

PRACTICE SCHEDULE

WEEK 2
DAY 1

Today we are;
 Receivers, Linebackers

TIME	EVENT	COMMENTS
18:00	DYNAMIC STRETCH/WARMUP	lunge, ankle grabber, zombie, side step, over-under, high knee, butt kick, side shuffle, carioca, sprint-backpedal
18:05		
18:10	tackling techniques - angle tackling drill	Form two lines. Ball carrier carries arm sheild, and runs 3/4 speed thru the lane of cigar dummies. Once he reaches the end of the lane, he angles left or right. The defender is chopping feet until the ball carrier makes his cut, then he proceeds to close the angle and tackle the armsheild and ball carrier. 1-ball carrier must keep arm sheild in front of him and close to body. 2- ball carrier must make good angle, but not straight to sideline. 3- defender must close angle, place head on correct side, and wrap up the ball carrier. 4- defender must not lead with head, but uses shoulder to impact the ball carrier.
18:15		
18:20		
18:25	receiver blocking	Ball carrier has ball 5-10 yads behind LOS. Received egages CB at LOS and proceeds downfield with ball carrier. Use cones to narrow the lane.
18:30		
18:35		
18:40		
18:45	Intro 4 run plays	LEFT 17 SWEEP, RIGHT 18 SWEEP, LEFT 27 SWEEP, RIGHT 38 SWEEP
18:50		
18:55		
19:00		
19:05	intro 2 pass plays	LEFT & RIGHT 18 PASS, LEFT & RIGHT 90 PASS
19:10		
19:15		
19:20		
19:25		
19:30	END	