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YOUTH QUARTERBACK TRAINING

WEEK 1 EVERY WORKOUT SHOULD BEGIN WITH A DYNAMIC WARMUP AND LADDER FOOTWORK WITH CARRIAGE workout 2 TIPS AND REMINDERS WARM UP DRILLS FEET IN CEMENT X 12 ALWAYS START WITH A GOOD BASE The warm up will consist of 4-6 drills with 12 reps drill WRONG FOOT FORWARD X 12 FINISH WITH INDEX FINGER AND THUMB DOWN Lets focus on accuracy to the NOSE OR TOP OF ONE KNEE DOWN-1 HAND CARRIAGE X 12 ACCURACY Compact and s...

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YOUTH BASKETBALL DRILL 1 QUICK

In a circle you in the middle The kids copy you running on the spot jumping etc When you say quickly they get into the defensive position However if you say get down they continue to do what they were beforehand They are only out if you see them Youth Basketball Drill 2 HEADS UP DIRECTION CHANGE Along the center court line space out 4 to 5 players facing you You should be off the court at center court ...

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GUARDING THE BALL

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CLASS SCHEDULE

Effective September 30th, 2013 Hours of Operation: Monday - Thursday 9:00am 9:00pm; Friday 9:00am 8:00pm; Saturday 9:00am - 4:00pm MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY Downstairs Upstairs Downstairs Upstairs Downstairs Upstairs Downstairs Upstairs Downstairs Upstairs Downstairs Upstairs 10:00-11:30am 10:00-11:00am 9:00-9:45am 9:00-9:30am Cardio Kick Cardio Kick Ninjas Dragons Boxing ...




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