

**PRACTICE SCHEDULE**

**WEEK 2**  
**DAY 2**

**Today we are;**  
 Quarterbacks and Receivers

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		
18:15	Base Blocking Drill	3 on 3 blocking drill. 1 ball carrier. Coach picks hole, lineman block accordingly, and runner runs thru hole. Emphasize head and feet location.
18:20		
18:25		
18:30	handoff drill	Form two lines 10 yards apart. The player in front of first line runs 1/2 speed toward line 2 and hands off the the first player in line. That play runs 1/2 speed back toward line 1 and hands off to the next player in that line. 1. QB makes a accurate & secure handoff. 2. RB takes ball with inside arm up and clamps down on ball as it is given to him. 3. proper technique must be stressed. 4. RB should not leave too early (1-2 steps away)
18:35		
18:40		
18:45		
18:50	scrimmage	run only plays that have been introduced. Divide teams equally into 3 teams and rotate 2 offenses against one defense. Rotate.
18:55		
19:00		
19:05		
19:10		
19:15		
19:20		
19:25		
19:30	END	