

JETS

JETS

JETS

GEN JETS



KIDS CLUB

NFL COMBINE DRILLS



DRILLS & EXERCISES

**ENJOY NFL COMBINE THEMED ACTIVITIES TO DO
AT HOME FROM THE GENJETS KIDS CLUB.**

**BY VOLUNTARILY UNDERTAKING ANY EXERCISE DISPLAYED IN THIS BOOK
FOR YOU OR YOUR CHILDREN, YOU REPRESENT THAT YOU UNDERSTAND THAT
EXERCISE INVOLVES STRENUOUS PHYSICAL MOVEMENT AND THAT SUCH ACTIVITY
CARRIES THE RISK OF PHYSICAL INJURY AND THAT YOU OR YOUR CHILDREN
ARE EXERCISING AT YOUR OWN RISK.**

SCOUT YOURSELF

▶ NAME: _____

▶ HEIGHT: _____

▶ WEIGHT: _____

▶ JERSEY #: _____

▶ POSITION: _____

▶ FAVORITE JETS PLAYER: _____

▶ WALK-OUT SONG: _____

▶ PREGAME SNACK: _____

▶ TOUCHDOWN CELEBRATION: _____

40 YARD DASH



RECORD YOUR SCORE:

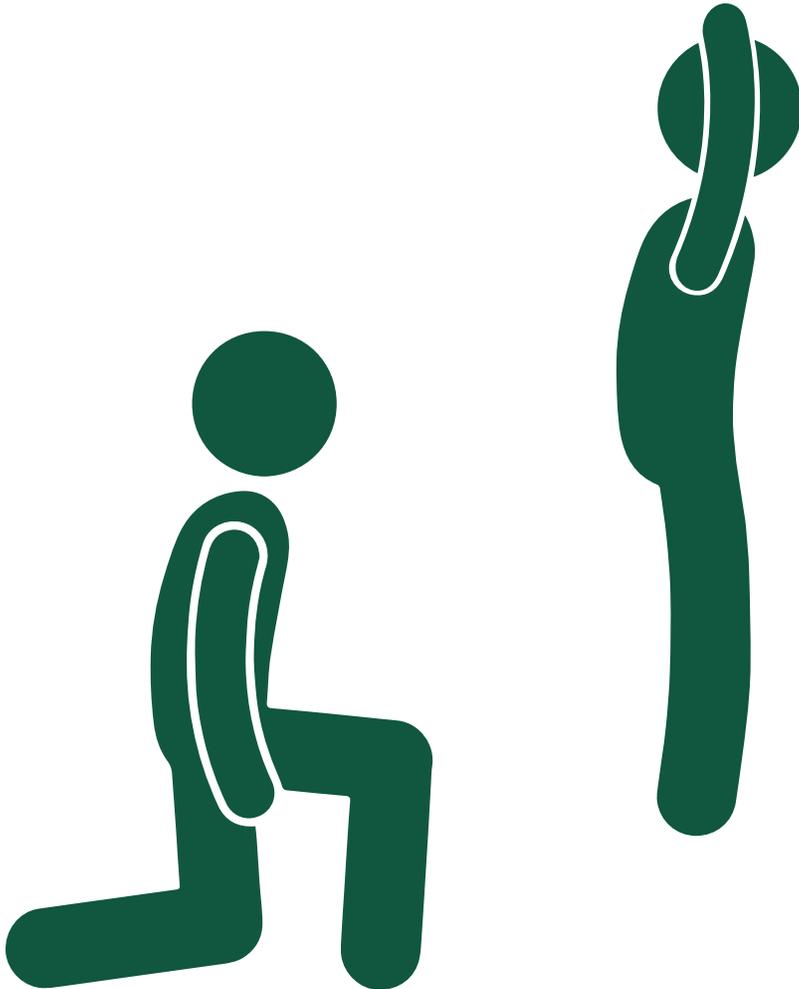
- 1. _____
- 2. _____
- 3. _____
- 4. _____

DESCRIPTION: THE 40 YARD DASH IS A QUICK SPRINT. SCOUTS ARE LOOKING FOR AN EXPLOSIVE START AND CONTINUOUS SPEED.

MEASURES: SPEED & ACCELERATION

SET UP: MEASURE AND MARK 40 YARDS WITH A MARKER. CREATE A CLEAR START AND FINISH. PLACE A MARKER AT EVERY 10 YARDS TO RECORD SPEED AT VARIOUS DISTANCES.

