

YAC SPORTS

2ND ANNUAL

BIG MAN LINEMAN CAMP

2010



Youth 1 on 1's



Antwaun Woods - USC commit

**FORMER USC STAR TITUS TUIASOSOPO &
OTHER FORMER COLLEGE PLAYERS WILL
COACH YOU UP IN THE FOLLOWING:**

<u>OFFENSIVE</u>	<u>DEFENSIVE</u>
<ul style="list-style-type: none">• Run/Pass protection techniques	<ul style="list-style-type: none">• First step
<ul style="list-style-type: none">• Proper footwork and balance	<ul style="list-style-type: none">• Hand placement
<ul style="list-style-type: none">• Hand techniques	<ul style="list-style-type: none">• Reading keys (run & pass)
<ul style="list-style-type: none">• One on Ones	<ul style="list-style-type: none">• Run/Pass rush techniques

WHO: OFF/DEF LINEMAN, Youth 9-13, HS 14-18

WHEN: SAT. MARCH 13, 10a-1p (CHECK IN @ 9:30)

WHERE: ST BONAVENTURE HS football field

WHAT TO BRING: CLEATS, SHIRTS, SHORTS

COST: \$40 (includes Camp t-shirt)

PRE-REGISTER NOW AT WWW.YACSPORTS.US

Call (805) 312-0216 for more details