to gain the knowledge that allows the game to “SLOW DOWN” for him at any level. Ask any successful player about his best game and he will inevitably tell you, “I was in a zone, it seemed like everyone else was in slow motion”! Instruction is separated by age groups to provide the best possible experience for all involved.

Who are the Instructors?

The Instructors of 1st and 10 have over 100 years of combined playing and coaching experience, each member of the staff has played the game at the highest levels and coached at levels from Pee-Wee to Collegiate and Semi-Pro football. Please take a minute to read the bio's and get to know this outstanding group of coaches.

Is 1st and 10 a Speed and Strength Camp?

No. While we recognize speed, strength and agility are all very integral parts of the game, and some of our program is designed to enhance these areas, our program is designed to teach players how to become fast FOOTBALL PLAYERS. We will focus on the details of each and every position. QBs will work on stance, the mechanics of throwing, 3 step drop, 5 step drop, ball security, reading defenses and throwing on the run, to name a few. WRs will work on stance and start, releasing, how to beat press coverage, crisp and sharp route running, reading a defense pre-snap and in-route, etc. OL- will work on stance, start, 8 fundamental blocking steps, zone blocking vs. man blocking, how to create leverage, how to get to the 2nd level etc. Our goal is to create confident football players and knowledge is power!

Do I Need Equipment?

Yes. Football is played in pads and wearing a helmet, we want to simulate everything as it would be in a game situation. We do not play in shorts and t-shirts on Friday night, Saturday or Sunday. We will begin working in shorts and t-shirts for the first few sessions and progress into pads for the final two weeks of each session. This is not a contact camp; there will be light to no contact in all skill positions and limited contact in the OL/DL positions. At 1st and 10 we believe repetitions and drills should be simulated as we play the game; in uniform!

Who is Eligible and How Much Training Will My Son Receive?

All Tackle Football players in grades 4-10 are eligible; instruction will be split by grade levels to provide the best personal experience and instruction for all players. Instruction will be 60-90 minutes twice a week on Wednesdays and Sundays.

Are There Unlimited Spots Available?

NO! As we stated earlier, this will be a personal (small group) experience. 6:1 will be the coach/player ratio max at each position. Each camp is limited to the first 30 who register! So don't delay, call today if you have questions!

1ST AND 10 FOOTBALL L.L.C.

5815 N BLACK CANYON HWY SUITE #101 PHOENIX AZ 85015

PHONE: 480-343-0328

E-MAIL: copperfootballtim@yahoo.com

FAX: 602-995-9220

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CAMP OBJECTIVES:

To provide football position specific training in a small group setting. To increase each players confidence and knowledge of football allowing them to make the most of their athletic ability.

CAMP SCHEDULE:

Instruction periods will be Wednesday and Sunday 60-90 minutes, twice a week depending on age group.

February 2011 Camp Times are as follows: Wed 4:30-6:00 pm Sun: 3:30-5:00

CAMP COST:

Pre-Pay \$200 month or \$30 per session. (Ask about Referral Discounts)

EQUIPMENT:

First 3 Sessions- Shorts or Sweats, T-Shirt, Football Cleats, Helmet.

Next 5 Sessions- Sweats, Shoulder Pads, Practice Jersey, Cleats, Helmet.

CAMP LOCATION:

Desert Mountain High School Practice Field.

CAMP LIMITS:

All Camps will be limited to no more than 8 players at each position in each age group.

WR- 8 QB- 6 RB- 6 OL- 8 DL-8 LB-8 DB-8

WHAT TO EXPECT:

- TOP NOTCH INSTRUCTION
- ENTRANCE EVALUATION / BENCHMARKS/ GOALS/PERSONALIZED PLAN
- FILMED SESSIONS
- REVIEW OF FILM WITH YOUR PERSONAL COACH
- DAILY DRILLS TO BE REPEATED ON DOWN TIME
- PERSONAL ATTENTION AND FOLLOW THROUGH

