

PRACTICE SCHEDULE (#4)

Feb / 16 / Sun

- 8:00 STAFF MEETING (20)
- 8:30 OFF / DEF MEETING (60)
- 9:35 TEAM MEETING (10)
- 9:45 PREPARATION (TAPE/MEAL) (15)
- 10:00 PC MEETING (5)
- 10:08 KC MEETING (5)
- 10:13 FG MEETING (5)
- 10:18 PR MEETING (10)
- 10:18 KR MEETING (10)

TIME	PER	TIME	QB	WR	RB	TE	OL	TIME	PER	DL	OLB	ILB	DB		
0-20		10:40 AM	OFF WALK THRU (20)						0-10		UP DRILLS (10)				
20-30		11:00 AM	UP DRILLS (10)						10-30		DEF WALK THRU (20)				
30-35		11:10 AM	TEAM UP (5)						30-35		TEAM UP (5)				
35-40		11:15 AM	SPECIALIST (5)						35-40		SPECIALIST (5)				
0-5	1	11:20 AM	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	11:25 AM						5-10	2						
10-15	3	11:30 AM	PR (10)					10-15	3	PR (10)					
15-20	4	11:35 AM	PR (10)					15-20	4	PR (10)					
20-25	5	11:40 AM	1 MIN					20-25	5	1 MIN					
25-30	6	11:45 AM						25-30	6						
30-35	7	11:50 AM						30-35	7						
35-40	8	11:55 AM						35-40	8						
40-45	9	12:00 PM	DEF SCOUT 6plays					40-45	9	DEF SCOUT 6plays					
45-50	10	12:05 PM	TEAM 1 (5) RUN 12 plays					45-50	10	TEAM 1 (5) RUN 12 plays					
50-55	11	12:10 PM	STALK DRILL 12plays					50-55	11	STALK DRILL 12plays					
55-60	12	12:15 PM						55-60	12						
60-65	13	12:20 PM	KR (10)					60-65	13	KR (10)					
65-70	14	12:25 PM	KR (10)					65-70	14	KR (10)					
70-75	15	12:30 PM	SKELETON (10) (3RD DOWN / LRZ) 10 plays				CROSS WORK wt DL	70-75	15	SKELETON (10) (3RD DOWN / LRZ) 10 plays				CROSS WORK wt DL	
75-80	16	12:35 PM	SKELETON (10) (3RD DOWN / LRZ) 10 plays				CROSS WORK wt DL	75-80	16	SKELETON (10) (3RD DOWN / LRZ) 10 plays				CROSS WORK wt DL	
80-85	17	12:35 PM	FG (5)					80-85	17	FG (5)					
85-90	18	12:40 PM	BLITZ (10) 10 plays	1on1	BLITZ (10) 10 plays				85-90	18	BLITZ (10) 10 plays	1on1	BLITZ (10) 10 plays		
90-95	19	12:45 PM	BLITZ (10) 10 plays	1on1	BLITZ (10) 10 plays				90-95	19	BLITZ (10) 10 plays	1on1	BLITZ (10) 10 plays		
95-100	20	12:50 PM	TEAM 2 (10) 12 plays					95-100	20	TEAM 2 (10) 12 plays					
100-105	21	12:55 PM	TEAM 2 (10) 12 plays					100-105	21	TEAM 2 (10) 12 plays					
105-110	22	1:00 PM	TEAM 3 (10) SITUATION (*3RD / RED ZONE) 8 plays					105-110	22	TEAM 3 (10) SITUATION (*3RD / RED ZONE) 8 plays					
110-115	23	1:05 PM	TEAM 3 (10) SITUATION (*3RD / RED ZONE) 8 plays					110-115	23	TEAM 3 (10) SITUATION (*3RD / RED ZONE) 8 plays					

10 MIN AFTER PRACTICE