

CYFFA Senior Team

Practice #: 1

Date:

August 20, 2012

Time: Description

- 10 minutes **Warm Up** Hand out equipment and write name on helmets
 Pass the Ball
 Stretching, Hollywood, Killers, etc
 Four corner follow the leader on whistle, with ball
- 25 minutes **Running drills**
 Team Sprints as a whole On ball movement
 Dual Team sprint w/handoff Losing team does pushups
 Dual Team sprint w/pitch
 Dual run obstacle course & spin, up and back.
- 5 minutes **Break**
- 15 minutes **QB, Hiking & Pitching drills** Rate players
 Direct and shotgun
- 20 minutes **Throwing/Catching** Pattern Fly/Streak
 Passing techniques In/Out Stop-n-go
 Catching techniques Flag/Post Slant
 Button hook Chair
 Flare
 Patterns w/defense
 Quick Run
- 5 minutes **Break**
- 10 minutes **Flag pulling**
 Sideline drill
 1 on 1, on back
- 10 minutes **Team Sprints as a whole**
 Four corner follow the leader on whistle, w/ball
- 5 minutes **Up-Downs**
- Notes:** Review Team rules with parents
 Introduce coaches and team Mom
 Must have cleats, knee pads and mouth guards and water
 Must bring, water, football, cleats and mouth guards
 Team concept, not everyone will be QB, best NFL player example
 No individual celebration allowed and no names on jerseys
 Let coaches coach, always available after practice or game
 Team party Sept 1st
 Sponsor, **STILL IN NEED**
 Roster and Snack Schedule
 3 Parent Volunteers for sideline and down markers
 Fantasy Football

CYFFA Senior Team

Practice #: 3

Date: August 22, 2012

Time: Description

10 minutes	Warm Up Pass the Ball Stretching, Hollywood, Killers, etc Four corner follow the leader on whistle	
15 minutes	Running drills Sprints Team sprint w/ball; hand off and pitch Knee highs, hit hands to knees Bear Crawls Side way with waist pivot	
20 minutes	Blocking Drills Blocking drill against blocking bag Defend against run Grab shirt Defend against pass Hold your block Block with the RB, run against defense	
10 minutes	Defensive Line Drills 1-1 get the QB	Defense Swim, Bull, Spin
30 minutes	Flag Pulling Drills 2 on 1 1 on 1 on the ground	
10 minutes	Standard Slot right/left Spread right/left Trips right/left	Heavy right/left Stacked backfield Split backfield Shotgun
45 minutes	Offensive Plays - Run Blast Dive Pitch Option Fake Pitch, Counter	Wildcat Run Bootleg Motion Sweep Right Rollout Option Right
5 minutes	Up-Downs	
Notes:	Parent meeting	

CYFFA Senior Team

Practice #: 4

Date: August 23, 2012

Time: Description

5 minutes Warm Up
 Pass the Ball
 Stretching
 Four corner follow the leader on whistle

10 minutes Break Out
 Center
 RB's and QB's
 WR's

45 minutes Offensive Plays - Run
 Blast Wildcat Run
 Dive Bootleg
 Pitch Reverse
 Option Fake Reverse
 Fake Pitch, Counter Fake Pitch, Motion

 Offensive Plays - Pass
 Wildcat Pass Motion Pass
 Bootleg Pass QB Throwback
 Halfback Pass Shovel Pass
 Triple Pass plays

5 minutes Break

30 minutes Defensive formation Lateral drill
 3-5 Defense Tip drill
 linebackers blitzes
 Right cross
 Left cross
 Dual cross
 Safety Blitz
 Corner Blitz
 Cover 2, 3, 4

5 minutes Up-Downs

5 minutes Closing
 Review rules

Notes: Parent meeting

CYFFA Senior Team

Practice #: 5

Date:

August 27, 2012

Time: Description

10 minutes Warm Up

Pass the Ball

Stretching, Hollywood, Killers, etc

Four corner follow the leader on whistle

15 minutes Running drills

Sprints

Team sprint w/ball; hand off and pitch

Knee highs, hit hands to knees

Bear Crawls

Side way with waist pivot

20 minutes Blocking Drills

Blocking drill against blocking bag

Defend against run

Grab shirt

Defend against pass

Hold your block

Block with the RB, run against defense

10 minutes Defensive Line Drills

Defense

1-1 get the QB

Swim, Bull, Spin

30 minutes Flag Pulling Drills

2 on 1

1 on 1 on the ground

30 minutes Offensive Plays

30 minutes Practice Defensive formation

Defensive formation

3-2 Defense

Lineup against offense formations

5-2 Defense

Cover 2, 3, 4

5 minutes Up-Downs

Notes: Parent meeting

CYFFA Senior Team

Practice #: 7

Date:

