

# PRACTICE SCHEDULE (#3)

Feb / 15 / Sat

- 11:00 STAFF MEETING (20)
- ★PLAYERS MEETING
- 11:30 OFF / DEF MEETING (60)
- 12:35 TEAM MEETING (15)
- 12:50 PREPARATION (TAPE/MEAL) (15)
- 13:05 PC MEETING (10)
- 13:15 KC MEETING (10)

TIME	PER	TIME	QB	WR	RB	TE	OL	TIME	PER	DL	OLB	ILB	DB	
0-20		1:39 PM	OFF WALK THRU (20)						0-10		UP DRILLS (10)			
20-30		1:59 PM	UP DRILLS (10)						10-30		DEF WALK THRU (20)			
30-35		2:09 PM	TEAM UP (5)						30-35		TEAM UP (5)			
35-40		2:14 PM	SPECIALIST (5)						35-40		SPECIALIST (5)			
0-5	1	2:19 PM	TACKLING 5man sled/sheld tackling (5min) DIAMOND/VICE/DONUT (5min)						0-5	1	TACKLING 5man sled/sheld tackling (5min) DIAMOND/VICE/DONUT (5min)			
5-10	2	2:24 PM							5-10	2				
10-15	3	2:29 PM	PC (10)						10-15	3	PC (10)			
15-20	4	2:34 PM							15-20	4				
20-25	5	2:39 PM	1st Down 6plays						20-25	5	1st Down 6plays			
25-30	6	2:44 PM							25-30	6				
30-35	7	2:49 PM							30-35	7				
35-40	8	2:54 PM							35-40	8				
40-45	9	2:59 PM	DEF SCOUT 6plays						40-45	9	DEF SCOUT 6plays			
45-50	10	3:04 PM	TEAM 1 (10 ) RUN 12 plays						45-50	10	TEAM 1 (10 ) RUN 12 plays			
50-55	11	3:09 PM							50-55	11				
55-60	12	3:14 PM	KC (10)						55-60	12	KC (10)			
60-65	13	3:19 PM							60-65	13				
65-70	14	3:24 PM	SKELETON (10) 3RD DOWN / HRZ 12 plays				CROSS WORK wt DL		65-70	14	SKELETON (10) 3RD DOWN / HRZ 12 plays			CROSS WORK wt DL
70-75	15	3:29 PM							70-75	15				
75-80	16	3:34 PM	FG (5)						75-80	16	FG (5)			
80-85	17	3:39 PM	BLITZ (5) 10 plays	1on1	BLITZ (5) 10 plays				80-85	17	BLITZ (5) 10 plays	1on1	BLITZ (5) 10 plays	
85-90	18	3:44 PM							85-90	18				
90-95	19	3:49 PM	TEAM 2 (10 ) 12 plays						90-95	19	TEAM 2 (10 ) 12 plays			
95-100	20	3:54 PM							95-100	20				
100-105	21	3:59 PM	TEAM 3 (10) SITUATION (3RD DOWN / RED ZONE) 8 plays						100-105	21	TEAM 3 (10) SITUATION (3RD DOWN / RED ZONE) 8 plays			
105-110	22	4:04 PM							105-110	22				

10 MIN AFTER PRACTICE