VERTICAL JUMP



RECORD YOUR SCORE:

DESCRIPTION: THIS DRILL IS FOCUSED ON LOWER-BODY ENERGY AND POWER. THE ATHLETE STANDS FLAT AND JUMPS TO MEASURE REACH.

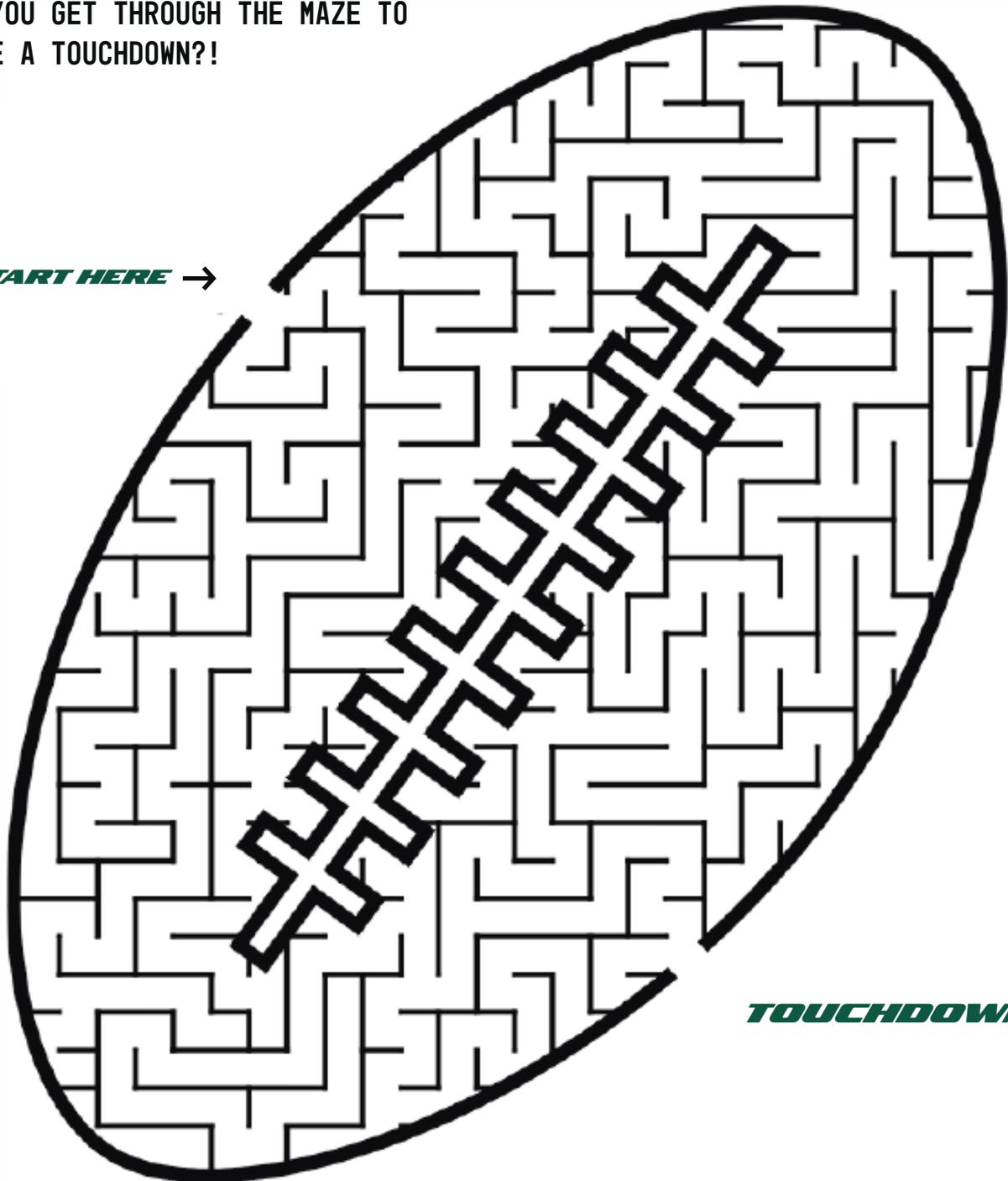
MEASURES: POWER & LOWER BODY EXPLOSION

SET UP: MEASURE THE HEIGHT OF YOUR CHILD. THEN MEASURE THE DIFFERENCE BETWEEN THEIR HEIGHT AND THE DISTANCE THEY ARE ABLE TO JUMP.

