



Emmorton Buccaneers Football Program's 2<sup>nd</sup> Annual



# **FUNDAMENTALS, SPEED AND AGILITY CAMP**

Run by Perfect Fit instructor/Harford Tech Offensive Coordinator, Mike Kelley



## **Fundamentals**

- Receiving
- Passing
- Special teams
- Daily 7 v 7



## **Speed**

- Speed ladder
- Breathing techniques
- Running posture
- 40 yard testing
- Short shuttle



## **Agility**

- Small hurdles
- Stance and start
- Broad jump
- L drill



Cedar Lane Regional Park Turf Field

July 22<sup>nd</sup> – 26<sup>th</sup> 2019

9:00 am – 2:00 pm

Ages 5-14

\$125 per participant *if registered prior to July 1<sup>st</sup>.*

(\$150 per participant after July 1<sup>st</sup>)

Please bring cleats and a bag lunch

Register online at [www.emmortonrec.com](http://www.emmortonrec.com)

For more information contact Mike Kelley, [mdkelley33@gmail.com](mailto:mdkelley33@gmail.com) or Chris Druyor, [vice\\_president@emmortonbucs.com](mailto:vice_president@emmortonbucs.com)

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