

PRACTICE SCHEDULE (#5)

Feb / 22 / Sat

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

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

AFTER KR