FOOTBALL MAZE

CAN YOU GET THROUGH THE MAZE TO
SCORE A TOUCHDOWN?!

START HERE →



TOUCHDOWN!

WORD SCRAMBLE

LRIDSL

TIGALYI

ARBOD MJPU

UCNISTOG

WNTRGOHI

SHOTUNGES

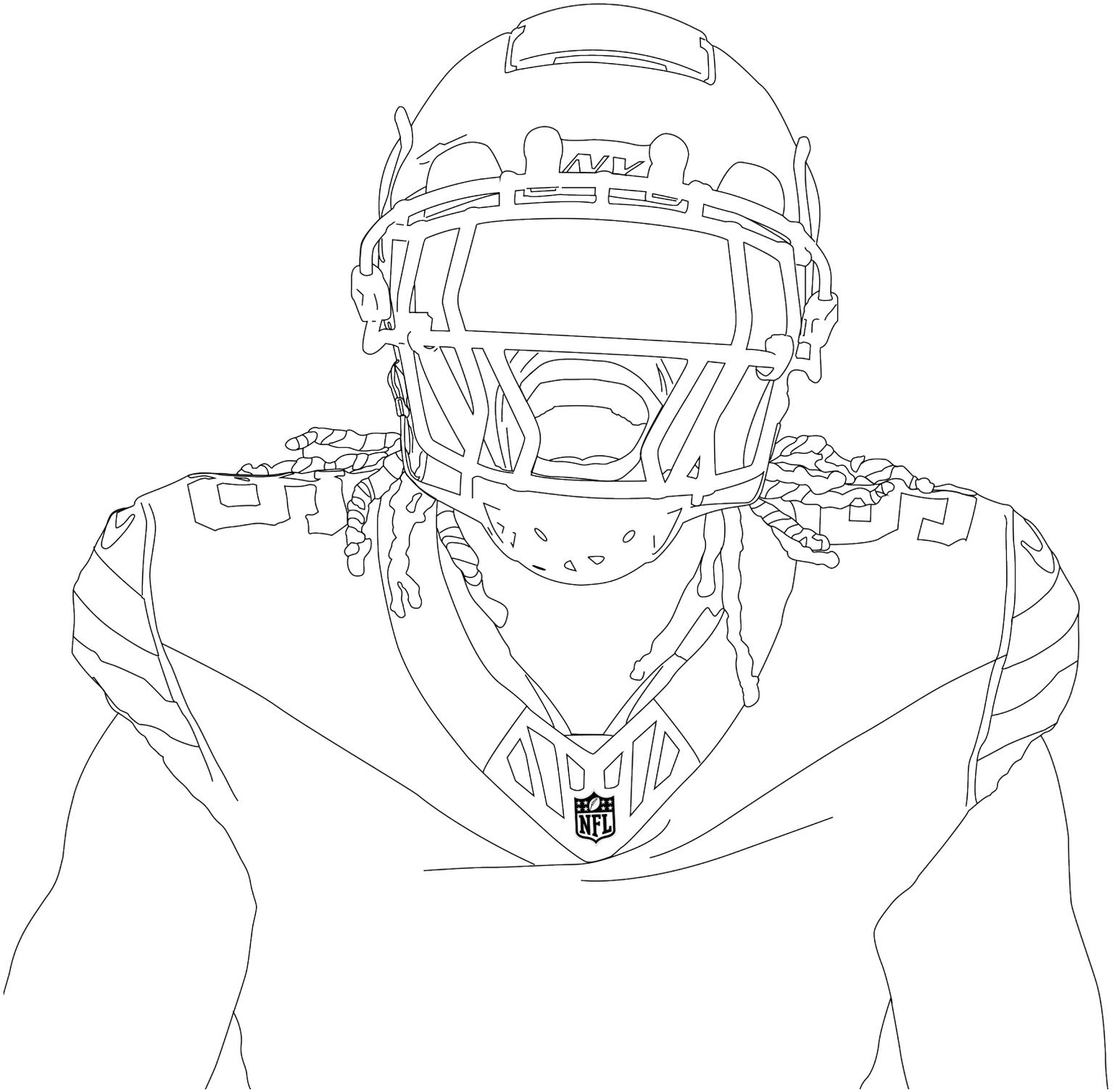
SEDEP

APDILAOINSIN

Key: Drills, Broad Jump, Throwing, Speed, Agility, Scouting, Toughness, Indianapolis



LET'S COLOR



DRAW YOURSELF

40 YARD
DASH

JETS

