

Friday March 4th

Registration 5:00 - 5:50

TRIPLE OPTION

- SESSION #1 -

6pm - 7:20pm

Danny O'Rourke - Slot Backs Coach

United States Naval Academy

Drilling the slot backs

Coaching motion and pitch phase of Triple option

Identifying and blocking run support

Working load path

- SESSION #2 -

7:30pm - 9pm

Danny O'Rourke

Coaching Wide Receivers

Identifying deep defender

and using 6 point blocking progression

WING - T

- SESSION #1 -

6pm - 7:20pm

Jeff Polites - Head Coach Donegal High School

Belly Series run game

- SESSION #2 -

7:30pm - 9pm

Jeff Polites

Belly Series Counter (Sally) and play action

COACHES SOCIAL

9 pm - 10 pm

Pizza - Wings

Sponsored by Parma Pizza



Registration Form

Name of Head Coach: _____

Name of High School: _____

Address of High School: _____

School Tel: _____ Home Tel: _____

Email: _____

Additional Coaches: _____

Payment Information

Pay with Check: Make Checks payable to Dennis Iezzi

Mail Check to: Anthony Sottasante 621 Country Club Rd., York, PA 17403

Pre Registration Fee - \$65.00 per Coach | Walk-Up Fee - \$75.00 per Coach

Group Discounts Offered. Call (717) 424-5840

Pre Registration Deadline February 25th, 2016. Must Send Check Ahead.

***Coaches and topics subject to change.*

Columbia High School



**Friday March 4th,
Saturday March 5th,**
901 Ironville Pike • Columbia, PA

The Clinic will feature a full day of intense football instruction from some of the best High School and College coaches in the Middle Atlantic Region.



**Friday March 4th,
Saturday March 5th,
2016**

901 Ironville Pike
Columbia, PA

Clinic Directors:
**Anthony Sottasante
Dennis Iezzi**

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Clinic Director: Anthony Sottasante - 717-424-5840

Head Coach: Columbia High School

Clinic Director: Dennis Iezzi - 610-781-9787

Defensive Assistant: Albright College

**Best Clinic Value
on the East Coast!**

- FREE Breakfast
- FREE Coach's Social
- FREE Lunch
- Door Prizes

REGISTER TODAY!

www.MeshPointFootball.com

Saturday March 5th Agenda

7:30 am - 8:00 am Registration

WING T

- SESSION #1 -

8:00am - 9:30am

Chuck Johnson

Ridgewood High School

Wing T Oline Play And Practice Strategy

- SESSION #2 -

9:40am - 11:10am

Brett Myers

HC Middletown Area High School

Shotgun Waggle And Rocket Sweep

- SESSION #3 -

11:20am - 12:30pm

Mike Whitehead

Cumberland Valley High School

Cv Goal line And Unbalanced Package

- LUNCH -

12:30pm - 1:00pm

- SESSION #4 -

1:10pm - 2:30pm

John Manion

HC Lampeter Strasburg

Pistol Wing T

- SESSION #5 -

2:40pm - 4:00pm

Tom Waranavage

DC Manheim Central High School

Defending The Wing-T

OPTION

- SESSION #1 -

8:00am - 9:30am

Rob Zeitman

Assistant Hc/Oline Coach Ferris State

Short Pistol Triple Option

- SESSION #2 -

9:40am - 11:10am

Rob Zeitman

Assistant Hc/Oline Coach Ferris State

Short Pistol Complimentary Plays

- SESSION #3 -

11:20am - 12:30pm

Lou Cella

Triple Option Football Academy

Running Rocket And B-Back

Toss From The Double Flex

- LUNCH -

12:30pm - 1:00pm

- SESSION #4 -

1:10pm - 2:30pm

Dave Gingrich

HC Cocalico High School

Drilling The Qb In Option Fundamentals,

Front Recognition, Dive And Pitch Phase

- SESSION #5 -

2:40pm - 4:00pm

Mike Choi

HC Pequea Valley High School

Screen Package From Flexbone

- SESSION #6 -

3:30pm - 4:20pm

Matt Gingrich

HC Anville-Cleona High School

Outside Veer

OPTION

- SESSION #1 -

8:00am - 9:30am

Clayton Kendrick

HC Suny Maritime College

Using Formations, Motions, And Shifts To Gain An Edge

From The Flexbone

DEFENSE

- SESSION #2 -

9:40am - 11:10am

Bob Trott

DC University Of Richmond

Richmond 4-2-5

- SESSION #3 -

11:20am - 12:30pm

Bob Trott

DC University Of Richmond

Richmond 4-2-5 (Continued)

- LUNCH -

12:30pm - 1:00pm

- SESSION #4 -

1:10pm - 2:30pm

Andy Wolfrun

HC Us Military Academy Prep

Odd Front Field/Boundary Slant And Pressures

- SESSION #5 -

2:40pm - 4:00pm

Andy Wolfrun

HC Us Military Academy Prep

Odd Front Coverages And Trips Adjustments