

Clay Mack Skills'

# **DEFENSIVE BACK TRAINING**

| *NFL Tested* | *Draft Pick Approved* |

**2020**

CLAY MACK SKILLS





Clay Mack Skills 2020



# CLAY MACK

*Defensive Back Guru*



Clay Mack is an athletic skill consultant, specializing in functional movement, kinetics and biomechanics for Defensive Backs and Linebackers. His innovative, applied science approach to movement is trendsetting and adaptable, no matter the sport or position.

Clay has been sought after to work with multiple high profile athletes throughout the country. While he has worked with multiple first round draft picks, Pro Bowlers and Super Bowl champs, he also trains athletes who are not as highly touted to further develop skills for the next level.

Having a keen eye for detail and exceptional understanding of the functionality of movement, has garnered Clay the reputation as an industry leader in the genre. Such prowess is the reason Clay Mack continues to be highly sought after in the NFL Combine pre-draft training process, as well as throughout many top athletes' football careers.



# Skills Focused

*What will make you stand out from the bunch?*



## **Enhance and gain a better understanding of:**

- Proper body balance/stance while going through drills
- How your stance influences your back pedal
- Proper speed and tempo that it takes to defeat drills
- The Importance of mannerisms when approaching drills and the process
- The fundamentals of how to break in various ways, i.e. t-step and bicycle/run out break
- Proper transition when going through lateral, vertical and bi-lateral movements in drills, i.e. flipping hips
- Feet quickness and quick twitch via footwork
- Intense concentration on specifically defeating combine drills



**NFL Combine & Pro Day**



**Regular Season**



DESIGNED  
TO FIT THE  
ATHELETE'S  
NEEDS

**Bowl Games**





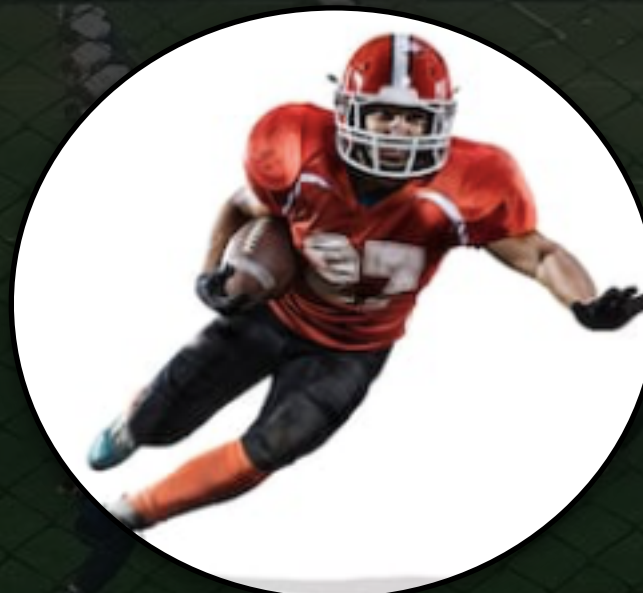
**DRILL  
MASTERY**



# **TRAINING INCLUDES**

*UNPARALLELED FOCUS ON  
SKILL AND MOVEMENT  
PERFECTION*

**DYNAMIC  
MOVEMENT**



**SKILL  
IMPROVEMENT**





# THE BENEFITS OF OUR TRAINING PROGRAM

We will  
customize training  
to best fit the  
athlete's needs!

CUSTOMIZED  
PROGRAMMING/PRICING



POSITION SPECIFIC  
TRAINING & EVALUATION



STATE OF THE  
ART FACILITY



SPEED AND AGILITY



The background image shows an NFL player in a white jersey running on a green field. A coach in a dark blue jacket and white headband is seen from behind, watching the player. A white diagonal line cuts across the image from the top left to the bottom right.

# **NFL COMBINE & PRO DAY**

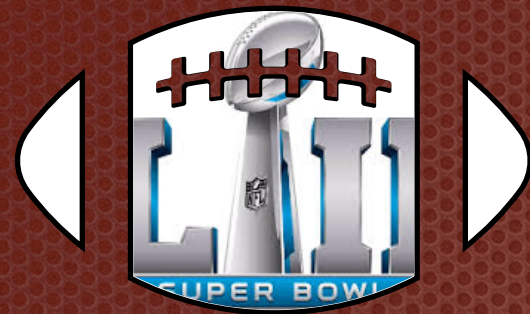
## ***DRILL TRAINING:***

- *Movement Efficiency*
- *Biomechanics*
- *Kinetic Linkage*
- *Dynamics of Transitions*
- *Simulation of Pro Day Environment & Drills*
- *Learn How to DEFEAT THE DRILL*



# BOWL GAME PREPARATION

Clay Mack Skills has trained athletes for the following bowl games:





✓ Knowledge

✓ Meticulous

✓ Precision

Ask about our  
"Pro Maker" Player  
Skill evaluations



# Pricing

**8-WEEK FULL PRE-DRAFT PREP (NO HOUSING) - \$4,500/**

**4-WEEKS - \$2,700**

- *Performance training*
- *Skills specific training*
- *Prepared meals*
- *PT & Recovery*
- *Board work (IQ training)*



Space is limited, contact us today:

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