

Overview

- The focus of these clinics is to help each athlete improve their football IQ through film analysis, classroom instruction, field instruction, field drill work, and competitive drills
- All field work sessions will be recorded and reviewed with an instructor
- This is a position specific camp – (e.g., Quarterbacks work with a Quarterback coach)
- The instructors utilize an authentic football training regimen designed to dramatically improve game performance in pressure situations
- Each participant will know and understand “AAA” - Assignment, Alignment, and Attitude and each participant will come away with self-confidence, a new work ethic, and personal accountability



Overview - Continued

- Clinic is capped at 8 players per position
- Age limit is 10-17
- Cost is \$275 per player for 3 three-hour sessions
- The instructors have played or coached the game at the highest level. The staff is made up of former professional athletes, NFL, NCAA coaches, and Certified Performance Coaches
- All players must sign a participation and liability waiver
- All coaches have passed a background check

Defensive Line Instruction

- 3 & 4 Point Stance and Start
- Drive Block Defeat
- Angle Block Defeat
- Pass Rush Techniques:
 - Bull Rush
 - Bull & Jerk
 - Swim & Spin
- Learn run & pass keys

Coach Bio's

- Ken Walters – 2 time Super Bowl winner
- Donald Jones - 4 year NFL Defensive End
- Donta Jones - 6 year NFL linebacker
- Anthony Wright – 8 Year NFL QB
- Gerald Carr - 30 years of coaching in College & NFL
- Mo Collins – 6 Year NFL Offensive Line