



"BIG MAN" LINEMAN FOOTBALL CLINIC

Work on the quickness, agility, footwork and skill that it takes to play the most important position on the football field!

8th – 12th Grades

Fridays from 6 – 7 pm

6 one hour sessions

Clinic begins February 19th

In six weeks, experience and train with:

- Resistance exercises
- Foot speed drills
- Hand speed techniques
- Agility and quickness drills
- Footwork technique for Offensive & Defensive Line
- Developing explosive power in the hips
- Medicine Ball punch drills
- 1 on 1 Drills
- 3 on 3 and 5 on 5 team drills
- Video tape analysis in our video lab

Develop toughness and understand the mental phase of the game!



Registration for this 6 week Winter II Session is only \$150!*

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

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

Registration is open at www.sonofieldhouse.com