

PRACTICE SCHEDULE (#9)

Feb / 28 / Fri

9:50 AM STAFF MEETING (20)

10:20 AM TEAM MEETING (10)

10:30 AM SPT MEETING (10)

10:40 AM OFF MEETING (20) / DEF TAPING (20)

11:00 AM OFF TAPING (20) / DEF MEETING (20)

11:30 AM LUNCH

12:30 PM DEPARTURE to FIELD

TIME	PER	TIME	QB	WR	RB	TE	OL	DL	OLB	ILB	DB	TIME	PER
0-10		1:10 PM	TEAM UP (10)										
10-20		1:20 PM	SPECIALIST (5)									10-15	
0-5	1	1:25 PM	TACKLING (10) DIAMOND/VICE/SHIELD									0-5	1
5-10	2	1:30 PM										5-10	2
10-15	3	1:35 PM	SPT PC FG									10-15	3
15-20	4	1:40 PM										15-20	4
20-25	5	1:45 PM										20-25	5
25-30	6	1:50 PM	DEF SCOUT 8plays									25-30	6
30-35	7	1:55 PM										30-35	7
35-40	8	2:00 PM	TEAM DRIVE 16									35-40	8
40-45	9	2:05 PM										40-45	9
45-50	10	2:05 PM	LOW RED ZONE 4plays									45-50	10
50-55	11	2:10 PM	LOW RED SKELETON 4plays			CROSS WORK			LOW RED SKELETON 4plays				

AFTER (5)
STRETCH