

The Program:

The students enrolled in the Football Focus Class at Blessed Trinity Catholic Secondary School are provided training in football skills through out the semester in conjunction with the Ontario Physical Education Curriculum.

- Position Specific Drills for Running, Agility, Blocking, Defeating a Block, Route running, Route defending, & Throwing
- Introduction to Basic Offensive, Defensive, and Special Team Schemes
- Concussion Management and Injury Prevention
- TRX Suspension & Cross Fit Training
- Battle Ropes & Parachute Training
- Weight Training
- Medicine Ball & Landmine Training
- Speed-Agility-Balance & Plyometric Training
- Handball & Dodgeball
- Open to Male & Female Students
- Students Will Participate Without Football Equipment

