



Offensive Lineman Skills Training Program

Learn top lineman drills that will take your game to the next level from former Klein High School Head football coach Ray Kenjura.

The following is a brief description of what will be covered in the Offensive Lineman training sessions both on and off of the field. Sessions will be limited to only 10 linemen per session. Reserve your spot ASAP! For incoming 7th, 8th and 9th graders only.

Classroom Setting

- Most critical positions in the game.
- Who scores and who wins.
- Importance of proper technique.
- Communication is a big key – TALK before the play.
- Defensive alignments – key to who is going where.
- Using angles to gain an advantage.
- Combination blocks vs. man blocks.
- Know the rules – a grip is not holding.
- Taking the play from the board to the field.

On the Field Work

- Stance – not comfortable...”workable”
 - Three point stance
 - Two point stance
- Importance of the first step – direction and step.
- Run blocking technique – Hands and Hips and legs and feet.
- Zone blocking – working in pairs with combo blocks
- Lineman pulls – the shoulders are critical
- Trap blocking techniques.
- Pass Protection:
 - Body position
 - Head and eyes
 - “Four hands on” – “Four eyes on”.
- Grip and Lock-Out
- Know the launch point for the QB
- Feet...Feet...Feet...and then MORE FEET
- Screen and Draw techniques.

Session	1	Fee \$299	(June 1-June 18, 2009)
Session	2	Fee \$299	(June 22-July 9, 2009)
Session	3	Fee \$299	(July 13-July 30, 2009)

Attend 1 session only. Space is limited to 10. First come first serve.

Location: CAP Elite
10600 Commerce Row
Montgomery, TX 77356

Time: Monday-Thursday
7:00-8:00pm

Reserve your spot ASAP by calling 936-582-7777 or call Coach Kenjura directly at 713-249-5482.

Name _____ Address _____ City _____ St _____ Zip _____

Phone _____ Email _____ Session Attending (please circle) 1 2 3

School _____ Grade (09-10) _____ Position (Please circle) QB Receiver Linemen

I hereby authorize the camp staff to act for me according to their best judgment, in an emergency requiring medical attention, and hereby release Ray Kenjura and CAP Elite, Inc., and its staff from any and all liability for any injuries and illnesses incurred while at the training. I have no knowledge of medical problems or physical impairment that would affect the above named camper to safely participate in the program outlined in the flyer. I certify that the camper is covered by a medical insurance policy in case of illness or injury.

Parent or guardian Signature _____ Date _____

Mail this form along with payment to CAP Elite 10600 Commerce Row, Suite A, Montgomery, TX 77356. Please make all checks payable to CAP Elite. Cash is accepted. Please mail asap. First come first serve.