




ALTRU FAMILY YMCA 2024

FOOTBALL ACADEMY



the **Y** YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

..... **ALTRU SPORTS ADVANTAGE**

YOUTH FOOTBALL CAMP

June 23, 30, July 7

Grade 2-6
Sundays • 1:00-2:00 pm / 2:15-3:30 pm

QUARTERBACK LAB

July 14, 21, 28

Grade 4-8
Sundays • 1:00-2:00 pm

Youth Football Camps are for players in grade two through six and are designed to help develop a fundamental foundation for all of the skills needed to be successful at any position.

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.




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POSITION SPECIFIC TRAINING FOR YOUNG ATHLETES

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