



MAXOUT

FOOTBALL CAMP

For Student-Athletes Entering Grades 9-12

June 17-19 Gretna High School

June 23-24 Scottsbluff High School

July 15-17 Grand Island High School

Register online at

FCAMAXOUT.ORG

\$105 if registered by June 1.

\$40 if attending Scottsbluff location.

**Zone/man blocking schemes • Form tackling • QB mechanics • Stance • Ball Security
First step quickness • Formation recognition • Situational awareness (down & distance)**

Skill positions:

Stance, release, speed, quickness, blocking techniques, footwork, hand off exchanges, throwing mechanics, receiving techniques

Line Backers:

Proper techniques of shedding blocks, tackling, and correct positioning in man to man and zone coverage

Offensive/Defensive Lineman:

Stance, zone-blocking, man-blocking, combination blocks, pass rush-skill, gap control, tackling



What is Max Out Football Camp?

FCA Max Out Football Camp is a training ground for coaches and athletes to make the connection between God and sports. Every element of the camp provides coaching on what it means to know Christ and to “max out” God-given ability for Him.

FCA Max Out Football Camp provides a high intensity training ground for players to connect the gridiron with the glory of God. Coaches will challenge each individual on how to know Christ and to “max out” God given ability for Him through essential fundamentals.

Cost & Registration-Register online at FCAMAXOUT.ORG

\$105 if registered by June 1. \$115 after June 1.

If you are attending the Scottsbluff location:

\$40 if registered by June 1. \$50 if registered after June 1.

Attendees must bring helmet and shoulder pads. Tshirt, resources and meals included. Email confirmation, waiver and additional information will be sent after registration is received.

Contact **FCA** at **402 464 2343** or online at **FCAMAXOUT.ORG**



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FELLOWSHIP OF CHRISTIAN ATHLETES



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