



BETWEEN THE LINES SPORTS – INDIVIDUAL POSITION TRAINING FOR FOOTBALL

\$80 per 1 hour session or \$150 for a group of 3

In the BTLS Individual Football Position Training Program, your young athlete will get individual training for their desired position. A thorough overview of the position will be covered including in-depth terminology, agility and position-specific drill work. Each session will be customized to the athlete's experience, skill and desire. Your young athlete will acquire the edge for their desired positions by being better prepared and enter the season with much more confidence.

Sample Quarterback Session:

- Warm-Up & Stretching
- Quarterback Footwork & Agility
- Proper Throwing Techniques
- 3-step & 5 Step Dropbacks
- Run Game & Hand-offs
- Passing Tree & Catching Triangle
- Warm-Down

Sample Offensive Line Session

- Warm-Up & Stretching
- Agility & Footwork
- Stance & Take-offs
- Offensive Line Blocking Techniques
 - Punch Blocking
 - Pass Blocking
 - Pulling/Trap Blocks
- Warm-Down

Sample Receiver/Tight-End Session

- Warm-Up & Stretching
- Agility & Footwork
- Catching Triangle/Catch Concentration
- Blocking Skills & Techniques
- Line Releases
- Patterns & Pass Catching
- Lightning Catch Drill
- Warm-Down