



FLAG FOOTBALL

**Sono Field House is pleased to announce our
December session of K-4th grade Flag Football!**

**Four sessions
Tuesday 12/1 – 12/22
7pm - 8pm**

Clinics consist of recreational games & instruction for the following:

- Stance & Start
- Proper Running Techniques
- Throwing Techniques & Drills
- Catching and Running with the Football
- Proper Defensive Footwork



All athletes will be grouped according to grade/age and ability.

Registration for the December session is only \$100*!

***Participants must pay annual SFH Membership fee of \$49**

**All Sono Field House football programs are staffed by an
experienced group of coaches with experience ranging from
youth coaching to the NFL!**

For More Information, Please Contact:

Rob Trifone rtrifone@sonofieldhouse.com or 203-604-9030

Registration is open at www.sonofieldhouse.com