

PRACTICE SCHEDULE (#6)

Feb / 23 / Sun

- 10:00 STAFF MEETING (20)
- 10:30 OFF / DEF MEETING (60)
- 11:35 TEAM MEETING (10)
- 11:45 PREPARATION (TAPE/MEAL) (15)
- 12:00 PC MEETING (10)
- 12:10 KC MEETING (10)

TIME	PER	TIME	QB	WR	RB	TE	OL	TIME	PER	DL	OLB	ILB	DB	
0-10		12:30 PM	OFF WALK THRU (10)					0-10		UP DRILLS (10)				
10-20		12:40 PM	UP DRILLS (10)					10-20		DEF WALK THRU (10)				
30-35		12:50 PM	TEAM UP (5)					30-35		TEAM UP (5)				
35-40		12:55 PM	SPECIALIST (5)					35-40		SPECIALIST (5)				
0-5	1	1:00 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	1:05 PM						5-10	2					
10-15	3	1:10 PM	PR (10)					10-15	3	PR (10)				
15-20	4	1:15 PM						15-20	4					
20-25	5	1:20 PM	1 MIN					20-25	5	1 MIN				
25-30	6	1:25 PM						25-30	6					
30-35	7	1:30 PM						30-35	7					
35-40	8	1:35 PM						35-40	8					
40-45	9	1:35 PM	KR (10)					40-45	9	KR (10)				
45-50	10	1:40 PM						45-50	10					
50-55	11	1:45 PM						50-55	11					
55-60	12	1:50 PM						55-60	12					
60-65	13	1:55 PM	TEAM (20) 12plays / break 5min / 12plays 24 plays MOVE					60-65	13	TEAM (20) 24 plays MOVE				
65-70	14	2:00 PM						65-70	14					
70-75	15	2:05 PM						70-75	15					
75-80	16	2:10 PM	FG (5) / FGR (5)					75-80	16	FG (5)				

AFTER PC