

Team Impact Skills Training Program

Welcome. Our collective goal is to help build a stronger, faster and smarter athlete.



Our program rotates athletes through 3 of these stations at each session.

1. **POWER:** upper and lower body strength, jump training and explosiveness
2. **SPEED:** straight line speed as well as footwork and agility
3. **SKILLS:** football-specific technique training for Receivers, Defensive Backs, Safeties, Linebackers, Running Backs and Quarterbacks
4. **TACKLE PREPORATORY:** dedicated to teaching the fundamentals of tackling, blocking and press coverage contact without full contact or pads
5. **GAMEDAY:** football IQ training including reading coverage, reading defenders, simulating game situations for both 5v5 flag and 7on7 tackle prep



Our program intentionally includes a variety of coaches and trainers. High School, former collegiate and pro, Team USA coaches and athletes combine with successful flag, 7on7 or tackle coaches blended together and aligned with the same vision to create a total development experience for your young athlete.



The Team Impact 17-week program, designed to transform your athlete.

WEEK 1: Welcome, Introduction, Evaluation and Foundation

WEEK 2: Combine Testing recording pre-training measurements

CYCLE 1 (WEEKS 3-5): BUILD

- Upper and lower body and strengthening, including explosiveness and agility

CYCLE 2 (WEEKS 6-8): TECHNIQUE

- WR/DB/LB/RB/QB position-specific footwork, hand position, eye training

CYCLE 3 (WEEKS 9-11): SKILLS

- WR and RB route running with route tree, DB and LB coverage, LB blitzing, QB footwork and reading complex coverage, blocking and tackling form

CYCLE 4 (WEEKS 12-14): GAMEDAY

- Layer drills to create gameday scenarios for 5v5 Flag or 7on7 football

CYCLE 5 (WEEKS 15-17): COMPETITION

- Live drills competition and Combine testing post-training measurements

Thank you for entrusting Team Impact with your student athlete.

Sincerely,

Your Team Impact Coaching and Training Staff

