

FOOTBALL

TOP GUN



INSTRUCTIONAL FOOTBALL

WINTER 2012

(Ages 5 +)

GRID KIDS CLASS (Ages 5 – 6)

\$68*/\$78

Session includes core teaching the core skills of the game. We will teach the basic (non-contact) football skills in a non-competitive environment. All players will learn the basic rules of the game.

Sundays 3:00 – 3:55pm

Session 1: Jan. 22, 29, Feb. 5, 12

Session 2: Feb. 19, 26, Mar. 4, 11

ALL SKILLS CLASS (Ages 7 – 12)

\$80*/\$92

Session includes: drills to improve running, throwing, catching, blocking and tackling with agility and speed training. All sessions are run in a safe environment with no contact between players

Sundays 10:30 – 11:25am

Session 1: Jan. 22, 29, Feb. 5, 12

Session 2: Feb. 19, 26, Mar. 4, 11

RUNNING BACK TRAINING CAMP (Ages 7 – 12)

\$80*/\$92

Session includes: training to improve speed, agility, balance, and coordination, with an emphasis on improving running, receiving, and blocking skills/techniques.

Sundays 2:00 – 2:55pm

Session 1: Jan. 22, 29, Feb. 5, 12

Session 2: Feb. 19, 26, Mar. 4, 11

RECEIVER TRAINING CAMP (Ages 7 – 12)

\$80*/\$92

Session includes: training to improve speed, agility, balance, and eye-hand coordination with an emphasis on improving catching, blocking, and route running skills.

Sundays 12:00 – 12:55pm

Session 1: Jan. 22, 29, Feb. 5, 12

Session 2: Feb. 19, 26, Mar. 4, 11

QUARTERBACK TRAINING CAMP (Ages 7 – 12, 13+)

\$80*/\$92

Session includes: proper throwing technique and footwork, improving arm action and release, as well as the mental aspects needed to be the "field general"

Ages 7 – 12

Sundays 1:00 – 1:55pm

Session 1: Jan. 22, 29, Feb. 5, 12

Session 2: Feb. 19, 26, Mar. 4, 11

Ages 13+

Sundays 4:00 – 4:55pm

Session 3: Jan. 22, 29, Feb. 5, 12

Session 4: Feb. 19, 26, Mar. 4, 11

***Indicates Rock Membership Pricing**

**TGIF at The Rock Sports Park
24 Old Black Meadow Rd Chester, NY 10918
(845) 469-9507**

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