August 29, 2012

Time: Description

5 minutes Warm Up

Pass the Ball
Stretching
Four corner follow the leader on whistle

15 minutes Running drills

Sprints
Team sprint w/ball; hand off and pitch
Knee highs
Bear Crawls

5 minutes Break

20 minutes Defensive Drills

Flag pulling drill Tip drill
Lateral drill Back up drill, w/pass
3 vs 3, rushing to QB

5 minutes Break

20 minutes Review Formations, Standard 32 and 42

Make sure Def Linemen rush wide, on the Off Line outside shoulder
and beware of reverse. Lineman need to roar when rushing
Review defensive formation w/2 WR or Double right/left
Both of our Cornerbacks cover the WR's
Review defensive formation w/3 WR or Heavy right/left
Both of our Cornerbacks cover the WR's
Safety needs to yell it out the offensive formation
Safety also needs to yell it out if he sees a Run or a Pass play

20 minutes Scrimmage vs Falcons

45 minutes Offensive Plays

Review offensive plays

5 minutes Break

Notes: Parent meeting

Uniforms

Have parents be ready and end of quarters w/water for their son

Mouthpiece

Snack family

CYFFA Senior Team

Practice #: 8

Date: August 30, 2012

Time: Description

10 minutes Warm Up
 Pass the Ball
 Stretching, Hollywood, Killers, etc
 Four corner follow the leader on whistle

5 minutes Break

10 minutes Passig drills
 Two lines, with center

10 minutes Special Teams
 Punt Team
 Punt Return Team
 Kickoff Team
 Kick Return Team

5 minutes Break

10 minutes Flag Pulling "Z" Drill

20 minutes Blocking Drills
 Run blocking, 2 against 1
 Pass blocking, QB needs 4 seconds

5 minutes Break

10 minutes Review Defensive formations
 Scout team w/49er plays

20 minutes Offensive Plays
 Run the wristband
 Review new numbering system
 46 Motion Option
 34 Trap

30 minutes; 6:45pm
 Scrimmage against 49er's

Notes: Parent meeting
 Game time is 11am vs 49ers
 Snack Family is
 Captins are
 45 minutes early

CYFFA Senior Team

Practice #: 9

Date: September 4, 2012

Time: Description

10 minutes Warm Up
 Pass the Ball
 Stretching, Hollywood, Killers, etc
 Four corner follow the leader on whistle

5 minutes Break

10 minutes Passig drills
 Two lines, with center

10 minutes Special Teams
 Punt Team
 Punt Return Team
 Kickoff Team
 Kick Return Team

5 minutes Break

10 minutes Flag Pulling "Z" Drill

20 minutes Blocking Drills
 Run blocking, 2 against 1
 Pass blocking, QB needs 4 seconds

5 minutes Break

10 minutes Review Defensive formations
 Scout team w/49er plays

20 minutes Offensive Plays
 Run the wristband
 46 Motion Option
 34 Trap

30 minutes; 6:45pm
 Scrimmage against 49er's

Notes: Parent meeting
 Game time is 11am vs 49ers
 Snack Family is
 Captins are
 45 minutes early

CYFFA Senior Team

Practice #: 10

Date: September 13, 2011

Time: Description

10 minutes Warm Up
 Pass the Ball
 Stretching, Hollywood, Killers, etc
 Four corner follow the leader on whistle

5 minutes Break

20 minutes Throwing/Catching Pattern Fly/Streak
 Passing techniques In/Out Stop-n-go
 Catching techniques Flag/Pass Slant
 Button Chair
 Patterns w/defense Flare

20 minutes Defensive Drills
 Flag pulling drill
 1 on 1 defensive rushing drill, 4 seconds
 Defense against Giants offense
 Work on D ends, swim and banana

10 minutes Special Teams
 Kick and punt

40 minutes Offensive Plays
 New QB Audible formation
 Double tight, motion trap
 Play Action pass right, In-Out
 Hot color, red and blue
 Go over first series of plays Hike on TWO
 Motion Sweep Right
 Option Right
 Trips Left, Screen pass
 Double Tight, Motion QB Trap

