

U14 VMFL/VCFL Spring Flag Football Receiver & QB skills clinics

1 player & 1 coach per U14 team per clinic

wk 1 - Coquitlam Jamboree - noon to 1:15 pm - Receivers
Percy Perry Stadium - North End Zone



Developing outstanding Receiver skills - Shawn Gore (BC Lions #85) will cover off skills & drills youth football players need to excel as a receiver - Catching with no drops, route running with deception and more

wk 2 - North Delta Jamboree - noon to 1:15 pm - QBs
John Oliver Field - East End Zone



#1 QB clinic in Canada (CanadaFootballChat.com)



Becoming an elite youth Quarterback

Coach Prepchuk will cover off skills & drills youth football QBs need to develop rock solid fundamentals

Throwing with velocity & accuracy, handling the ball & not fumbling, moving & not being sacked

wk 3 - Royal City Jamboree - noon to 1:15 pm - DBs
Mercer Stadium - East End Zone



Hamilton Tiger-Cats' Marc Beswick #3

Developing outstanding DB skills

Marc will cover off skills & drills youth football players need to excel as a DB

smooth back pedals & lighting quick breaks, shutdown coverage and amazing ball hawking skills



alumni of Coquitlam Minor Midget, Abbotsford Air Force Jr, SAC JuCo & St. Mary's University in Halifax, NS

Both clinics are limited to 1 player & 1 coach from each VMFL/VCFL U14 team
Be early to sign in & bring your own football