



2010

XPRESS SPORTS TRAINING
SPEED AND CONDITIONING SUMMER
FOOTBALL CAMP
catchtheX.com

WHEN: July 21-23 (6:30pm-8:30pm.)

WHERE: St. Ambrose School
929 Pearl Rd
Brunswick 44212

CAMP FEE: 85.00/athlete.
Fee includes: Camp T-shirt.
Camp refreshments will be provided each day.

R.S.V.P: Pat Adams 440-742-0149.
BY: 7-12-10 (for T-shirt order).

AGENDA:

- Agility warm up
- Stretching: Flex band routine and injury prevention.
- Quick feet: Agility ladder workout, lateral quickness and vertical acceleration.
- Resistance form running. Flex Band workout.
- Developing a more EXPLOSIVE first step.
- Position specific training.

QB = Throwing technique. Proper 3-5 step drop. LEADERSHIP qualities.

RB = Proper lead step. Ball handling, "High and Tight". "Pinning" the football.

LINEMEN = Proper stance. Quick punch and lockout, staying under your hips.

RECEIVERS = First step acceleration off the ball. Catching the point of the football.

Pat Adams: I.F.P.A. R.R.T. C.P.F.T and JUMP STRETCH CERTIFIED

"CATH THE X"

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