



MANCHESTER HAWKS



Manchester Hawks 2010 Spring Instructional Football Program

The main objectives of the Hawks Spring Instructional football program are to provide solid fundamental football skills to our players and to increase their overall knowledge of the offensive and defensive plays that we utilize during our regular season training. This NON-CONTACT program will also provide the athletes with year round conditioning with focus on stretching, sprinting, quickness and agility, and strength building drills and exercises.

ALL LEVELS ARE INVITED TO ATTEND

Focus of Instruction

- THE QUARTERBACK - Ball Handling, Passing, Field Leadership & Strategy
- THE RUNNING BACK - Ball Carrying, Faking, Blocking, and Pass Receiving
- THE DEFENSIVE BACK - Tackling, Keying, Pass Defense (Man to Man & Zone)
- THE ENDS & FLANKERS - Releases, Patterns, Receiving, Ball Carrying & Blocking
- THE OFFENSIVE LINEMAN - Stance, Explosion, Pulling, Trapping, & Blocking (Pass Protection, Scramble, Reach, & Double Team)
- THE DEFENSIVE LINEMAN - Stance, Reading Reaction, Slant Techniques, Pass Rushing, & Tackling
- THE LINEBACKER - Stance, Keying, Reaction, Tackling & Pass Defense
- THE DEFENSIVE END - Stance, Techniques, Playing the Opposition, Pass Rush & Contain

2010 Registration Fees and Duration of the Program

The program will be conducted during the months of April, May, June & July with 2 sessions per week. Each session will be from 6-8pm [weekdays TBD] and they will be level specific. The cost will be \$25 per month and it will be due 1 week prior to the 1st of each month. All levels are encouraged to participate in the program. The program is a month to month program so each child can attend the months that they are available.

If you have any questions or concerns please contact:
Dan Hourigan, Football Commissioner 732-779-7102



MANCHESTER HAWKS



REGISTRATION FORM

Child(ren) Names: _____

Parent Name: _____

Signature: _____

Date: _____

[The cost is \$25 per month per child]

	APRIL	MAY	JUNE	JULY
FLAG				
JR MITE				
MITEY MITE				
JR PEE WEE				
PEE WEE				
MIDGET				