

THE GRIDIRON TRAINING

BIG MAN CLINIC

SPONSORED BY



**GET THE ULTIMATE EDGE
&
LEARN FROM THE PRO'S**

**FEATURING:
SUPER BOWL CHAMPION**



**MIKE FLYNN
BALTIMORE RAVENS**

**ALL REGISTERED ATHLETES WILL RECEIVE HANDS ON COACHING
FROM FORMER NFL LINEMEN. AND, RECEIVE AN OFFICIAL FREE
GRIDIRON CLINIC T-SHIRT.**

THE GRIDIRON TRAINING BIG MAN CLINIC

ABOUT US: THE GRIDIRON CLINIC, was founded by former NFL Offensive and Defensive Linemen. We are the only Lineman Clinic of it's kind in New England. Our staff is comprised of former NFL Draft Picks, NFL Starters, Roster Players and Super Bowl Champions who are passionate about teaching young football lineman at all levels the proper fundamentals and techniques of the lineman position. We specialize on both sides of the football. Our Staff has over 20 credited seasons and years of playing experience in the NFL. We are ready to give you and your team the "EDGE" it needs to dominate in the trenches.

MISSION: The Mission of The GRIDIRON CLINIC is simple. To ensure that every participant has the opportunity to learn, grow and succeed at his lineman position. We will teach our lineman to be fundamentally and technically sound. We will also teach them proper "Football Awareness" and what it means to have the "Mental Edge". We will execute this by teaching and demonstrating all of the various techniques, drills and skills that have been taught, learned and utilized by our staff at the highest level in the NFL. We are also focused on helping any High School and College Coaches looking to learn more about the Line position and enhance their skill set as a coach.

CLINIC INFO:

TBD

ELIGIBILITY:

Must be in grades 9-12 or Collegiate Level as of Fall 2011

GENERAL FORMAT:

NON-CONTACT, FUNDAMENTALS, POSITIONAL SKILLS

EQUIPMENT REQUIRED:

Helmets, Cleats & Shorts
(Clinic T-Shirts will be Issued)

GRIDIRON TRAINING, LLC. and THE GRIDIRON CLINIC are Fully-Insured & will have a Certified and Licensed Medical Trainer on site at all times during the clinic.



STAFF:

(OVER 20 YRS. OF NFL EXPERIENCE)

MIKE FLYNN OFFENSIVE LINEMAN

- 11 Year NFL Veteran, Baltimore Ravens
- SUPER BOWL XXXV Champion, 2000 Baltimore Ravens
 - Started 115 NFL Games, Played in 134 NFL Games
- Started all 16 games in 2003, and helped RB Jamal Lewis set a franchise record with 2,066 rushing yards (2nd most in NFL History)

VERNON CRAWFORD DEFENSIVE LINEMAN

- 5th Round NFL Draft Pick, New England Patriots
 - 3 Year NFL Veteran (1997-1999)
 - Star LB/DE at Florida State University

JOE FLEMING DEFENSIVE LINEMAN

- 2 Year NFL Player
 - Cleveland Browns, 1995
 - Chicago Bears, 1999
- 10 Year CFL Veteran (Canadian Football League)
 - GREY CUP CHAMPION, Calgary Stampeders
 - 4 Time CFL ALL-STAR
- 2003 CFL DEFENSIVE PLAYER OF THE YEAR

MARTIN BIBLA OFFENSIVE LINEMAN

- 4th Round NFL Draft Pick, Atlanta Falcons
- 4 Year NFL Veteran (2002-2006)
- 31 NFL Games Played, 2 NFL Starts
- Captain, 2001 National Championship, U. of Miami Hurricanes
- First Team All-Big East
- Third Team All-American

PAT DOWNEY OFFENSIVE LINEMAN

- 1 Year NFL Player
 - Washington Redskins, 2002
 - Atlanta Falcons, Practice Squad
- New England Patriots, Training Camp
- San Diego Chargers, Training Camp
 - Frankfurt Galaxy, NFL EUROPE
- 2 Time All-Star, University of New Hampshire
 - Team Captain, UNH

CLINIC SKILLS/DRILLS & TECHNIQUES:

OFFENSIVE LINE
Stance & Starts

Proper Footwork
Hand Placement
Aiming Points/Landmarks
Run Blocking
Screens & Gadgets
Pass Pro Drills
Technique Work
The Punch
Counters
1 on 1's
O-Line Agilities
CHALK TALK

DEFENSIVE LINE

Stance & Starts
Alignments
Assignments
Get-Offs
Pre=Snap Reads
Hand Placement
Footwork
Take on Blocks
Disengaging Blocks
Read & React
Pursuit Drills
1 Gap/2 Gap Technique
Run Stop
Tackling Progression Drills
Pass Rush Techniques
Pass Rush Drills
Counters
1 on 1's
D-Line Agilities
CHALK TALK

THE GRIDIRON CLINIC EXPERIENCE

- **All GRIDIRON CLINIC Lineman will receive an Official Free GRIDIRON CLINIC T-Shirt**
- **Learn first hand from former NFL Offensive & Defensive Linemen**
- **Learn techniques and drills used by the NFL players and coaches**
 - **Special Guest Speaker**
 - **Vita Coco Drinks for all of the Athletes and Coaches**
 - **Nutritional Seminar by our Sponsor, Vita Coco**
 - **Dinner For the athletes**
 - **Individual and Team Competitions**
 - **Awards Ceremony**