

DAILY PRACTICE PLAN- THURSDAY- OFFENSE

WARMUP AND CALS- 15 MIN- STRETCHING AND D-ROM. TAKE OFF'S ON SNAP COUNT AND ON BALL

WATER

TACKLING- 15 MIN-
PAD TACKLING- HIP DRILL.
TEAM TACKLING

WATER

IDIVIDUAL- 20 MIN-
QB'S/RB'S/FB'S- BALLHANDLING, PASSING ROUTES
WR'S- STALKBLOCKING
OL,CENTERS,TE'S- BLOCKING REPSONSIBIILITES ON ALL
RUN PLAYS

WATER

TEAM- 30 MIN-
RUN SCRIPTED PLAYS INTO OPPONENTS DEFENSE, ROTATE
ALL OFFENSES THROUGH
OL-HUDSON
QB'S,RB'S,FB'S-WELDER
WR'S-GEE
DEFFENSE-NEUMAN,LIVINGSTON

WATER

CONDITIONING- 15 MIN-
CONES