Former student-athlete and experienced coach specializing in Linebackers (LB) and Defensive Backs (DB). With a background in Exercise Science and over 10 years of coaching and athletic development experience, I focus on building disciplined, physical, and intelligent defenders.

My coaching emphasizes fundamentals, footwork, tackling, coverage technique, pursuit angles, block recognition, and football IQ. I use a biomechanics-based approach to help athletes move efficiently, improve speed and reaction time, and reduce injury risk.

My goal is simple: develop complete defensive players who play fast, communicate, compete, and understand the game—not just their position.