



ORONO FOOTBALL

PROVEN EXPERTISE

- Career began outside of Washington DC; led High School to the Maryland State 4A championships in 1995.
- Earned a scholarship to Howard University and was a four-year starter winning the HBCU national championship in 1996. As a senior, was first team all MEAC at cornerback and was named the team's defensive MVP.
- Started 10 games in rookie season with the Minnesota Vikings before career was cut short by injuries.
- Has been employed by a charter school in Minneapolis, MN, helping to shape the youth of tomorrow, for over a decade.



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TRAINING OVERVIEW



For experienced football players and those just starting football, the passing, receiving and DB training is an experience they will never forget.

- Participants will return home to their teams a better football player.
- Participants are taught at an approximately 10:1 ratio.
- We concentrate on the fundamentals of the game.
 - With each practice, players will receive in-depth instruction, lectures, and demonstrations from experienced and knowledgeable coaching staff.

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TRAINING OVERVIEW



Participants are grouped by age, position, ability, and experience to allow coaches to progressively teach basic and advanced techniques to best benefit each group.

- Participants are divided up into different age groups to ensure they receive the proper training.
- Each group is the right size to allow players to be matched up properly at each age level.
 - This allows not only for a proper match up, but also for the participants to be challenged and provided with a better learning environment.

AREAS OF COACHING FOCUS

QUARTERBACKS

- Stance, Exchange
- Drops
- Set-Up
- Sprint Out
- Play Action
- Screens
- Ball Handling
- Option
- Reading Defenses
- Field Leadership

WIDE RECEIVERS

- Stance
- Start
- Release
- Route Running
- Cuts
- Receiving
- Blocking
- Reading Defenses

TIGHT ENDS

- Stance
- Start
- Release
- Run Blocking
- Pass Protection
- Route Running
- Receiving
- Ball Security
- Reading Defenses

DEFENSIVE BACKS

- Defensive Football Drills
- Reaction Skills
- How To Run With The Offense
- Drop-Back Fundamentals
- Forward Acceleration
- Cornerback Ball Skills
- Backpedaling
- Stance & Start/Lining Up
- T-Step Breaks
- Quick-Step Breaks
- Bail Technique
- Press Technique
- *Cornerback IQ

*DB Coverages, Reading Offenses, Quarterbacks and Wide Receivers, Disguising Coverages, Coverage Keys, Cover 1 and Cover 2, Outside vs. Slot Receivers

FEATURES



- Players are thoroughly trained and prepared to be a better, more confident football player.
- Daily instruction, lectures, and demonstrations.
- Participants receive up to two hours of instruction each day.
- High school players aged 15-18 are eligible for the exclusive Gridiron Elite. A detailed information packet on each member of the Gridiron Elite will be sent to over 2,500 college football coaches to help each player receive recognition at the college level.
- Film Sessions
 - You will find these sessions are an excellent training tool to break down technique and can be invaluable in the development of athletes.

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LET'S MOVE FORWARD

Coach McPherson, thank you for the opportunity to discuss my training program and the needs of your players. Should you have additional questions, please contact me.

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