1ST AND 10 FOOTBALL INSTRUCTION



TOMMY “GUNN” ZIEGLER QB & SKILL INSTRUCTION

Coach Tommy Ziegler just finished his fifth season as a member of the coaching staff at Scottsdale Community College, and fourth as the football programs offensive coordinator. The last 3 seasons the Artichoke offense has placed their stamp all over various areas of the school’s record books. Ziegler’s offense has thrown for more than 3,000 yards in each of the past three seasons and finished 2010 as the #1 rated TD passing offense in the nation, and the # 2 Rated offense in the country for passing yards. Under the tutelage of Tommy, first team, WSFL quarterback Phillip Aholt engineered an offense that threw a school record 425 times en route to being named the conference offensive player of the week on three different occasions. Aholt went on to garner NJCAA All-American honors, as did his record setting receiver, Jamie Cobb. During the 2009 football season Ziegler oversaw an offense that consisted of six players receiving a combination of All-Region/All-Conference recognition.

During Tommy’s first season on the SCC staff, he served as the teams Special Teams Coordinator, and Quarterbacks Coach where he mentored former quarterback, and current Artichoke quarterback coach Joe Caskey. Caskey was honored as an All-Region Honorable Mention. Coach Ziegler currently works with Higley HS starting QB Erik Krump who completed 70% of his passes and threw 13TD with only 4 Int. as a junior starter in 2010. Tommy has had the honor of working with Tom Brady QB guru Tom Martinez in a 2009 Phoenix FBU camp and teaches the same principles as Mr. Martinez.

Prior to accepting a coaching staff position at SCC Tommy spent one season (2005) as the Varsity Offensive Coordinator and Quarterbacks Coach at Moon Valley High School in Glendale, AZ. It was during this season that Moon Valley High School returned to the highest point of Arizona’s 4A football dominance, rushing for more than 2,000 yards, and throwing for more than 2,200 yards in route to the state championship title.

Prior to entering the coaching ranks, Tommy demonstrated the ability to persevere in order to attain goals. Coach Ziegler graduated and played quarterback, at Moon Valley High School. After graduating he quickly left the state of Arizona with an opportunity to play football at North Central College, located in Illinois. Although his time in Illinois was limited, his desire was not, as he returned back to Arizona after two years to play football at Scottsdale Community College. Upon leaving SCC, Tommy signed a contract to play football professionally overseas, as a member of the Langenfeld Longhorns, located in Düsseldorf, Germany. Tommy has played Semi-Pro football in the Phoenix area since 2002 and has led his teams to the state championship game 7 of the 9 years he has played, winning 5. In August he led the Glendale Bulldogs to the 2010 Minor League Football National Championship, throwing for over 300 yards and 4 scores. Tommy “Gunn” has earned league MVP honors twice in his illustrious career.

Tommy”Gunn” Ziegler is a proven winner who believes that hard work, determination and preparation are the keys to success.

Coach Ziegler is the proud father to a beautiful daughter, Camdynn who was born in October of 2008. He is single and resides in the Scottsdale area.

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MATT MILLER WR/DB INSTRUCTION

Coach Miller enters his second season as a member of the Scottsdale Community College football staff where he returns as the Artichokes wide receivers coach. During Matt's first year as a member of the staff, Coach Miller's presence could be seen all over the field as the wide receivers made incredible strides culminating in two different players being rated as the top two wide receivers in the region, as well as the conference, both en route to earning All-American honors from the NJCAA. Under his tutelage Jamie Cobb and Warren Johnson became perhaps the most dynamic wide receiver duo in school history. Combined Cobb and Johnson accounted for exactly 100 receptions for 1,597 yards and 15 touchdowns. Johnson also went on to be selected as a first team All-Region, All-Conference, and All-American return man (also a position coached by Miller). For Matt, coaching at SCC is a coming home of sorts. He previously starred as a member of the Artichokes football team during the 2001 and 2002 seasons. During his time as a player at SCC Miller caught more than 80 passes for more than 1,200 yards. Coach Miller was gifted with the ability to run great routes, and be blessed with great hands. That combination ultimately led Matt to achieve All-Region, All-Conference, and All-American status. During the 2002 season Miller led the nation in punt return average with an amazing 17.1 yards per return average. His name is also draped all over the SCC school record books where he currently holds records for longest receiving touchdown in school history, as well as longest punt return. Upon graduation from Scottsdale Community College Miller accepted a full scholarship to the University of Idaho where he played for current Oakland Raiders Head Coach Tom Cable.

