



IMPROVE YOUR
GAME

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ALTRU FAMILY YMCA

FOOTBALL ACADEMY

DEFENSIVE PLAYMAKERS



This workshop will focus on stance, starts, hand placement, pursuit angles, & ball skills. Players from all position groups will develop skills to make them better defensive players and leaders.

Coached by Kyle Myers & Adam Sorum

Sundays • May 2, 9, 16

1:00 pm

Grades 4-8

\$30