

# PRACTICE SCHEDULE (#1)

Feb / 8 / Sat

STYLE : HALF

- 11:00 STAFF MEETING (20)
- 11:30 TEAM MEETING (30)
- 12:05 OFF / DEF MEETING (60)
- 13:05 PREPARATION (TAPE/MEAL) (15)
- 13:20 FG MEETING (10)
- 13:30 PC MEETING (10)
- 13:40 KC MEETING (10)

TIME	PER	TIME	QB	WR	RB	TE	OL	TIME	PER	DL	OLB	ILB	DB	
0-20		1:50 PM	OFF WALK THRU (20)						0-20		DEF WALK THRU (20)			
20-30		2:10 PM	UP DRILLS (10)						20-30		UP DRILLS (10)			
30-35		2:20 PM	TEAM UP (5)						30-35		TEAM UP (5)			
35-40		2:25 PM	SPECIALIST (5)						35-40		SPECIALIST (5)			
0-5	1	2:30 PM	TACKLING CIRCUIT 1 DIAMOND/VICE FIT/TACKLING MACHINE						0-5	1	TACKLING CIRCUIT 1 DIAMOND/VICE FIT/TACKLING MACHINE			
5-10	2	2:35 PM	TACKLING CIRCUIT 1 DIAMOND/VICE FIT/TACKLING MACHINE						5-10	2	TACKLING CIRCUIT 1 DIAMOND/VICE FIT/TACKLING MACHINE			
10-15	3	2:40 PM	PC (10) C.G.T.W.S Step & Hit GNR Release						10-15	3	PC (10) C.G.T.W.S Step & Hit GNR Release			
15-20	4	2:45 PM	PC (10) C.G.T.W.S Step & Hit GNR Release						15-20	4	PC (10) C.G.T.W.S Step & Hit GNR Release			
20-25	5	2:50 PM	Run Unit	Release	Run Unit				20-25	5				
25-30	6	2:55 PM	Route (15)		Footwork (10)	with WR (10)	Hit & Drive	25-30	6					
30-35	7	3:00 PM						Zone Hit/Combo (10)	30-35	7				
35-40	8	3:05 PM					Pass Protection	with OL		35-40	8			
40-45	9	3:10 PM	TEAM 1 (15) RUN 12 plays						40-45	9	TEAM 1 (15) RUN 12 plays			
45-50	10	3:15 PM	TEAM 1 (15) RUN 12 plays						45-50	10	TEAM 1 (15) RUN 12 plays			
50-55	11	3:20 PM	TEAM 1 (15) RUN 12 plays						50-55	11	TEAM 1 (15) RUN 12 plays			
55-60	12	3:25 PM	1 on 1 wt DB LH FREE/RH GL		9 on 7 8 plays				55-60	12	9 on 7 8plays			1 on 1 wt WR
60-65	13	3:30 PM	1 on 1 wt DB LH FREE/RH GL		9 on 7 8 plays				60-65	13	9 on 7 8plays			1 on 1 wt WR
65-70	14	3:35 PM	KC (10)						65-70	14	KC (10)			
70-75	15	3:40 PM	KC (10)						70-75	15	KC (10)			
75-80	16	3:45 PM	SKELETON (10) 16 plays			CROSS WORK wt DL			75-80	16	CROSS WORK wt OL	SKELETON (10) 16 plays		
80-85	17	3:50 PM	SKELETON (10) 16 plays			CROSS WORK wt DL			80-85	17	CROSS WORK wt OL	SKELETON (10) 16 plays		
85-90	18	3:45 PM	BLITZ (10) 10 plays	TACKLING	BLITZ (10) 10 plays				85-90	18	BLITZ (10) 10 plays		TACKLING	
90-95	19	3:50 PM	BLITZ (10) 10 plays	TACKLING	BLITZ (10) 10 plays				90-95	19	BLITZ (10) 10 plays		TACKLING	
95-100	20	3:55 PM	TEAM 2 (15) 12 plays						95-100	20	TEAM 2 (15) 12 plays			
100-105	21	4:00 PM	TEAM 2 (15) 12 plays						100-105	21	TEAM 2 (15) 12 plays			
105-110	22	4:05 PM	TEAM 2 (15) 12 plays						105-110	22	TEAM 2 (15) 12 plays			
110-115	23	4:10 PM	TEAM 3 (10) SITUATION (3RD DOWN/ RED ZONE) 8 plays						110-115	23	TEAM 3 (10) SITUATION (3RD DOWN/ RED ZONE) 8 plays			
115-120	22	4:15 PM	TEAM 3 (10) SITUATION (3RD DOWN/ RED ZONE) 8 plays						115-120	22	TEAM 3 (10) SITUATION (3RD DOWN/ RED ZONE) 8 plays			
120-125	23	4:20 PM	FG (5)						120-125	23	FG (5)			

10 MIN AFTER PRACTICE