



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE YOUR
GAME



ALTRU FAMILY YMCA

FOOTBALL ACADEMY

QUARTERBACK LAB



The QB Lab is comprehensively designed to improve QB play for athletes of all skill levels. With drills designed to boost fundamental skills, throwing mechanics, field awareness, and confidence, the QB Lab is a great resource to help quarterbacks improve through the off-season. We will begin by focusing on the “must-have” skills that will give young QBs an edge on competition. Experienced QBs will polish their fundamentals, and all will progress to develop a more advanced skill-set.

Coached by Kyle Myers & Adam Sorum

Dates: March 28, April 11, April 18 & April 25

Session 1: Kindergarten to 3rd Grade – 1:00 PM

Session 2: 3rd Grade to 6th Grade – 2:30 PM

Cost: \$40 per session