

# GAME SCHEDULE

今に集中 ・ 思い切りよく ・ 最後まで

## ■Mar1 vs TSL at Star in Frisco

Time	開始時間 Gameまで	
5:00 PM	2:04	Treatment & Taping
5:30 PM	1:34	Staff Meeting
6:13 PM	0:51	Specialist/QB/C Dynamic Steretch (4min)
6:17 PM	0:47	Specialist/QB/C (5min)
6:18 PM	0:46	WR/TE/RB/DB Dynamic Steretch (4min)
6:22 PM	0:42	QB/WR/TE/RB : Up Drill /Pat and Go DB : Ball
6:22 PM	0:42	LB/DL/OL Dynamic Steretch (4min)
6:26 PM	0:38	LB/DL/OL : Ind (4min×3period)
6:38 PM	0:26	Team Stretch Run (3min)
6:41 PM	0:23	Skeleton/Cross Work OL-DL (4min)
6:45 PM	0:19	Run Team (4min)
6:49 PM	0:15	Specialist (2min)
6:51 PM	0:13	Exit Field
6:53 PM	0:11	Team Huddle at Locker room
6:55 PM	0:09	Two minute warning
6:57 PM	0:07	Introduction (Team Japan enter first)
7:00 PM	0:04	National Anthem
7:02 PM	0:02	Coin Toss
7:04 PM	0:00	Kick-Off

	START ~ END	OL	TE	RB	QB	WR	START ~ END	DB/NK	LB	DL	
5min	0:47	0:42	Specialist /QB/C (5min)				0:47	0:42	Specialist /QB/C (5min)		
4min	0:42	0:38	Perfect/Pat n Go,RB:Step				0:42	0:38			
4min	0:38	0:34					0:38	0:34			
4min	0:34	0:30					0:34	0:30			
4min	0:30	0:26					0:30	0:26			
3min	0:26	0:23	Team Stretch Run (3min) on Suits				0:26	0:23	Team Stretch Run (3min) on Suits		
4min	0:23	0:19	CW w/DL	Skeleton (4plays)			0:23	0:19	Skeleton (4plays)	CW w/OL	
4min	0:19	0:15	Run Team (4plays)				0:19	0:15	Run Team (4plays)		
2min	0:15	0:13	Specialist (2min)				0:15	0:13	Specialist (2min)		

※Half Time Schedule : Warm up (5min Before) @ Sideline / Team Hudle (3min Before) @ Sideline