

DL / OL TRAINING SCHEDULE



MISSION STATEMENT

OFFA (Offering Football Fundamentals for Athletes) provides a platform to empower student-athletes and coaches through innovative and collaborative education focused on football fundamentals and academic preparation, as a means to elevate the game.



OFFA-SEASON TRAINING

In Utah, a typical high school football season will run from August through November, resulting in a seven to eight-month off-season gap. Nearly two-hundred and fifty days, the equivalent 6,000 hours will pass before the student-athlete engages in football again. This significant gap leaves athletes disconnected from the game, inevitably impacting their performance and technique. OFFA will help student-athletes improve their game during the off-season by providing progressive training, focused on multi repetitive exercises in technique and advanced fundamentals.



TRAINING SCHEDULE

The OFFA offseason training program will consist of 16 sessions, twice a week, that will begin in the month of April 2019 through June 2019:

OFFA Schedule: Time TBD on Saturday Sessions

<u>TEAM</u>	<u>AGE GROUP</u>
Cub	Youth (6 – 13)
Lion	Varsity (14 – 18)
King	College / Pro

***BONUS:** Note that each participant is required to bring their own pair of cleats and tennis shoes to all training sessions.

Edits: The game of football will always begin and end in the trenches. Therefore, a technique sound offensive and defensive line will put skill players in a position to be successful in the fourth-quarter.

<u>TEAM CUB</u>	<u>AGE GROUP</u>
Cub – 5-7PM	1 Session.... \$20
	8 Sessions.... \$119
	16 Sessions.... \$159

<u>TEAM LION</u>	<u>AGE GROUP</u>
Lion – 7:30-9:30PM	1 Session.... \$30
	8 Sessions.... \$149
	16 Sessions.... \$229

Phase I

<u>DATE</u>	<u>SESSION</u>	<u>FUNDAMENTALS</u>
April 22	Base: Squeeze	Stance - Build Foundation
April 24	Reach: Press	Sniper Vision
April 29	Cut Off: Bend	Hand Placement
May 1	Down: Trap	Feet, Hips

Phase II

May 6	Pull: Collision	Stance, Alignment, Assignment
May 8	Cut: Hands	Sniper Vision, Hand Placement
May 15	Back Block: Vertical	Bite Numbers, Neighbor's Gap
May 17	Hinge: Close	Feet, Hips, Hands

Phase III

May 22	Pass: Rush	Get off, Redirect
May 24	Dbl: Hip	S:R one man vs movement
May 28	Surge: Claw	Stimulus: Response two man
May 31	Down Down: Collision	S:R two man vs movement

Phase VI

June 5	Influence: Trap	Sniper Hands, Primary/Counter
June 7	Clean: Screen	Proximal vs Distal
June 12	Odds vs Even Game	Line Twists: Interior vs Exterior
June 14	Draw	Counter Pass Rush

*June 15	OFFA Football Camp 2019
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RATE SCHEDULE

Option: Film Study Session

Session	1 session	\$25
Monthly	8 sessions	\$139
Full	16 sessions	\$199
Private Training	available upon request	