



ROCKY BOIMAN
FOOTBALL ACADEMY

NEW SESSIONS STARTING IN MAY!!!!

POP WARNER YOUTH PROGRAM

- **THIS PROGRAM IS DESIGNED FOR YOUTH FOOTBALL PLAYERS Age 7-11 OF ALL POSITIONS**
- general football skills training designed to introduce the young athlete to the functional movements required to play the game
- will **NOT** have any weight training component due to their young age but **WILL** feature:
 - functional movements to increase quickness, balance, coordination, and speed
 - body weight movements (i.e. pushups, body weight squats, sit-ups, etc) to increase strength
 - conditioning to get the athlete in shape to play the game
 - Every Sat May 8th-June 5th (5 total sessions) (10:30-12pm)

DEFENSIVE SKILLS: MIDDLE SCHOOL

- **THIS PROGRAM IS DESIGNED FOR MIDDLE SCHOOL DEFENSIVE PLAYERS (6th, 7th, and 8th grade)**
- specific drills and movement training for **ALL** defensive skill positions (LB's and DB's)
- focus on foot quickness, plant-and-drive, closing speed, ball drills, shedding blocks
- **WILL** include weight room strength training
- film study
- **May 3rd-27th every Mon, Tues, Thurs (4:30-6pm)**

DEFENSIVE SKILLS: HIGH SCHOOL

- **MORE ADVANCED SKILL TRAINING FOR HIGH SCHOOL DEFENSIVE SKILL PLAYERS (LB'S AND DB'S)**
- focus on foot quickness, plant-and-drive, explosion out of breaks, closing speed, ball drills, shedding blocks
- position specific conditioning
- field training **ONLY**, no weightroom training
- film review and study
- **May 5th - May 29th every Wed (4:30-6pm) and Sat (9-10:30am)**

Also Available at RBFA:

- *Individual Training**
- *Small group Training**

for more information on upcoming May sessions visit or call:

rockyboimanfootballacademy.com

513-658-5058