Notes: Parent meeting
 Must bring, water, football, cleats and mouth guards

CYFFA Senior Team

Practice #: 11

Date:

September 10, 2012

Time:

Description

5 minutes

Warm Up

Pass the Ball

Stretching

Four corner follow the leader on whistle

5 minutes Break

20 minutes

Throwing/Catching

Passing techniques

Catching techniques

Patterns w/defense

Shotgun snap

Pattern

In/Out

Flag/Post

Button hook

Flare

Fly/Streak

Stop-n-go

Slant

Chair

20 minutes

Defensive Drills

Flag pulling 2 vs 1

Flag pulling sideline drill

1 on 1 defensive rushing drill, 4 seconds

Move on the ball and on "2"

Lateral Drill

5 minutes Break

30 minutes

Offensive Plays

Review offensive plays

Bootleg Pass Right

New Option

Motion hand off

Hook & Ladder

Clock the Ball, SPIKE the ball

48 Option Right, Reverse

49 Motion Handoff Right

Wildcat Pass Left

Shotgun Screen Pass

Shotgun Wheel Route Left

46 Motion Option

33 Motion Trap

Notes:

Parent meeting

CYFFA Senior Team

Practice #: 12

Date: September 13, 2012

Time: Description

5 minutes Warm Up
 Pass the Ball
 Stretching
 Four corner follow the leader on whistle

5 minutes Break

20 minutes Throwing/Catching Pattern Fly/Streak
 Passing techniques In/Out Stop-n-go
 Catching techniques Flag/Post Slant
 Button & Flare

Patterns w/defense
 Shotgun snap

20 minutes Defensive Drills
 Flag pulling "Z" drill
 1 on 1 defensive rushing drill, 4 seconds
 on ball movement

5 minutes Break

20 minutes Defensive Prep for Giants
 Run Giants plays

30 minutes Offensive Plays
 Review offensive plays 48 Option Right, Reverse
 Bootleg Pass Right 49 Motion Handoff Right
 New Option Wildcat Pass Left
 Motion hand off Shotgun Screen Pass
 Hook & Ladder Shotgun Wheel Route Left
 CLOCK the Ball -VS- 46 Motion Option
 SPIKE the Ball 33 Motion Trap

Notes: Parent meeting
 Game Time 1:00pm, arrive by 12:15pm
 Game Location Field #4 visitor side, Northside
 Captains
 Snack family

CYFFA

Senior Team

Practice #: 12

Date: September 17, 2012

Time: Description

10 minutes Warm Up
 Pass the Ball
 Stretching, Hollywood, Killers, etc
 Four corner follow the leader on whistle

5 minutes Break

20 minutes Passing
 Against coverage

20 minutes Defensive Drills
 Flag Pulling drill, on your back
 Flag Pulling drill, angel drill
 Defending the Tight offense, who covers who CB & LB
 Run full speed
Review Falcon plays
 Defending the Spread formation, QB runs
 Defending the screen play w/Sanders blocking
 Defending the Spread formation, QB throws deep
 *Watch formations

5 minutes Break

30 Offensive Plays
 Review all offensive plays
 QB Audible
 Blocking assignments

Notes: Parent meeting
 Game Time: 10:30am
 Game Location Field 4
 Captains
 Snack family

CYFFA Senior Team

Practice #: 14 Date: September 19, 2012

<u>Time:</u>	<u>Description</u>
10 minutes	Warm Up Eric's birthday Pass the Ball Stretching, Hollywood, Killers, etc Four corner follow the leader on whistle
5 minutes	Break
20 minutes	Passing Against coverage
20 minutes	Defensive Drills Flag Pulling drill, on your back Flag Pulling drill, angel drill Review, 32, 42 and 52 Defense Defending the heavy side offense, who covers who Corner blitz, Safety to come up and cover Defending against Bronco plays
30 minutes	Offensive Plays Review all offensive plays Trips left formation and blocking Review new offensive plays Review blocking assignments for 4 man line
Notes:	Parent meeting Game Time - 1pm, Home Team Game Location -Field 4 Captains - Snack family - Picture Day on Saturday

CYFFA Senior Team

Practice #: 15 Date: September 24, 2012

Time: Description

10 minutes Warm Up
Pass the Ball
Stretching, Hollywood, Killers, etc
Four corner follow the leader on whistle

