

MEET YOUR TRAINERS



Kyle Myers— Head Coach

After playing and graduating from the University of Minnesota, Crookston where Myers played linebacker and was a team captain, he joined the University of North Dakota staff in 2010. At UND, he was a defensive assistant before being elevated to defensive line coach and recruiting coordinator. Myers also coached at Northland Community College, the University of Mary, youth football, as well as high school. In addition, he was assistant general manager for the Bismarck Bucks, a professional indoor football team, and still works with professional teams as a independent consultant.

Kyle works full time as a higher education professional, volunteers as a youth sports coach, and will utilize his extensive experience to motivate and develop football players.



Adam Sorum—Assistant

Adam grew up near Oslo, MN and went to school in WAO where he participated in high school football, wrestling and track.

Adam is a graduate of the University of North Dakota with a Bachelor's Degree in Physical Education, Exercise Science and Wellness. Adam was a Personal Trainer and Clinical Exercise Specialist at Altru's Medical Fitness Center for 13 years and worked with various organizations developing services for individuals in our region with different needs.

Adam is an ACE Certified Personal Trainer, an ACE Certified Medical Exercise Specialist, a USA Football Certified Coach, USA Wrestling Certified Coach and an has completed the IPC Coaching Para Sport program.

Adam is married and has one child and two dogs who think they are kids.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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FASTER STRONGER BETTER



YMCA Football Academy



SUMMER 2019
ALTRU FAMILY YMCA
Grand Forks, ND

ABOUT THE ACADEMY

The Grand Forks YMCA offers the Football Academy, to help athletes improve their football fundamentals, technique, and skills. Coach Myers has experience coaching football at a variety of levels including youth, high school, professional, and was defensive line coach and recruiting coordinator at the University of North Dakota. In addition, he has experience in professional player personnel and specializes in motivation and mentorship.

SCHEDULE

Session 1: June 4- 27
Session 2: July 2- 30
Session 3: August 1 - 22

Monday/Wednesday
3:45 - 4:25 pm
Wilmar Park

Members: \$40, \$30 Session 3
 Non-members: \$60, \$45 Session 3

Registration
Register at Y Member Services or call
701-775-2586.



Grand Forks YMCA Football Academy

Summer 2019

Group training is available for individuals with similar experience, goals, and skill levels. Groups make costs more affordable, allow athletes to learn with and from each other, and influence a highly motivated session.

FUNDAMENTAL DRILL FOCUS (ALL POSITIONS)

Session 1	Session 2	Session 3	Session 4
Warm Up	Warm Up	Warm Up	Warm Up
Agility	Agility	Agility	Agility
Speed Ladder	Stance/Starts (DB)	Stance/Starts (QB)	Drop Back Progression
Stance/Starts (WR)	Back Pedal/Breaks	Exchange Progression	Route Tree
Route Tree (WR)	Man Technique	Drop Back Progression	Pocket Presence
Catch/Tuck	Trail Technique	Passing Technique	Scramble Rules
Catch vs Defender	Zone Technique	Route Tree	Window Read
Friendly Competition	Friendly Competition	Friendly Competition	Friendly Competition
Warm Down	Warm Down	Warm Down	Warm Down

Session 5	Session 6	Session 7	Session 8
Warm Up	Warm Up	Warm Up	Warm Up
Agility	Stance/Starts (RB)	Agility	Agility
Stance/Starts (OL)	Agility	Stance/Starts (DL)	Stance/Starts (WR)
Base Block Progression	Handoff Exchange	Base Block Progression	Kick/Punt Return
Balance	Jump Cut	Pin the Elbow	Long Snapping Basics
Pass Pro Progression	Pass Pro	Pass Rush Basics	Fumble Recovery Rules
Pull Progression	Route Tree (RB)	Tackle Progression	INT Rules
Friendly Competition	Friendly Competition	Friendly Competition	Friendly Competition
Warm Down	Warm Down	Warm Down	Warm Down

Private sessions are available and are developed based on the athlete's experience, skill level, and goals. Beginners, intermediate, and advanced players will sharpen fundamentals, improve position-specific skills, or prepare for their next step following college play.

Head Coach: Kyle Myers
Assistant Coach: Adam Sorum