



## Field House Football Lineup

### **Flag Football Program (Step 1) 7-9yr \$185.00 [Register](#)**

Jan. 8th - Feb 26th. 4:30 – 6:30pm (8 weeks)

*This league is perfect for football players to keep in the football mode and for those just looking to have fun.*

This 5v5 indoor league will consist of 2 weeks of practices and evaluation 6 weeks of games.

Teams will have 10 players max; with 5 players on the field at one time.

Teams will have practices for 1<sup>st</sup> 15 minutes of 1 hour time slot....then play for remaining 45 minutes.

Team placement will be determined by age/grade/experience - also dictated by number of players registered.

### **Intro to tackle Football program (Step 2) 7-9yr \$200 [Register](#)**

Mar 4th - April 8th all starting @ 4:30 - 6pm (6 weeks)

Proper tackling, blocking, passing, catching with speed and strength training are included in the program This is a fantastic program to get your player into if they are just starting out or a 4 year veteran who just wants to get better.

- Indoor, Full Contact
- 6 weeks of practices 1.5 hours long
- Equipment provided
- Integrated Speed & Agility training
- Free Jersey included

**Find out what it's all about**

### **Advanced Winter Skills Football program 8-11yr \$240.00 [Register](#)**

Starts on Sunday Feb. 5th - March 25th (8 weeks) from 3-4:30pm

Specifically designed for the seasoned veteran to improve skills, build confidence, and keep you in football shape. This program includes an integrated speed, agility and quickness program. Specific skills and drills for all positions.

- Indoor, uppers (helmet and shoulder pads provided)
- 6 weeks of practices 1.5 hours long
- Equipment provided
- Integrated Speed & Agility training
- Free Jersey included

Programs are run in partnership with Coach Remson, CPT, PES, CIAC a high school & youth coach as well as the Fairfield Giants youth football organization. Please call with any questions 203-254-1200