



***“The Sports Academies”***



***“Football Academy”***

# Academy Instruction

## Offensive Skills Training



Learn the fundamentals of football. These sessions utilize innovative drills to improve passing & receiving, footwork and agility. The station sessions are 1-hour long and are designed for those new to the sport or with little experience. Stations around the field will allow players to experience drills at each position. Goal of the camp is for campers to master the fundamentals, so they can be ready for their football season.



*- Offensive Concepts -*

# Academy Instruction

## Defensive Skills Training



Cadets will get the real understanding of playing on the offensive line. Proper stance, footwork, using the hands will all come into play. Cadets will be taught the mental part of the game, as the men in the trenches is where the game is won. Five on five drills and team concepts will be introduced during these two weeks of the camp. Learning the fundamentals of the defensive side of the game will be on full display. Cadets will learn the art of tackling at the point of attack, defensive schemes, and footwork.



**- Defensive Concepts -**



## Academy Instruction

### Special Teams Skills Training

Learning the fundamentals on the special teams side of the game will be on full display. Campers will learn the art of kicking the football, long snapping, and field goal important during the academy. Campers also be taught how to field punts and kickoffs. Form and follow through will be the main focus of these academy sessions.



**- *Special Teams Concepts* -**





## Academy Instruction

### Passing

Grip. Rotation. Follow through. All essential elements of throwing the football will be address in the academy, along pocket presence and footwork!



*- Passing Game -*



## Academy Instruction

### Blocking

Proper stance and footwork will be taught and this will allow Cadets to be better players. Games are won and lose at the line and we will make you better!



- *Blocking* -

## Academy Instruction

### Tackling

Body position, stance, and the proper approach to tackling is introduced. Head position, attacking the waist, and the lower body is essential to playing good defense!



- *Tackling* -





## Academy Instruction

### Receiving

Body position, stance, and the proper approach to tackling is introduced. Head position, attacking the waist, and the lower body is essential to playing good defense!



*- Receiving -*

# Academy Instruction

## Conditioning

Footwork, lateral movement and conditioning are all part of the game of football. Being in top condition will give you the edge you need late in the game! We will get you in playing shape!



**- *Conditioning* -**