



WESTCHESTER SPORTS

“Real Pros_Real Coaching_Real Results”

About Us

Our mission is to provide high-quality, age-appropriate instruction that focuses on the development of fundamental skills necessary for successful competition in any sport.

Unlike any other company, Westchester Sports is able to provide fully-certified staff that can meet the needs of any recreation sports program. Our staff are experienced in structuring league and clinic formats that are age-appropriate, engaging, and safe for all participants.

Program Overview

Our Girls Flag Football clinic will focus on age-appropriate skill development. Participants will learn the necessary skills to compete in flag football under the supervision of our highly qualified and experienced coaches. Our coaches will create an environment that is engaging, safe, and fun for all participants.

Skills Developed- Complexity of instruction will be modified for age-appropriateness

1. Complex Locomotor Movements
2. Agility
3. Speed
4. Ball Carrying/Protection
5. Forward Passing
6. Receiving
7. Advanced Route Running
8. Team Offensive Strategies
9. Defensive Concepts
10. Team Game Play

Duration

6 Week Program
1 hour & 15 mins. per session
Grades 3-5 & Grades 6-8

Equipment Needed

Cleats or other athletic footwear (turf surface)
Water