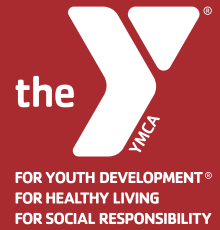




ALTRU FAMILY YMCA

FOOTBALL ACADEMY



SUNDAYS • NOVEMBER 13, 20, 27

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 over their competition. Experienced QBs will polish their fundamentals, and all will progress to develop a more advanced skill set.

The first three practices help QBs build a fundamental foundation as they learn the skills that are needed to execute a run play, play-action pass play, and a 3-step drop play.

Gr 3+ 12:00 Noon
Gr 7+ 1:15 pm



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POSITION SPECIFIC TRAINING FOR YOUNG ATHLETES

Contact: Adam Sorum / asorum@gfymca.org

Contact: Kyle Myers / coachmyers2@gmail.com



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