

# Football Skills Training

## Get in the GAME!!!

With EDGE Sports Fitness Football Skills Staff:



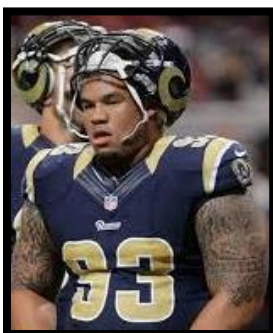
**Keegan Metcalf**  
(Skills Coach)

OKLAHOMA STATE UNIVERSITY  
(Football: Running Back / Special Teams)  
OKLAHOMA BAPTIST UNIVERSITY  
(Track and Field / Football)



**Bronson Irwin**  
(Skills Coach)

UNIVERSITY OF OKLAHOMA (O-Line)  
FIESTA & SUGAR BOWL CHAMPION  
SEATTLE SEAHAWKS (NFL)  
HOUSTON TEXANS (NFL)



**Jermelle Cudjo**  
(Defensive Line)

UNIVERSITY OF CENTRAL OKLAHOMA  
ST. LOUIS RAMS (NFL)  
DETROIT LIONS (NFL)  
NEW YORK GIANTS (NFL)



**Denny Bonewitz**  
(Strength Coach)

UNIVERSITY OF NORTH TEXAS  
UNIVERSITY OF NEW MEXICO  
UNIVERSITY OF CALIFORNIA  
UNIVERSITY OF HOUSTON  
NIKE COMBINE Coach

### **Skill Training ( 1-on-1's / Team Mates (2-5 ath.'s) / Teams)**

Position specific coaching for the fundamentals of Football including:  
Leverage and hand positioning / Defeating blocks and pass rushing / Passing, Receiving, Coverage skills, Offensive and Defensive reads / For skill positions and linemen!

### **30-60 minute sessions / You choose days and times!**

Help improve performance at Satellite camps! / Rates: \$10-\$75/ath. / Available 24/7

**Private Skill Training / All Positions / Year-round / Speed-Strength-Agility**

Combine Training: Learn techniques to improve your 40, Shuttle, VJ & MB toss / Cage & Field Rental

Adult Fitness Classes / Massage Therapy / Chiropractic / Deep tissue Laser Therapy

Sports Performance Classes / Camps and Clinics / Summer Camps / School Semester Pkgs.

\$ave with monthly unlimited packages / see website for more details

Also Available

To register call (940) 391-3711 / [EdgeSportsFitness.com](http://EdgeSportsFitness.com)



13816 Santa Fe Crossing Dr., Edmond, OK 73013

(Just north of the Kilpatrick turnpike)

