

## **OPS Football – The Yard**

The **Spring session of The Yard will begin on Sunday, April 23** on the campus of The Plex North. The Yard is a six-session program that focuses on teaching basic principles of football coupled with a loose scrimmage to put those principles into action.

### **THE BASICS**

**Age groups:** 5-6, 7-8, 9-10 (age on April 1, 2023)

**Dates:** April 23, April 30, May 7, May 21, June 4, June 11

**Cost:** \$65

**Location:** Outdoors at The Plex North on Field 15-16

**Sunday Times:**     **noon** – 5-6 year olds  
                              **1 p.m.** – 7-8 year olds  
                              **2 p.m.** – 9-10 year olds

### **Details:**

Each week will begin with a 30-40 minute instruction session teaching a fundamental aspect of the game, established by OPS Football staff. This can be a particular playing trait such as throwing or catching or skills such as change of direction, acceleration, etc.

The instruction session is followed by an activity or scrimmage that works on honing the skills taught during instruction.

### **Goals:**

The basis of “The Yard” is to give opportunities to kids who either do not have much experience in the game to learn the basics, or for kids who would like to try other positions in a relaxed setting.

We want our younger groups especially to feel as if they can take part in a program that allows them to grow into the sport, to make a 9-year-old not feel like he cannot play football because he is just starting out.

**Register now at [OPSFootball.com](https://opsfootball.com) or at the front desk at the Ash Center!**

**Questions?** Contact us at 260-479-3497 or email Justin Kenny at [skenny@lhn.net](mailto:skenny@lhn.net)