At Idaho Matt started for the Vandals as both a slot receiver and returner, where he still sits 6th in school history in kick return yards.

The Miller name for both Matt and his younger brother Nick, and the legacy that they have compiled as they starred on the gridiron for Mesa Red Mountain High School, and later fine tuning their careers at Scottsdale Community College is remarkable. Both Matt and Nick played for the Artichokes, both became All-Conference players and both went on to compete at a major university. For the past two seasons Coach Miller's younger brother Nick has played for the Oakland Raiders football club of the NFL, and in an interesting twist of fate, he does it for Coach Miller's former coach at Idaho, Coach Tom Cable.

"Coach Miller is a passionate coach that brings the perfect attitude and approach to wide receivers in our program. He is as blue collar as they come, as he had to fight for everything that he has achieved in this great game. Our wide receivers do more than just catch passes, and run great routes; they block, they hit, and they get after our opponents. The play of that position has skyrocketed since Matt returned to the Artichokes, and our offensive production has soared to tremendous levels due in large part to the work that he puts in. Without question he is a vital piece of our program."

Matt is recently married to Cassie Miller who serves as an assistant softball coach at SCC



1ST AND 10 FOOTBALL INSTRUCTION



DWAYNE “THE BEAST” LEFALL DL/LB INSTRUCTION

Dwayne is an accomplished professional and collegiate football player who has been deemed an ultimate “Tweener”, at 6’3 and 265 pounds many said “The Beast” was too small to play DE in pro football and too big to play LB. Dwayne Lefall has continued to prove people wrong, most recently he spent part of the 2010 UFL season playing with the Sacramento Mountain Lions and getting paid to play the game he loves. Dwayne has also had stops in Canada and the Arena Football League and continues to pursue his dream of playing professional football.

A California native, Lefall made the trip east to play college football for the Akron Zips where he started 3 seasons at DE in the MAC. Dwayne amassed impressive numbers and was twice named garnered All-Conference honors. As a junior posting 39 Tackles with 10 Tackles for Loss and 6.5 sacks “The Beast” made himself into a true NFL prospect. His Sr. season was more impressive with totals of 26 Tackles 8 TFL and 4 Sacks with 2 INT’s and 1 TD.

Despite his impressive numbers and this glowing pre-draft write up by SI.com: **(POSITIVES:** Athletic prospect with the potential to be used at several positions. Breaks down well, plays with leverage and immediately alters his angle of attack. Moves well laterally, making plays up and down the line of scrimmage, and displays a burst of closing speed. Shows good footwork, plays with balance and rarely off his feet. Rushes the edge with speed, yet also effective dropping off the line of scrimmage in space.) NFL teams decided to pass on Dwayne in the 2005 draft. Lefall didn’t let that stand in his way, going to Canada to play professionally in the CFL with the Saskatchewan Roughriders for the 2005 season.

When Dwayne has not been playing professionally he has kept his skills sharp in the Copper Football League with the Tempe Rams and the Arizona Thunder over the past 3 seasons. 7 times he has been named Defensive Player of the Week and once in 2010 was named special team player of the week for his outstanding work blocking kicks.

Dwayne is a technician with a multitude of pass rush moves both off the edge and in the middle. He believes young players should set goals, follow their dreams, and NEVER, EVER, believe anyone when they say “You Can’t”. Belief in yourself, hard work and persistence are the keys to success in football and life according to Dwayne.

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TIM SCHAEFER OL/DL INSTRUCTION

Mr. Schaefer has been coaching, playing and organizing football for the past 35 years. Originally from Minnesota, Tim was a late developer who was undersized for much of his High School career and unable to crack the starting lineup until his senior season where he started at Offensive Guard and Defensive End. As a senior Tim earned first team All-Conference, All-Region and All-State honors and set a single game (11) and season (23) record for sacks, as well as intercepting 3 passes and scoring twice from defense. At 6'3" 210 most big college's told him he was too small to play line and too slow to play LB. Schaefer didn't listen and parlayed that season into a scholarship with the University of Iowa and was a member of the 1985 Big Ten Champion Hawkeyes who earned a berth in the Rose Bowl.

