

PRACTICE SCHEDULE

WEEK 1
DAY 2

Today we are;
 offensive lineman, quarterbacks, and running backs

TIME	EVENT	COMMENTS
18:00	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
18:05		
18:10	line blocking	same drill as previous day, but eliminate dummy if players are grasping the concept.
18:15		
18:20		
18:25		
18:30	handoff techniques	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	Intro 4 run plays	23 COUNTER, 34 COUNTER, 41 DIVE, 42 DIVE
18:50		
18:55		
19:00		
19:05	intro 2 pass plays	LEFT & RIGHT CORNER PASS, LEFT & RIGHT FLAT PASS
19:10		
19:15		
19:20	hit and lift drill (competition)	Divide players into two line. On coaches command the first player in line hits the dummy as hard as possible to move the dummy back. He then gets up and holds the dummy wherever it ended up. The first team to move the dummy 30 yards is the winner. The losing team does pushups or runs.
19:25		
19:30	END	