

PRACTICE SCHEDULE**WEEK 1 1**
DAY 1 1**Today we are;**
Offensive Lineman

TIME	EVENT	COMMENTS
18:00	WELCOME, ORIENTATION, SAFETY	Welcome by Gross & Gose, Orientation by Heinz and Wager, Safety by Joe and Wayne Carr.
18:05		
18:10		
18:15	DYNAMIC STRETCH/WARMUP	lunge, ankle grabber, zombie, side step, over-under, high knee, butt kick, power skip, power stride, side shuffle, carioca high knee, tapioca, sprint-backpedal
18:20		
18:25		
18:30	OFFENSE & DEFENSE ALIGNMENTS, HOLE ASSIGNMENTS	Show offensive and defensive sets. Walk thru hole assignments explaining player number systems.
18:35		
18:40		
18:45		
18:50	BASE BLOCKING	Base Blocking drill Divide players into two even groups. One group holds cigar dummies and the other group is offensive lineman. This is a 2 step drill after cadence. Tell players which direction we want to move the defense. Coaching Points 1. Step 1 - step 45 to hole 2. Step 2 - place head on hole side, indise shoulder & forearm on dummy with hole side hand in belly 3. move dummy in direction specified by coach 4. start in 3 point stances.
18:55		
19:00		
19:05		
19:10	MOVE THE DUMMY	Pair up players of equal size. Player 2 holds the dummy as player one hits the dummy and drives it back as far as he can until whistle. Both players grab dummy and carry it back to starting line. Motivational drill!
19:15		
19:20		
19:25		
19:30	END	