

ELITE ERA

S P O R T S

**FOOTBALL TRAINING**

**Elite Era Sports is offering a personalized Offensive and Defensive Lineman Training Program designed to elevate your child's football skills and passion for the game. This program is crafted to nurture the specific skills required for offensive and defensive linemen. From mastering fundamental techniques to developing strength, agility, and mental resilience, our sessions are designed to instill a love for the game while fostering a deep understanding of the lineman's role.**

**Where:** Post Road Park

3558 Post Road Winston, GA 30187

**When:** Monday, Tuesday, Thursday

(Wednesdays and Friday will be used for reschedules with in same week)

**Time:** 6:00pm-7:30pm

**Equipment Needed**

- Athletic Wear constant with weather (shorts, sweatpants, Dry-fit hoodie, t-shirt)
- Athletic Shoes and cleats
- Water Bottle

## **Payment due Sunday of training week by 8:00 pm**

- 75/week 3 sessions
- 35\$ per session
- Sibling Discounts:  
Families with multiple children enrolled will receive a 20% discount on the total weekly fee for each additional sibling.

## **Accepted payment methods-**

- Cash
- CashApp- \$ELITEERALLC
- Apple Pay- 6787604288

## **Refund Policy**

Refunds will only be given for coach cancellation.

- Cancellation is any session that is called off and not rescheduled.

No refunds will be provided for missed sessions or late arrival within a paid week.

Participants canceling mid-week will not be refunded for the remaining days of that week.

All sessions are subject to be rescheduled week; refunds will not be given for missed rescheduled sessions.

**\*Exceptions may be made at the discretion of the coach\***

Rescheduling will be at the discretion of the coach.

Reasons for Rescheduling (include be ae not limited to)

1. Inclement Weather:

- **Adverse weather conditions, such as thunderstorms, heavy rain, or extreme temperatures, may pose safety risks for participants.**
- 2. Facility Unavailability:**
- **Unexpected closures or unavailability of the training facility due to maintenance, events, or unforeseen circumstances.**
- 3. Technical Difficulties:**
- **Technical issues with equipment, training materials, or facilities that prevent the coach from conducting a productive session.**
- 4. Player Safety Concerns:**
- **If a coach perceives a safety risk for participants, such as unsafe playing conditions or inadequate equipment, rescheduling may be necessary.**
- 5. Public Health Concerns:**
- **Public health concerns, such as the outbreak of contagious illnesses or adherence to health guidelines, may necessitate changes to the training schedule.**
- 6. National or Local Emergencies:**
- **Unforeseen events, such as natural disasters or local emergencies, may necessitate rescheduling for the safety of all involved.**

## Objective

The primary objectives of this training are to foster player development, emphasizing leadership, teamwork, and technical excellence. Our program aims to instill a passion for the game while equipping players with the skills and knowledge necessary to excel on the football field. Throughout the training, we commit to achieving the following key objectives:

- **Develop leadership and teamworking skills**
- **Competitiveness, Aggressiveness, Explosiveness**
- **Conditioning**
- **Speed and agility**
- **Improve flexibility and range of motion**
- **Football IQ**
  - Know every position on OL and DL
  - Identify personnel groupings
  - Understand basic football rules and penalties
  - Identify offensive gaps and holes
  - Understand defensive lineman techniques and alignment
- **OL Fundamentals**
  - Stance
  - Hand Placement
  - Punch and Drive
  - Pad level
  - Pass Block
  - Run Block
- **DL Fundamentals**
  - Stance
  - Hand placement
  - Block Shedding
  - Pursuit
  - Pass Rush
  - Pad level

# MONTH 1: ESTABLISHING FOUNDATIONS

## Week 1-2: Introduction and Baseline Assessment

- ❖ **Competitiveness, Aggressiveness, Explosiveness:**
  - Drills emphasizing competitiveness and aggressiveness in a controlled setting.
  - Introduction to explosive movements.
- ❖ **Conditioning:**
  - Basic cardiovascular and strength conditioning exercises.
  - Introduction to proper warm-up and cool-down routines.
- ❖ **Speed and Agility:**
  - Basic agility drills to improve coordination and quickness.

## Week 3-4: Football IQ and Flexibility

- **Football IQ:**
  - Introduction to identifying offensive and defensive positions.
  - Basic understanding of personnel groupings.
- **Improve Flexibility and Range of Motion:**
  - Stretching routines to enhance flexibility and reduce injury risk.
  - Introduction to proper recovery techniques.
- **OL Fundamentals:**
  - Stance and hand placement drills.
  - Basic pass-blocking and run-blocking techniques.
- **DL Fundamentals:**
  - Stance and hand placement drills.
  - Introduction to pursuit and pass rush techniques.

## **MONTH 2: SKILL ENHANCEMENT AND GAME SIMULATION**

### **Week 1-2: Advanced Football IQ and Skill Development**

- **Football IQ:**
  - Understanding offensive gaps and holes.
  - In-depth learning of defensive lineman techniques and alignment.
- **OL and DL Fundamentals:**
  - Advanced drills for pass blocking, run blocking, block shedding, and pursuit.
  - Emphasis on explosive movements in drills.

### **Week 3-4: Speed and Agility Integration**

- **Speed and Agility:**
  - Integration of advanced speed and agility drills into position-specific training.
  - Simulated game scenarios to enhance decision-making under pressure.
- **Conditioning:**
  - Increase intensity in conditioning drills, simulating game-like situations.

## **MONTH 3: MASTERY AND SPECIALIZATION**

### **Week 1-2: Position-Specific Mastery**

- **Football IQ:**
  - Mastery of every position on the offensive and defensive line.
  - Understanding advanced football rules and penalties.
- **OL and DL Drills:**
  - Intensive position-specific drills to refine techniques.
  - Introduction to specialized skills based on player strengths and preferences.

### **Week 3-4: Game Simulation and Feedback**

- **Leadership and Teamwork:**
  - Leadership roles emphasized during full game simulations.

- Group feedback sessions focusing on teamwork and individual improvement.
- **Conditioning:**
  - High-intensity conditioning sessions to mimic game conditions.