



**5 Ways to Avoid a Rusher with Nighthawks Head Coach Chris Hughes**

**Quarterback Cadence & Dropbacks | Flag Football Drills & Skills | Next Level Sports**

**Wide Receiver Distraction | Flag Football Drills & Skills | Next Level Sports**

**Wide Receiver Gauntlet Drill | Flag Football Drills & Skills | Next Level Sports**

**Shake & Bake Defensive Training | Flag Football Drills & Skills | Next Level Sports**