



NYFO Combine Training

Combines and Showcases have become a valued tool and measurement for potential college football players. College coaches use scores from approved combines like Nike SPARQ as a way to evaluate who they want to join their team. NYFO conducts our combine training camps to train athletes how to test. NYFO coaches focus on fundamentals and techniques that will improve your scores and give our athletes a better opportunity to succeed.

Clinic will include:

Dynamic stretch

Combine Testing & Training

3 cone drill "L-Drill"

4 cone drill

Power Ball Toss

Bench Press (185 lbs and/or 225 lbs for reps)

Pro shuttle (5-10-5)

Broad Jump

Vertical Jump

40 yard dash (Also time 10 yard split)

Motivational message

Goal setting

***Some NYFO Combine Training camps include position specific training. see your local camp for details**
