

L.I.Y.F. Player Academy

Presents!



"A specifically designed football experience geared for the middle school aged player!"

CAMP EMPHASIS (NON-CONTACT)

- Position Specific Instruction (Offense & Defense)
- Offensive and Defensive Strategies
- Teaching current safety techniques and fundamentals for tackling and blocking
- 1 on 1 competitive drills (OL/DL) (WR/DB)
- 7 on 7 passing concepts and defensive coverages
- Speed, agility, and flexibility development

Quarterbacks

- *Footwork
- *Proper throwing mechanics
- *How to read basic coverages
- *Playbook Introduction
- *Play Calling
- *QB Leadership Traits

Running Backs/Receivers

- *Ball Security
- *Footwork
- *Blocking
- *Pass Catching
- *Route Running
- *Receiver Releases
- *Pre-snap reads

Defensive Back/ Linebackers

- *Footwork
- *Ball Skills
- *Tackling
- *Defeating block techniques
- *Pre-snap reads
- *Man and Zone Techniques

Offensive/Defensive Lineman

- *Proper stance techniques
- *Run-Blocking
- *Pass Protection
- *Zone blocking techniques
- *Pass Rush Techniques
- *Tackling Fundamentals
- *Gap Control Concepts

Dates – July 8th-11th, Time – 9:00am-12:00pm

Location- Cedar Creek Park, Seaford AGES – 11-14 years old

Tuition \$165.00