

FOOTBALL CLINICS

Intensive two (2) component YOUTH FOOTBALL TRAINING.

Component One: Football Specific Training. Focus on all Offensive and Defensive positions on the field. Designed to improve player position specific performance with integration of all positions along with strategies and concepts.

Component Two: Linear Speed, Change of Direction, Strength & Agility. Designed to improve speed, increase strength, improve agility, develop endurance, boost confidence, maximize change of direction ability and decrease susceptibility to injury.

DATES AND TIMES:

Mondays: 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21, 6/28, 7/12, 7/19, 7/26 (Football Specific Training)

Wednesdays: 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30, 7/14, 7/21, 7/28 (Linear Speed, Change of Direction, Strength & Agility)

TIMES:

5:30-6:30pm 3rd and 4th grade

6:30-7:30pm 5th and 6th grade

7:30-8:30pm 7th and 8th grade

Registration Deadline: April 27th. Please call Pro Motions at (973) 575-1144 to register. Payment due at time of registration. We accept visa/mc. Or register in person at the facility.

FEE: \$279.00 per 6 week session. (12 classes)