Practice

"None of us is as smart as all of us."

	Time	X/Z	A	F	T	QB	OL	Notes
0	3:30	Stretch						
1	3:40	Special Forces (Snipers)						
2	3:45	Screens		Mesh				
3	3:51	ROA (Mirror)						**Varsity Only**
4	3:56	ROA (Bunch)						**Varsity Only**
5	4:02	ROA (New Plays)						
6	4:07	Team 90's						
7	4:13	Team Screens						
8	4:18	Special Forces (Rangers)						
9	4:24	7 on 7						
10	4:29	7 on 7						
11	4:35	1 on1's	Inside Hull/1 on 1's	Inside Hull/1 on 1's	Inside Hull	Inside Hull/1 on 1's	Ins	
12	4:40	1 on1's	Inside Hull/1 on 1's	Inside Hull/1 on 1's	Inside Hull	Inside Hull/1 on 1's	Ins	
13	4:46	1 on1's	Inside Hull/1 on 1's	Inside Hull/1 on 1's	Inside Hull	Inside Hull/1 on 1's	Inside Hull	
14	4:51	Perimeter Drill						vs. Varsity
15	4:57	Perimeter Drill						vs. JV
16	5:02	Special Forces (Delta)						
17	5:08	7 on 7						
18	5:13	7 on 7						
19	5:19	Special Forces (Airborne)					Poc	
20	5:24	Team Blitz						
21	5:30	Special Forces (Recon)					Pocket Drill	
22	5:35	Team Run						
23	5:41	Team Empty						
24	5:46	Team Mix						

Varsity

Quote of the day reflecting the weekly theme.

Special Forces will be incorporated into practice to keep an emphasis on its importance.

We try to never keep the athletes in one spot longer than fifteen minutes. If we need twenty minutes on a drill we will split the drill into two sections.

Notes

All plays at practice will be scripted out so that we can be on the same page and work as quickly as possible. (Scripts on the Back)

Current depth chart will be located on every practice schedule so there are no rotation questions.

Depth Chart

X	A	T	Q	F	Z		LT	LG	C	RG	RT
CB	Sam	Mike	Will	Rover	CB	SS	FS	D End	3 Tech	1 Tech	D End

TRUST   ATTITUDE   EFFORT