

	TONY	GEORGE	CLAYTON	CRAIG	CHARLIE
Meet	2:00				
3:30	STRETCH	STRETCH	STRETCH	STRETCH	STRETCH
3:40 Spec	Ropes-Bags Take Ons	Red Cone Tackling		Warm-up	Warm-up Agil.-FW
3:45 G R O U P 3:55	Z Tech Scramble Block Cutback to Boot	Cut Drills Slot Trips 96 1 TO/2 Hk/3Flat 1 2 3 TO Smash 3 Post 1 Under 2 & 3 TO		Tackle	Tackle Fumble
	Dbl Team Work the Combinations			Boots	Down-G T-Bub/Ov
	Mix In Pass Read with TE or OT Blocking			Cover 9	Dwn & G N-Off Ctr Swp
	Sams Man to Man Drill Trail Tech Wall Call				Pass Rush Big Bags
	Bubble - TE Runs Pick Calls Run Color Checks	1 on 1	1 on 1		
4:00	Full Team Skeleton (1) v.s. 1, (2) v.s. 2 - Switch at 10 Min.				
4:20	Break				
4:25	Blitzes & Adjustments				
4:35	Kicking----->				

TEAMWORK

4:45	(1) - 3	(2) - 4	
5:00 T	(2) - 3	(1) - 4	
5:15 E	Kick-offs		
5:25 M	Run, Throw, Lift----->		
5:45			