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| MONDAY | * *Individuals: Offense (Running Technique)* * “Check With Me”, Formations & Motion * Team D: Install Base(s) * Team O: Inside run game (I/E, M, Z) * Receivers: Bubble(B), Tunnel(T), 8’s & 9’s * Line: First Steps Run Game * QB, RB, TE: Screen (R, Y) * Team O: Recap - Q, B, T, R, Y + A, Z, I/E/d.o.w., & M |
| TUESDAY | * *Individuals: Defense (Tackling Association)* * Review **all** D installs * Hawk Tackling * Team D: New Install (83, green) & Defense vs Motion - Spread (Eagle, Trips, Empty) * Team O: C, D, F & G * PAT/FG |
| WEDNESDAY | * *Individuals: Offense (Running Technique)* * Team D: Review & Install (slice & whip, house go) * PAT/FG + fakes (*Panic*) * Team O: Outside Run Game (I/E/d.o.w., M) * Team O: (Review All Runs vs Bags) * 7 on 7? * Line: First Steps Run Game * O: Situational / Directional plays (install “*Revolution, 28 Fling* & *Fire truck*”) |
| THURSDAY | * *Individuals: Defense (Tackling Association)* * “Hawk” Tackling * Red Zone: Team D Install (Crush O & goal line) * Team O: H, K, N, O * Punt (J) * PAT/FG + fakes (*Panic*) |
| FRIDAY | * *Individuals: Offense (Running Technique)* * Team O: P, S, U, V, & W * Team O: L * Team D vs Team O (7 on 7) * O Line steps on inside run * Team O vs Team D (1/2 line) * Water Day(!) |

MATS JV SPRING PRACTICE GOALS (May 22-26 2017)