

THE PROGRAM



Beginning MARCH 2018

presents

GET YOUR "GAME TIGHT" CLINIC

DB/LB PASS COVERAGE SKILL



Instruction by Coach Robert Holland

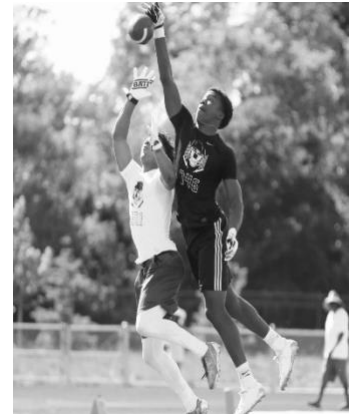
Mastering Pass Coverage Skillz

Who: High School; College Prep

When: 9am EVERY Saturday

Where: Amador Valley HS/ HFPT

Cost: Registration \$49; \$99/month



Do you play football as DB or LB? Do you have pass coverage ability? Would you like to develop skill or confidence to play effectively in Man or Zone coverage? Do you know the difference? Would you like to learn?

Learn * Develop * Refine

- ★ Mental & Physical approach, ★ Alignment, Stance, Read Steps,
- ★ Back Peddle, Weave, Slide, Shuffle ★ Plant & Drive, Open & Run
- ★ Press, Jam, Catch, Funnel ★ Eye Progression, Read and React,
- ★ Playing the ball ★ When to employ all techniques to defeat opponent.

If you have a willingness to LEARN, this clinic will DEVELOP the fundamental abilities that will REFINE your pass coverage skills and get your **GAME TIGHT!**

REGISTER NOW

HOLLAND
FITNESS & PERFORMANCE TRAINING

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