

TECHNIQUE

The method in which detailed physical movements are used to achieve a planned goal through study, observation, and practice

SKILL

The most demanding defensive position in the NFL is cornerback. Cornerbacks today are great athletes with speeds, shuttles, and vertical jumps at all time highs, but to be a great cornerback takes more than being a great athlete. It takes excellent technique and fundamentals.



SUCCESS

Cover One will start with a comprehensive evaluation of the necessary skills to determine each player's strength and weaknesses. We then develop a safe and concise plan of action to improve a player's physical and mental preparedness, while also improving each player's cover skills.



Through study, observation, and practice, the result is a more improved and a more confident player.

Most championship teams have a great pass defense. Seventy percent of the time when an interception occurs and is returned for a touchdown, that team wins. The dilemma is obvious.

Let's face it, we all want to gain a competitive edge, the Cover One program is that edge.



CONFIDENCE

