



ALTRU FAMILY YMCA 2023
**FOOTBALL
ACADEMY**



August 15-17

FOOTBALL SKILLS CAMP

The Skills Camp helps players develop the tools needed to score touchdowns and the fundamental skills needed to defend against them. Players will learn how to make defenders miss, ball security, and route running, along with developing skills to cover receivers, pursuit angles and positioning to make plays in the open field.

Grades 7-8 + (younger allowed with permission)

3:00-4:00 pm

Elks Park

\$30



ALTRU FAMILY YMCA

FOOTBALL ACADEMY

POSITION SPECIFIC TRAINING FOR YOUNG ATHLETES

Contact: Adam Sorum / asorum@gfymca.org

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ALTRU FAMILY YMCA • 701-775-2586 • www.gfymca.org