



# RB1 Academy

**Elite Running Back Development Built by a Former Division I Athlete**

**Ages 8+**

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

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## Meet Your Coach

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.

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# Program Name

## RB1 Academy

Teaching the Position. Building Playmakers.

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## PROGRAM STRUCTURE (3-PILLAR SYSTEM)

### 1. ON-FIELD DEVELOPMENT

#### Position-specific training for running backs

- Athletic development (speed, power, change of direction)
  - RB fundamentals: stance, footwork, ball security
  - Clean mesh points & timing
  - Vision, patience, and attacking the LOS
  - “Control to, explode through” execution
  - Finishing runs & contact balance
  - Game-speed reps with accountability
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### 2. FOOTBALL IQ & PERSONAL DEVELOPMENT

#### Teaching athletes how to think the game

- Running back football IQ education
- Film breakdowns & position-specific chalk talks
- Reading defensive fronts & keys
- Establishing a personal **DMO Plan**  
(*Discipline • Method • Operation*)

- Habit building on & off the field
  - Yearly & seasonal preparation schedules
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### **3. THE RB1 COMMUNITY**

#### **Private athlete & parent development community**

Included **FREE** with active RB1 Academy enrollment

Inside the community:

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

**This community will transition into a paid subscription in the future.  
Current RB1 Academy members are grandfathered in at no additional cost.**

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### **PERFORMANCE TRACKING & DEVELOPMENT**

- Progress testing every 6 weeks
- Speed, agility, and positional benchmarks
- Individual athlete tracking via online platform
- Combine & camp preparation (Spring / Summer)
- Transparent progress reporting for parents

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## 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

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## WHO RB1 ACADEMY IS FOR

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

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## HOW TO GET STARTED

We've created a simple step-by-step guide that explains:

- Start with a **FREE RB Evaluation** and see where you stand. [CLICK HERE](#)
- Training schedule options
- Pricing & membership tiers
- Payment methods
- Registration process

# Training Schedule:

WHERE EVERY ATHLETE RECEIVES GUIDANCE NOT JUST REPS  
MISTER ALEXANDER

AGES 8 & UP

**BALL CARRIERS  
RB TRAINING**

**TUESDAY, THURSDAY & SUNDAY**

WEEKDAY SESSIONS .....5PM OR 6PM  
WEEKEND SESSIONS .....9AM OR 12PM  
CALL TO SET UP APPOINTMENTS  
CONTACT US @ 713-449-6305

**Coach Magic**  
Former Division 1 Athlete  
W/17YRS OF TRAINING EXPERIENCE

## Group Training Service Options:

Single Position Session (Position Training ONLY)	Position Packages (Position Training ONLY)	Discount Bundle Packages (Athletic Development + Position)
No Contract	No Contract	Contract with Auto Draft
\$45 Per Session <a href="#">CLICK HERE</a>	\$320 (8 total sessions) Exp. 6Wks  \$475 (12 total sessions) Exp. 8Wks  <a href="#">CLICK HERE</a>	Prices vary:  <a href="#">CLICK HERE</a>