Schaefer's love of football led him to coaching immediately following his college career, starting with the RCC Yellow Jackets in Rochester, MN as a volunteer DL coach for the 87 and 88 seasons. He spent two seasons with Rochester John Marshall HS in 1989 and 1990 as an OL/DL coach before assuming the role of Defensive Coordinator in 1991 and 1992.

On the strength of the Rockets defense (5.4) points per game, the JM squad reached the State Championship game and finished 11-1. Following a move to the Minneapolis area in 93 Tim took a break from coaching football to concentrate on raising his 3 children and spend more time with the family.

A move to Arizona and a son in Pop Warner re-energized the coaching batteries 10 years ago and Schaefer has not stopped since. Working with Gilbert Pop Warner (Assistant and Head Coach), Gilbert High School (Asst. Coach), Canyon State Academy (Varsity Defensive Coordinator) The AZ Cardinals (Gatorade Youth Clinics (02-04), Frank Sanders Youth Clinics (Organizer, Coach) and most recently Scottsdale Pop Warner (Head Coach Jr. Midget and Midget Divisions). Although much of his playing career and early coaching career was spent on the defensive side of the ball, Tim has recently gotten more involved with the Offense as well and served as Offensive Coordinator for the Scottsdale Rustlers who garnered 3072 yards of offense in just 10 games at the Midget level of Pop Warner. Averaging 25.8 points per game and balancing a spread passing attack with a fast paced zone running game.

Tim is also the founder of Copper State Football, an Adult Amateur Football League in Arizona, that has been putting \$\$ back into Arizona High School Athletics since 2002. Tim's playing career was resurrected in 2001 and Tim played his way to All-Star selections in the 2002-2004 seasons.

His charitable works include the Danny Agne/Kaitlyn Covey benefit where the Copper Football League raised over \$5,000 for two students struggling with cancer and the annual Copper Football Benefit Games for the Ronald McDonald House to name a few. He currently serves as GM of the Glendale Bulldogs the reigning 2010 Minor League Football National Champions.

Coach Schaefer is the proud father of three; Tucker (20) 2008 graduate of Gilbert HS, Amanda (18) 2009 graduate of GHS, and Marissa (17) a current senior at GHS. Tim is single and resides in the Scottsdale area.

HOW TO REGISTER:

- FILL OUT REGISTRATION FORM
- SIGN THE MEDICAL RELEASE WAIVER
- CHOOSE YOUR INSTRUCTION DATES
- MAIL/DROP OFF FORM OR BRING TO THE FIRST INSTRUCTION DATE
 - WITH PAYMENT TO 1ST AND 10 FOOTBALL

PLEASE CALL 480-343-0328 WITH ANY QUESTIONS!

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REGISTRATION FORM

Cost: \$200 Complete Camp \$30 per Session

Player Name _____ **Age** _____

Grade _____ **School** _____

Parent/Guardian Name _____

Address _____

City _____ **Zip** _____

Phone: (____) _____ - _____ **Email** _____

Offensive Position _____ **Defensive Position** _____

Yrs Tackle FB Experience _____ **Fall 2010 Team** _____

Expected School/Team 2011 Football Season _____



1ST AND 10 FOOTBALL INSTRUCTION

Session Dates Attending: Full Camp (All) ___\$200 ___Sessions x \$30=\$_____

Week 1 Wed___2/9/11 ___Sun. 2/13/11 **Week 3** ___2/23/11 ___2/27/11

Week 2 Wed___2/16/11 ___Sun. 2/20/11 **Week 4** ___3/02/11 ___3/06/11

Check #_____ Cash _____ Amt Pd. \$_____ Date_____

Please Make Checks Payable to: 1st and 10 Football and put player name in memo area.

WAIVER

I as a parent/guardian hereby give my child permission to attend and participate in the 1st and 10 youth football camp. I acknowledge the fact that he is physically able to participate in camp drills. I authorize Tim Schaefer and camp directors to act for me according to their best judgement in any emergency requiring medical attention. I agree to indemnify and hold harmless 1st and 10 Youth Football Camps, Tim Schaefer, and the institution providing the facilities. I acknowledge that I will be responsible for any cost due to sickness or injury to my son.

Parent/Guardian Signature

Date