

# Football Training Benefits

Ever wonder how to take your game to the next level? Just practicing and playing football games will only carry the athlete so far. Making yourself a complete player will give you the edge you need to excel in football. Become an offensive force on the field or a lockdown defender against your opponent. Football is a game of inches. The margin for error is small. One step too late and you don't make the play. One half second too slow and you won't catch the ball. It's played one inch at a time. With fourth and goal let Game 7 help you gain that inch. Our program will challenge every athlete physically and mentally. Whether you're an athlete who wants to succeed in your youth sports program, a high school athlete who wants to excel at the varsity level, an athlete who has aspirations of playing collegiate sports, or playing professionally, Game 7 can help you gain the edge to meet your goal. Our training programs will help football players develop game breaking speed, power, strength, a lightning quick first step, and explosiveness. Our mission is to make you the most complete football player you can be.

**With Game 7 the athlete will increase speed, quickness, agility, hand-eye coordination, quicker reaction time, strength, power, and explosiveness.**

Here is what the football athlete will develop with Game 7:

**1) Speed, Quickness, & Agility:**

Whether its defense or offense, having a quick first step will determine who has the advantage and who will gain that inch. Game 7 will train you to develop the proper mechanics necessary to develop quick foot speed and become more agile. We'll train you through a variety of agility and speed drills to increase your speed and mobility. Game 7 will strengthen your footwork and speed so you have greater movement laterally, forward, and backpedaling. We will teach you how to have greater body control.

**2) Strength & Power:**

Football is a physical and demanding sport. Protecting your turf is tough. Blocking and tackling is demanding. Game 7 will train you through a variety of muscle recruitment exercises, core exercises, and powerful explosive drills so you will have the strength and power to dominate. We'll show you how to be stronger and much more physical with our training programs.

**3) Hand-Eye Coordination & increased reaction time:**

Offensively, receivers must run there patterns, make cuts, turns, react to how the defenders play them, and determine where and when the quarterback throws them the ball. A quarterback can release a throw to a receiver before the receiver turns their head to track it. Are you quick enough to turn, locate, and react to the pass? Game 7 will train the athlete's eyes, hands, and feet to react quicker and strengthen their hand-eye coordination.

**Fight for that inch with Game 7**

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