

Powder Springs



“Football - Academy & Travel Team”



Our football academy is a year round program geared enhancing the players knowledge of the game, along with working on their fundamentals throughout the year. Through hard work and dedication, our goal is to have every player of any skill set better when it comes time for them to play for their school team or recreation league during the winter months. Our coaches will also have the chance to develop their players for the travel ball season during the fall months!

***Academy Skills - Program Calendar
January - May***



- Academy Curriculum -

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 academy is for players to master the fundamentals, so they can be ready for their football season.

*Academy Skills - Program Calendar
January - May*



- Offensive Concepts -



Academy Instruction

Defensive Skills Training

Players will get the real understanding of playing on the offensive line. Proper stance, footwork, using the hands will all come into play. Players 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 academy. Learning the fundamentals of the defensive side of the game will be on full display. Players will learn the art of tackling at the point of attack, defensive schemes, and footwork.

*Academy Skills - Program Calendar
January - May*



- Defensive Concepts -



Academy Instruction

Special Teams Skills Training

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

*Academy Skills - Program Calendar
January - May*



- Special Teams Concepts -



Offensive Line

Academy Instruction

Blocking

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

*Academy Skills - Program Calendar
January - May*



- Blocking Concepts -



Academy Instruction

Receiving

Hand coordination, route running, and speed technique will be taught to our players. Players will be introduced to the receiver route tree in our academy.

*Academy Skills - Program Calendar
January - May*



- Receiving Concepts -



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!

*Academy Skills - Program Calendar
January - May*



- Conditioning -



NWGYFL



League Play - Coming in 2025

Our organization is looking to join the **Northwest Georgia Youth Football League**.

Our goal is to have our football and cheerleading teams compete in one of the best youth football league in Georgia.

Our organization will field the following football & cheerleading teams

5U, 6U, 7U, 8U, 9U,
10U, 11U, & 12U

*League Play - Program Calendar
June - November*

- League Information -



NWGYFL Teams



423 Elite Ravens
404 Bulls
Atlanta Colts
Bill Arp Falcons
Boundry Waters Coyotes
Calhoun Swarm
Douglasville Tiger Cubs
Georgia Buckeyes
Georgia Ducks
Marietta Cardinals
Rome Wolves
Smyrna Seahawks
Southwest Cardinals
Tucker Lions
Wallace Park Falcons
Winston Knights
North Dekalb Chargers
Lithonia Lions

- League Information -