

# TECHNIQUE

The method in which detailed physical movements are used to achieve a planned goal through study, observation, and practice

# SKILL

The most demanding defensive position in the NFL is cornerback. Cornerbacks today are great athletes with speeds, shuttles, and vertical jumps at all time highs, but to be a great cornerback takes more than being a great athlete. It takes excellent technique and fundamentals.



# SUCCESS

Cover One will start with a comprehensive evaluation of the necessary skills to determine each player's strength and weaknesses. We then develop a safe and concise plan of action to improve a player's physical and mental preparedness, while also improving each player's cover skills.



Through study, observation, and practice, the result is a more improved and a more confident player.

Most championship teams have a great pass defense. Seventy percent of the time when an interception occurs and is returned for a touchdown, that team wins. The dilemma is obvious.

Let's face it, we all want to gain a competitive edge, the Cover One program is that edge.



# CONFIDENCE

