

Hawaii Speed & Quickness

PRESENTS



FREE LAUNCH CLINIC

SATURDAY, FEBRUARY 3, 2018
WAIANAE HIGH SCHOOL

8:00-9:00A Sign In | 9:00-11:00A Free Clinic | 11:30-12:00P Flex Demonstration

BRIDGING THE GAP BETWEEN FLAG & TACKLE

Flex is inspired by the NFL's approach to practice, where for years pro teams have utilized soft-shell pads, allowing for high tempo, low impact, assignment and scheme focused practices. Based on these principles, Flex is the ideal experience to develop true football fundamentals. The value lies in the development of advanced football skills while keeping the head out of the game.



THE BASICS

- 9 on 9 play
- Offense: 5 eligible, 1 QB, 3 Olinemen
- Defense: 7 skill players and 2 D-ends
- Traditional point values
- Non-impact environment
- Introduction to blocking

THE SKILLS

- Run and pass blocking techniques
- Pass rush techniques
- Defeating blocks
- Bump & Run/Press coverage techniques
- Passing and catching mechanics with a helmet and shoulder pads

THE VALUE

- Created by former NFL players
- Wear helmets and shoulder pads for the first time
- Experience the full game with none of the impact
- Extended preparation and skill building before full-contact

TO REGISTER AND LEARN MORE, VISIT:
HAWAIIISPEEDANDQUICKNESS.COM