5 minutes Break

20 minutes Passing

20 minutes Defensive Drills
Flag Pulling drill, "Z" Drill
Review, 32, 42 and 52 Defense
Corner blitz, Safety to come up and cover

15 minutes Blocking
Hold blocking for 4 seconds

30 minutes Offensive Plays
Review all offensive plays
Trips left formation and blocking
QB Trap
Slot right formation, Motion Handoff Left
Slot left formation, Motion Pass Right
Slot left formation, Hook & Ladder
Slot right, Playaction pass, Drag Pass Right
Review new offensive plays
Review blocking assignments for 3 lineman

Notes: Parent meeting
Game Time 12:30
Game Location Field 4
Captains -
Snack family -

CYFFA Senior Team

Practice #: 16

Date: September 26, 2012

<u>Time:</u>	<u>Description</u>
10 minutes	Warm Up Pass the Ball Stretching, Hollywood, Killers, etc Four corner follow the leader on whistle
5 minutes	Break
20 minutes	Passing Against coverage
20 minutes	Defensive Drills Flag Pulling drill, "Z" Drill Lateral Drill Blocking and spinning 4 second drill
20 minutes	Offensive Plays Review all offensive plays Screen Jumbo offense
20 minutes	Defensive Plays Review all Raider plays

Game Time: 9:00pm vs. Raiders, arrive by 8:15am

Game Location: Field #4, visiting team

Captains:

Snack family:

Notes:

CYFFA Senior Team

Practice #: 17

Date: October 1, 2012

Time: **Description**

10 minutes Warm Up
 Pass the Ball
 Stretching, Hollywood, Killers, etc
 Four corner follow the leader on whistle

5 minutes Break

15 minutes Passing

20 minutes Defensive Drills
 Flag Pulling drill, sideline drill
 Blocking and spinning
 Review Defensive formations

40 minutes Offensive Plays
 Review all offensive plays
 Double Tight, QB Trap, no motion
 New Play; Slot Left, Reverse pass to QB

Game Time 12:30pm vs. Giants, arrive by 11:45am
Game Location - Field #4
Captains -
Snack family -

Notes:

CYFFA

Senior Team

Practice #: # 18 Date: October 3, 2012

Time: Description

5 minutes Warm Up
 Pass the Ball
 Stretching
 Four corner follow the leader on whistle

5 minutes Break

10 minutes Passing Drills
 With defense

15 minutes Defensive Drills
 Flag pulling drill, 1 on 1 on their back
 Flag pulling drill, 1 vs. 2

30 minutes Practice Defensive formation
 Defensive formation
 3-2 Defense
 5-2 Defense
 Defend against the 5 man tight offensive formation
 LB outside DE's
 Always watch the motion, the run toward the motion.
 Have linebackers shift towards motion and blitz.
 Watch motion and then crossing pattern
 Watch the wildcat run
 QB is big and a very good athlete

5 minutes Break

30 minutes Offensive Plays
 Weak side receiver in slot formation must be tight
 Double Tight formation, Motion sweep, QB Bootleg
 Double Tight formation, Motion sweep, QB Bootleg Pass
 Double Tight formation, QB Trap, (Luke comes in tighter)
 Slot Left formation, Reverse QB Pass
 Timeout Pass

5 minutes Up-Downs

Notes: Game time: 10:30am, home team, street side
 Location: Field 4
 Snack Family:
 Captains:

CYFFA Senior Team

Practice #: # 19

Date: October 8, 2012

Time: Description

5 minutes Warm Up
 Pass the Ball
 Stretching
 Four corner follow the leader on whistle

5 minutes Break

10 minutes Passing
 Against coverage

15 minutes Defensive Drills
 Flag pulling drill, sideline drill
 Flag pulling drill, 1 vs. 2

30 minutes Offensive Plays
 Deep WR passes again the CB
 Motion Option
 Motion Handoff
 Motion Trap
 No Wildcat, but yes on wildcat pass
 On fake pitch counter, Grant has to pickup a LB
 QB Bootleg Run/Pass
 Motion Sweep
 Rollout Option RT

5 minutes Up-Downs

Notes: Game time: 1:00pm, vs 49er's, visiting team, school side
 Location: Field 4
 Snack Family:
 Captains:

CYFFA

Senior Team

Practice #: 20 Date: October 10, 2012

Time: Description

10 minutes

Warm Up

Pass the Ball

Stretching, Hollywood, Killers, etc

Four corner follow the leader on whistle

5 minutes

Break

10 minutes

Passing

Against coverage

Flag pulling drill, 1 vs. 2

30 minutes

Practice Defensive formation

Defensive formation

3-2 Defense

5-2 Defense

Defend against the 5 man tight offensive formation

DE must line up outside shoulder of Lineman, not TE

Always watch the motion, the run toward the motion.

