



2010

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

**WHEN:** July 28<sup>th</sup>- 30<sup>st</sup>. 6:30pm-8:30pm.

**WHERE:** Schaaf Community Center  
5983 W. 54<sup>th</sup> Street  
Parma, Ohio 44129

**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 or Howard Spies 440-570-4291.  
**BY: 7-17-07 (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 (See below)

**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

**\*FLEX BANDS CAN BE PURCHASED AT THE FOOTBALL CAMP. \$25.00**

**"CATCH THE X"**

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