

Smash Mouth PhD.

Big Man Skills Camp

Hit Harder, Faster, Sooner

The Science is a training program for football players who want to improve the way they use their hands to battle their opponents. The program uses boxing techniques to instill in players a positive connection between their hands and feet and to refine the leverage involved in football specific moves like the rip, club and punch. It is important to note that athletes will not box or fight one another in any shape or manner, they will just experience boxing training methods that involve the art of using their hands and feet while maintaining balance and rhythm.

Over the four session training period, players should expect to make significant improvement in these areas:

Leverage	Balance	Rhythm
Hand placement	Body Control	Timing
Striking	Knee Bend	Footwork
Range	Hitting Position	Fluidity
Power	Conditioning	Athleticism

Each training session consists of a **boxing period** where players are instructed strictly in the art of boxing, followed by a **translation period** where the carry-over from boxing technique to football technique is emphasized, and lastly a **position-specific football period** where the players' new skills are practiced in a situational football context.

Boxing Period

Heavy Bag
Double End Bag
Jump Rope
Floor Work
Focus Pads (advanced)

Translation Period

Timing Jog
Evaluation Line

Football Period

OL 1st Step Striking
OL Pass Protection
OL Second Level
OL Pulling
DL 1st Step Striking
DL Pass Rush Moves
DL Countermoves
DL One Gap Technique
DL Two Gap Technique

If you are not doing anything to improve the way you use your hands this offseason – you should. If you are doing something, we can show you something better.

Dates: June 3, 6, 10, 17, 20, 24, 27
July 1, 8, 11, 15, 18, 22

Times: Thursdays: 6pm-8pm
Sundays: 9am-11am

Fee: *Recommended- 8 sessions= \$160

1 session=\$35

Location: MCF Training Facility

For more info:

Please email: mccormackgallagher@yahoo.com

Or call 917-856-8589

www.millcolemanfootball.com

Head Instructor:

Mac Gallagher

- 1st team All State Lineman in PA
- Starter on 10-2 Penn State team that finished #3 in the nation
- 2 Time Houston/SE Texas Gold Gloves Champ
- 6 Years Boxing Coach - New York Athletic Club
- 2 Seasons Line Coach St Anthony HS Jersey City, NJ