

PPK PRIVATE LESSONS

Train indoors/Outdoors
All Year Round in Syracuse, NY

To schedule, call:

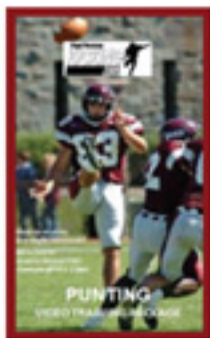
877-775-5425 (PPK-KICK)

Flat Rate (2 HOURS) – Only \$150!

3-PACK (6 Hours) – Only \$350!

6-PACK (12 Hours) – Only \$650!

PPK's Private Lessons are a great option for the most dedicated players who want to go in-depth on what they learned at PPK Camps. Not only does it open up time for more one-on-one instruction and video analysis, it also provides players with written programs that address their specific flaws. PPK believes in addressing the individual and not a one-size-fits-all philosophy. In addition, PPK's prices for Private Lessons are some of the best in football.



PPK
Punting Video

**ONLY
\$29.95**

Features

Instructional DVD covers flexibility, ball reception, stepping pattern, ball setting and release, finish, special punts, punting in conditions, physical training, and the mental aspect of punting.

CD with MPEG clips can be used by players and coaches for side-by-side comparison in motion analysis software like V1.

To see sample clips and order:
www.paulperronekicking.com

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104 Hobson Avenue
Fayetteville, NY 13066



2010 ONE-DAY CAMPS

Regular price, \$200; with Early Registration
or kicking.com membership –

ONLY \$180!

Winter

January 9

Scranton, PA

Riverfront Sports Complex

Get an early start on 2010 training. Find your mechanical flaws and how quickly correct them, as well as strength and conditioning tips for the off-season.

Summer

May 23

New Rochelle, NY New Rochelle HS

June 26

Erie, PA McDowell HS

Tune up for the season with more mechanical tips and an introduction to the mental aspect of kicking and punting.

www.paulperronekicking.com

877-775-5425 (PPK-KICK)

Email:

paul@paulperronekicking.com

Mail In Camp Registration

Please fill out the application and return it with a \$200 check or money order. **Kicking.com members and those registering one month or more before camp may take a 10% discount for price of \$180.** Make check or money order payable to:

Paul Perrone Kicking
104 Hobson Avenue
Fayetteville, NY 13066

-or-

Register and pay online at
www.paulperronekicking.com

Camp Location/Date(s) Scranton 1/9 NY 5/23
Erie 6/26

Name _____

E-mail _____

Position (circle) Kicker Punter Combo

Address _____

City, State _____

ZIP _____

Parent Phone _____

Emergency Phone _____

School _____

Class (entering fall 2010; circle)
8 9 10 11 12 College

You will receive an email confirmation once your application is received.

**For more on what you'll learn:
www.paulperronekicking.com
877-775-5425 (PPK-KICK)**

Camp Advantages

Learn principles of Motion Intelligence, allowing for faster motor learning and improved accuracy/consistency.

Receive a Personalized Training Plan, with an evaluation and drills targeted to your specific needs.

Benefit from PPK's Digital Video Sessions, which allows for visual learning to isolate parts of the kicking sequence.

Receive a Training CD containing your clips and those of the pros for comparison.

Learn a Psychological Skills program with strategies for making you a better performer in pressure situations.

Learn kicking-specific strength and conditioning tips and drills that prevent injury and improve foot speed.

Learn the same impact positions and ball striking principles used by pro kickers and punters!

Camp Schedule

9:00	Intro, Flexibility Principles
9:30	K/P Instruction 1 – Stance/Footwork
10:10	K/P Instruction 2 – Setup/Striking
10:50	K/P Instruction 3 – Finishing Position
11:30	Snacks
11:40	Kickoff Period
12:20	Classroom: Strength and Conditioning
12:40	Classroom: Video Analysis
1:30	Classroom: Personal Training Plans
2:00	END CAMP

**For more on what you'll learn:
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Paul Perrone

- Is a former University of Miami kicker
- Has written expert articles for American Football Monthly and kicking.com.
- Has been a feature speaker at NIKE Coach of the Year Clinics
- Has coached high school, college and pro kickers for 15 years. Including as:

Kicking Coach, Albany Conquest (af2). Rookie kicker kicked club record 56-yard field goal, was entered in 2005 NFL Supplemental Draft.

Consultant, Colgate University. 2003 team reached National Championship game, and kicker finished as All-Time Colgate scorer. Colgate produced five game winning field goals through Paul's tenure.

Testimonials

I worked in the off-season with Paul from my freshman year, when Colgate went to the National finals, through another Patriot League Championship to my senior year. I committed myself to his teachings which over time earned me All-Patriot League honors and interest from several NFL teams.

~Jason Sutton, Colgate, former All-Patriot League Punter

I learned a lot at the Paul Perrone Kicking camp. I worked hard every day and did all the things that he told me to do, which got me a full scholarship to Akron. If you want your money's worth, go to Paul Perrone Kicking. He is one the best coaches out there right now.

~Igor Ivejic, Akron Kicker, Rivals #5 K out of Mentor (OH)

I firmly believe that I would not have achieved the results and success as a kicker and punter over the past four years that I have without the instruction, training and support that I have, and continue to receive from Paul Perrone. I would highly recommend Paul to any kicker who wants to seriously develop their knowledge and skills to the highest competitive level possible.

~Joe O'Gorman, 2009 Sacramento State signee, PPK since Grade 9