

# PRACTICE SCHEDULE (#2)

Feb / 9 / Sun

STYLE : HALF

- 8:00 STAFF MEETING (20)
- 8:30 OFF / DEF MEETING (60)
- 9:35 TEAM MEETING (10)
- 9:45 PREPARATION (TAPE/MEAL) (15)
- 10:00 FG MEETING (10)
- 10:10 PC MEETING (10)
- 10:20 KR MEETING (10)

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

10 MIN AFTER PRACTICE