

**ABOUT GARRETT &
MIGS:**



BIO'S:

Garrett— 15th year at Kean, 12th year as the Head Coach at Kean University. Career record at KU 71-55 (.564%) while bringing KU to 7 Post season games in 11 seasons—5 ECAC Bowls and a 2011 NCAA Playoff Appearance (The 1st in school history). All-time winningest coach in KU history. Speaks at numerous clinics in the Northeast including The Nike Coach of the Year Clinic, Glazier Clinics, Northeast Clinic, Ty Lewis and many others.

Migliorino —Head Coach Northern Highlands Regional High School. Previously, 13years at Kean, 7 years as the defensive coordinator after serving as the inside linebackers coach for the first five years. In 2010, the Cougar defense ranked in the top 20 in the nation in 5 different categories, including in the top 10 in pass efficiency defense, total defense, sacks and scoring defense. The Cougars, shattered the school record for fewest rushing yards allowed in a season, after limiting their opponents to just 916 yards rushing in 11 games.



TNT

TOP NOTCH TECHNIQUE

**GARRETT &
MIGS**

**Defensive Line
CLINIC**

TNT

TOP NOTCH TECHNIQUE

CLINIC LOCATION:

Kean University
1000 Morris Ave
Union, NJ 07083

Phone: 908-737-0628

Phone:908-737-0627

Fax: 908-737-0605

E-mail: dgarrett@kean.edu

E-mail: kreiderm@kean.edu

TNT

**GARRETT & MIGS
D-LINE
CLINIC**

**COACHES MAY ATTEND
FOR FREE**

Ages:

**Middle & High School
DEFENSIVE LINEMEN**

**MARCH 11th, 2018
SUNDAY**

8:00 AM—1:00 PM



REGISTRATION FORM: PRINT CLEARLY

Name _____

Address _____

Phone _____

Email _____

School _____

Graduation Year _____

T Shirt Size (Circle one) M L XL XXL

DL—REGISTRATION FEES (DL 3/11)

| TYPE | # ATTENDING | COST | TOTAL |
|----------|-------------|------|-------|
| Regular | @ | \$40 | |
| DL(+5) | @ | \$35 | |
| Walk Up* | @ | \$50 | |

NO Personal checks accepted on day of the clinic

ALL CHECKS MUST BE POST MARKED 3/6/18

MAKE CHECKS PAYABLE TO:

TNT - Top Notch Technique

Return Form & Payment to:

Kean University
 Football Office—Harwood Arena (TNT)
 1000 Morris Ave
 Union, NJ 07083

(DL) WAIVER 3/11/18

I realize that activity in any athletic activity involves risk of injury. I hereby agree to waive any claim against Kean University, T.N.T. LLC and its instructors for any injuries suffered by my child during this clinic.

Parent Signature _____

Date _____

CLINIC INSTRUCTION**D-LINE Fundamentals vs. Run :**

- Stance
- Keys (Visual/Pressure)
- Reads (Versus Different Blocks)
vs. Down Block, Pull, Reach, Fan, Scoop, Double Team
- Hit/Shed - Defeating Blocks (Get Off Blocks)
vs. Power, Zone, Outside Zone/Toss, Iso, Counter
- Run Fits (leverage a gap)
- Hand Strike/Hand Placement (Fast Hands)
- Hip Explosion (Power)
- Footwork

D-LINE Fundamentals Pass Rush:

- Rip Technique
- Swim Technique
- Bull Rush Technique
- D-Line Knowledge (Down & Distance)
- Hand Fighting Techniques (escape Moves)
- Stunting Technique (Footwork)
- Overall Pass Rush Technique
- Defending the draw in Passing situations
- Defending and Playing screens

SCHEDULE:

- 8:00 AM Check-in/Walk-up Registration**
- 8:15 AM Welcome**
- 8:45 AM Introductions/Run Orientation**
- 9:00 AM DL Fundamentals VS. RUN**
- 10:45 AM Break**
- 11:15 AM Pass Rush Orientation**
- 11:30 AM DL Fundamentals PASS RUSH**
- 1:00 PM Check-out**

TUITION

- Pre –Registration fee is \$40.
- Schools bringing 5 or more players receive a \$5 discount off of each fee.
- Walk-up registration on the day of the clinic is \$50. Discount does not apply to Walk-up registrants.
- No personal checks accepted at the door.
- No fee for coaches!

- **WHAT TO BRING**

- Sneakers or Turf Shoes
- Shorts & T-Shirt (Indoors)
- Sweats or Warm ups (Outdoors)
- Snack & Drink
- OUTSTANDING attitude

CONTACT INFORMATION

Coach Dan Garrett or Coach Matt Kreider

Kean University

Harwood Arena—Football Office

dgarrett@kean.edu or kreiderm@kean.edu

908-737-0628 or 908-737-0627

DIRECTIONS

www.keanathletics.com

**Click Inside Athletics - Click Directions
 Harwood Arena & Alumni Stadium**

Kean University
 1000 Morris Ave
 Union, NJ 07083