



The motive within BJ Sports Football clinics is promote fun, safe training environments aimed towards providing youths the ultimate football experience. Every participant will receive quality instruction in the areas listed below.

Members of BJ Sports Football Clinics will leave our training sessions a better athlete.

**Quarterback/Receiver Clinic:** *Quarterbacks/Receivers/Tight Ends/Running Backs*

**Quarterback quality instruction with emphasis on:**



- ®Quickness
- ®Position and control behind center
- ®Steps and positioning
- ®Rules for QB recognizing the open receiver
- ®Pitches and options flip's
- ®Do's and don'ts as a QB
- ®Speed and Agility
- ®Hand-offs
- ®Ball Handling
- ®Leadership
- ®3-5-7 Step Drops

**Receiver, Tight Ends and Running Backs**

- ®How to read coverage
- ®Working back to ball
- ®Catching the long ball
- ®Line release
- ®Recognize the Defense
- ®Running correct pass routes
- ®Catching ball at highest point
- ®Eyeing the ball in
- ®Speed control
- ®Routes

**Big Boy Lineman Clinic:** *Offensive and Defensive Lineman*

**Lineman quality instruction with emphasis on:**



**Offensive Line**

- ®Blocking fundamentals (explosion, lift, blocking surface, etc.)
- ®Stance (4-3) footwork, takeoff, Individual blocks
- ®Methods to improve quickness, agility, speed
- ®Recognizing and understand defense
- ®Trap blocking
- ®Pass Blocking
- ®Pulling and leading
- ®Blocking stacks and stunts

**Defensive Line**

- ®Stance and starts
- ®Pursuit angles
- ®Pass rush techniques
- ®Neutralization
- ®Gap control
- ®Tackling
- ®Separation
- ®Key education

**Linebackers/Defensive Backs Clinics:** *Linebackers and Defensive Backs*

**Linebackers and Defensive Backs quality instruction with emphasis on:**



**Linebackers**

- ®Skill Assessment
- ®Footwork
- ®Key recognition
- ®Man coverage technique
- ®Stance
- ®Reads and keys
- ®Pursuit angles
- ®Proper drop technique

**Defensive Backs**

- ®Skill Assessment
- ®Footwork
- ®Breaking on the ball
- ®Pursuit angles
- ®Stance
- ®Back pedaling
- ®Coverage Technique
- ®Catching the ball



**Clinics Dates and Times**

**Session 1: October 24, November 7, 14, 21, 28, December 5, 12 & 19**  
**6:00 pm- Big Boy Lineman Clinic & Linebackers/Defensive Back Clinic**  
**7:00pm- Quarterback and Receiver Clinic**

**Location**

**Kingdom Indoor Center – Kingdom Field**

**8151 Merchant Place Portage, MI 49002**

**Cost**

**\$80.00 for 8 one hour sessions**

**Registration Form**

PLEASE PRINT WITH PEN.

**Name** \_\_\_\_\_ **D.O.B.** \_\_\_\_\_

**Parent Name** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Cell Phone** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Email** \_\_\_\_\_

**Secondary Email** \_\_\_\_\_

**Football Association Play for** \_\_\_\_\_

**Clinic Registering For:**

\_\_\_\_\_ : Quarterback & Receiver Clinic      \_\_\_\_\_ : Big Boy Lineman  
\_\_\_\_\_ : Linebacker & Defensive Backs



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