



G.O.L.D. (General's Offensive Lineman Development) is a high-intensity, training program based in the Houston area, focused on developing offensive lineman into disciplined, dominant, and technically sound athletes.

- This is not a casual training group.
- This is where trench players are built.
- Proven through work

WHY G.O.L.D.

Because games are won in the trenches, and most linemen are undertrained, underdeveloped, and underprepared.

G.O.L.D. changes that.

Our MISSION is simple:

To develop offensive linemen with:

- Grit
- Discipline
- Proper technique
- Confidence under pressure

We don't just train athletes — we build Trench Generals.

If you want to dominate your position...

If you want to earn your spot...

If you want to become a problem on the field...
Welcome to G.O.L.D.

WHAT MAKES GOLD DIFFERENT?

Our offensive line development system focuses on building complete players—not just bigger athletes.

MISSING ELEMENT
GOLD
GENERAL'S OFFENSIVE LINEMAN DEVELOPMENT

TRAIN LIKE A GENERAL.
DOMINATE IN THE TRENCHES.
Our offensive line training is built to develop complete linemen who lead with technique, power, and intelligence. We train the whole lineman – mind, body, and fundamentals – to be a difference maker every snap.

WE BUILD FIELD GENERALS.

**ELITE TECHNIQUE**

**EXPLOSIVE STRENGTH**

**FOOTBALL IQ**

**LEADERSHIP**

**MENTAL TOUGHNESS**

WHAT WE TRAIN

STANCE & HAND PLACEMENT

Strong starts. Proper alignment. Control the line.

PASS PROTECTION

Set with power. Mirror with discipline. Protect the quarterback.

RUN BLOCKING

Explode off the line. Drive your legs. Finish every rep.

TECHNIQUE DETAIL

Individual corrections that create long-term results.

STRENGTH & CONDITIONING

Build strength, endurance, and explosive power.

FOOTWORK & BALANCE

Move your feet. Stay low. Win with balance.

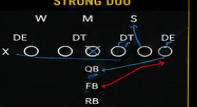
FILM STUDY & IQ TRAINING

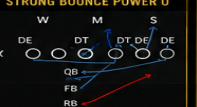
Understand schemes. See the game. Make the right play.

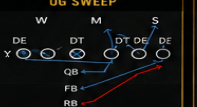
COMPETE & DOMINATE

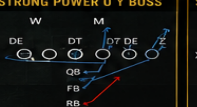
Develop the mindset to dominate every down.

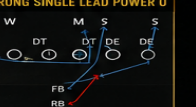
OFFENSIVE LINE SCHEMES WE TEACH

STRONG DUO

Power run scheme designed to hit the defense between the guard and tackle.

STRONG BOUNCE POWER O

Bounce the play outside with pulling linemen and lead blocker action.

OG SWEEP

Quick sweep to the outside using pulling linemen and good perimeter blocks.

STRONG POWER O Y BOSS

Power run designed to attack the strength of the defense with lead blockers.

STRONG SINGLE LEAD POWER O

Single lead blocker creates a crease for the back to hit with full speed.

WHAT MAKES GOLD DIFFERENT?

- ✓ Coached by former All-American Offensive Lineman **J'Onre Reed**
- ✓ Proven training methods used at the college and professional level
- ✓ Position-specific coaching with a focus on technique and fundamentals
- ✓ Small group & 1-on-1 training options for maximum development
- ✓ Builds confidence, discipline, and leadership in every athlete
- ✓ We don't just train linemen, we develop **FIELD GENERALS**.

THE GENERAL
J'ONRE REED
#50 | CENTER


★ TRAINING. DEVELOPMENT. DOMINATION. ★

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.

Offensive Linemen Free Evaluation times/days:

- Mon @ 7pm
- Wed @ 6pm
- Sat @ 10am

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.

Small Group Training	Big Group Training	Discount Bundle Packages (Athletic Development + Position)	Team Sign Up Discount
2-5 athletes	6-13 athletes	Improve: Speed, strength, power, agility, reaction, quickness while also	Multiple Players from the same program are mandatory to receive a discount.

More coaching. More repetitions. More individual corrections. Contact Coach Reed Directly via text message: - Text: 832-517-9969	Competitive environment focused on fundamentals, teamwork, and game-speed development. Click Here To Pay: G.O.L.D.	developing athletes specific positions within a group training setting. Prices vary: CLICK HERE	<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 GOLD 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 “GENERAL” to 281-492-4335

Training. Development. Domination.