


ALTRU FAMILY YMCA 2023

FOOTBALL ACADEMY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

October 8, 15, 22

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.

Grades 3-8 • 1:00 - 2:05 pm • Altru Sports Advantage • \$40

BLOCK PARTY

Players will develop an advanced level of skills using techniques that occur each play as a blocker or player who gets blocked. These sessions will be progression-based and are designed for middle school and high school players.

Grade 6+ • 2:15 - 3:15 pm • Altru Sports Advantage • \$40



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POSITION SPECIFIC TRAINING FOR YOUNG ATHLETES

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