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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*”)
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| 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*)
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| 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(!)
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MATS JV SPRING PRACTICE GOALS (May 22-26 2017)