



RB1 Academy

Elite Running Back Development Built by a Former Division I Athlete

Train with purpose. Learn with intention. Dominate with confidence.

Ages 8+

TyMagic Robinson

Former Division I Athlete | Founder, RB1 Academy

RB1 Academy was created to give running backs the structure, guidance, and position-specific development many athletes never receive. We train complete backs by focusing on position mastery, athleticism, football IQ, and game-ready execution — all built to translate directly to the field. Our mission is to develop confident, explosive, disciplined RBs who play fast, physical, and smart while staying healthy and available.

Why Choose RB1 Academy?

✓ Master Proper Running Back Fundamentals

Build elite stance, footwork, ball security, and body control from the ground up.

✓ Eliminate Hesitation in the Backfield

Develop decisive vision, confidence, and the ability to attack running lanes without hesitation.

✓ Improve Pre-Snap Recognition & Football IQ

Learn how to identify defensive fronts, linebacker alignments, blitz indicators, and blocking responsibilities before the snap.

✓ Become a Complete Three-Down Running Back

Develop the same pride and technique in pass protection and receiving that you have carrying the football.

✓ Develop Elite Vision & Patience

Learn when to press the hole, set up blocks, make defenders miss, and explode through running lanes.

✓ **Train Game-Speed Decision Making**

Every drill is designed to improve reaction, processing speed, and execution under pressure.

✓ **Increase Explosiveness & Contact Balance**

Build the strength, power, acceleration, and body control needed to finish runs through contact.

✓ **Learn from Proven Coaches**

Receive instruction from former high-level athletes who understand what separates good backs from RB1s.

✓ **Year-Round Development & Accountability**

Continue improving through structured training, football IQ education, film study, and the RB1 online community.

✓ **Prepare to Become the RB1**

This program develops dependable, explosive, intelligent running backs that coaches trust in every situation—not just when carrying the football.

ME
MISSING ELEMENT
— SPORTS PERFORMANCE —

RB1

RUNNING BACK ONE

ACADEMY

TEACHING THE POSITION. BUILDING PLAYMAKERS.

ELITE RUNNING BACK DEVELOPMENT

SPEED | POWER | VISION | CONTACT BALANCE | FOOTBALL IQ | CONFIDENCE

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OUR MISSION IS TO DEVELOP CONFIDENT, EXPLOSIVE, DISCIPLINED RBs WHO PLAY FAST, PHYSICAL, AND SMART WHILE STAYING HEALTHY AND AVAILABLE.

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PROGRAM STRUCTURE | 3-PILLAR SYSTEM

1 ON-FIELD DEVELOPMENT
POSITION-SPECIFIC TRAINING FOR RUNNING BACKS

- ✓ Athletic Development (speed, power, COG)
- ✓ RB Fundamentals: stance, footwork, ball security
- ✓ Clean mesh points & timing
- ✓ Vision, patience & attacking the LOS
- ✓ Control to, explode through* execution
- ✓ Finishing runs & contact balance
- ✓ Game-speed reps with accountability

2 FOOTBALL IQ & PERSONAL DEVELOPMENT
TEACHING ATHLETES HOW TO THINK THE GAME

BACK FIELD FLOW

- ✓ Running back football IQ education
- ✓ Film breakdowns & position-specific chalk talks
- ✓ Reading defensive fronts & keys
- ✓ Establishing a personal DMQ Plan (Discipline • Method • Operation)
- ✓ Habit building on & off the field
- ✓ Yearly & seasonal preparation schedules

STUDY | PREPARE | EXECUTE

3 THE RB1 COMMUNITY
PRIVATE ATHLETE & PARENT DEVELOPMENT COMMUNITY

FREE WITH ACTIVE ENROLLMENT

INSIDE THE COMMUNITY:

- ✓ Weekly RB Football IQ lessons
- ✓ Film study: defensive fronts, run fits, coverages
- ✓ Bi-monthly live Q&A with collegiate & pro athletes
- ✓ Progress updates & program announcements
- ✓ Parent education (NCAA.org, recruiting, NIL)
- ✓ Accountability challenges & athlete recognition

(Current members are grandfathered in when it transitions to paid)

PERFORMANCE TRACKING & DEVELOPMENT

PROGRESS TESTING EVERY 6 WEEKS | SPEED, AGILITY & POSITIONAL BENCHMARKS | INDIVIDUAL ATHLETE TRACKING VIA ONLINE PLATFORM | COMBINE & CAMP PREPARATION (SPRING / SUMMER) | TRANSPARENT PROGRESS REPORTING FOR PARENTS

WHO RB1 ACADEMY IS FOR

- ✓ Running Backs & Ball Carriers
- ✓ Ages 8+ (youth through high school)
- ✓ Athletes serious about development
- ✓ Families who value structure, accountability & mentorship

EDUCATION & LONG-TERM GUIDANCE

- ✓ NCAA.org education for college-bound athletes
- ✓ NIL awareness & early education
- ✓ Understanding recruiting timelines
- ✓ Teaching athletes how to prepare early, not late
- ✓ Building confidence beyond just physical ability

NCAA **NIL**

DEVELOPING THE COMPLETE RUNNING BACK. • BUILT FOR THE GAME. PREPARED TO BE **RB1**.

HOW TO GET STARTED

Step 1

Register for Your FREE Evaluation

Every athlete begins with a complimentary evaluation so our coaching staff can assess current strengths, technique, movement, and development needs.

Running Back Evaluation times/days:

- Contact Coach Magic
- If this time doesn't align with your schedule please contact Coach Magic at 713-449-6305

Register Here

<https://www.missingelementsports.com/free-evaluation-info>

Wait for Confirmation

After completing the registration form, a member of our coaching staff will contact you by text message or phone call to confirm your evaluation date and time.

Attend Your FREE Evaluation

You'll also receive professional coaching feedback and recommendations for continued development.

Step 2

Choose Your Training Program (Varies by Age/Skill Level)

Based on your evaluation results, choose the program that best fits your goals.

Group Training (Position Training ONLY)	Discount Bundle Packages (Athletic Development + Position)	Team Sign Up Discount
6-13 athletes Competitive environment focused on fundamentals, teamwork, and game-speed development. Click Here To Pay: RB1 Academy	Improve: Speed, strength, power, agility, reaction, quickness while also developing athletes specific positions within a group training setting. Prices vary: CLICK HERE	Multiple Players from the same program are mandatory to receive a discount. <u>Send Text Message To:</u> 832-517-9969 <u>Include in message:</u> - Interested in Team Sign Up Discount. - Program Name - Owner/Manager Name & Number - Projected Number of Athletes - Number of Sessions Per Child (8 or 12).

Step 3

JOIN THE RB1 Academy COMMUNITY

Once enrolled, you'll receive an invitation to our private **Telegram Group**.

Inside the group you'll receive:

- Training schedules
- Practice updates
- Weather notifications
- Drill videos
- Technique tips
- Camp announcements
- Important reminders
- Direct communication with the coaching staff

TRAINING SCHEDULE & LOCATIONS

After selecting your training program, you'll receive access to our current training schedule and locations.

Schedules are updated regularly to provide the best training opportunities throughout the year.

Questions?

Text "RB1" to 713-449-6305

Training. Development. Domination.