Have linebackers shift towards motion Safety spies QB

Watch motion and then crossing pattern

QB is a very good athlete

Jam the WR and Slot backs

30 minutes

Offensive Plays

Deep WR passes again the CB

Motion Option

Motion Handoff

Motion Trap

No Wildcat, but yes on wildcat pass

On fake pitch counter, Grant has to pickup a LB

QB Bootleg Run/Pass

Rollout Option RT

5 minutes

Up-Downs

Notes:

Game Time - 1:00pm, arrive by 12:15pm

Game Location - Senior field 4

Captains -

Snack family -

CYFFA Senior Team

Practice #: 21 Date: October 15, 2012

<u>Time:</u>	<u>Description</u>
10 minutes	Warm Up Pass the Ball Stretching, Hollywood, Killers, etc Four corner follow the leader on whistle
5 minutes	Break
10 minutes	Passing Against coverage
15 minutes	Flag pulling drill, "Z" drill
30 minutes	Offensive Plays Review all offensive plays Trips left Double pass, fake screen-bomb, triple pass, QB Sneak Run away from Brabant Fake Pitch Counter Motion Trap Red Dog, 3 & 4 Cross Rt Blast, FB has got to get a LB Rollout Option RT Cross Rt QB Sneak (White/Black)
5 minutes	Up-Downs
Notes:	Game Time - 1:00pm, arrive by 12:15pm, visitor Game Location - Senior field 4 Captains - Snack family -

CYFFA

Senior Team

Practice #: 22 Date: October 17, 2012

Time: Description **Jake's birthday**

5 minutes	Warm Up Pass the Ball Stretching Four corner follow the leader on whistle
5 minutes	Break
15 minutes	Flag pulling drill On their backs
15 minutes	2 on 2 Blocking drills, (hold your block)
10 minutes	Special teams plays, (Reverse and Pass)
30 minutes	Practice Defensive formation Defensive formation 3-2 Defense 5-2 Defense Defend against the "Wheel Route Pass" Defend against spread formation Defend against slot right/left formation Defend against Double tight, Counter Defend against trips, 2 w/1 behind and 1, w/2 behind Defend against slot right/left formation Always watch the motion, they run toward the motion, standard shift Watch motion and then crossing pattern
30 minutes	Offensive Plays Standard formation, Blast Pass Left Slot Right formation, Play Action pass Wheel Route Slot Right formation, Fake Pitch Wheel Route Pass Double Tight formation, QB Trap Slot Left formation, Reverse QB Pass
5 minutes	Up-Downs
Notes:	Game Time 8:30am Game Location - Senior field 4, away team Captains - Snack family -

CYFFA Senior Team

Practice #: 23

Date: October 22, 2012

Time:

Description

ANDY'S B-DAY

10 minutes

Warm Up Pass the Ball
Stretching
Four corner follow the leader on whistle

5 minutes Break

15 minutes Passing drills

15 minutes Flag pulling drill
On their backs

15 minutes 2 on 2 Blocking drills, (hold your block)

10 minutes Special teams plays, (Reverse and Pass)

30 minutes

Offensive Plays
Standard formation, Blast Pass Left
Double Tight formation, Motion sweep, QB Bootleg
Double Tight formation, Motion sweep, QB Bootleg Pass
Slot Right formation, Play Action pass Wheel Route
Slot Right formation, Fake Pitch Wheel Route Pass
Trips left, Dump Pass
Slot left formation, Quick Pass
Double Tight formation, QB Trap
Slot Left formation, Reverse QB Pass

5 minutes

Up-Downs

Notes:

Game Time 8:30am
Game Location - Senior field 4, away team
Captains
Snack family

CYFFA

Senior Team

Practice #: # 24 Date: October 24, 2012

<u>Time:</u>	<u>Description</u>
10 minutes	Warm Up Pass the Ball Stretching, Hollywood, Killers, etc Four corner follow the leader on whistle
5 minutes	Break
10 minutes	Passing Against coverage
15 minutes	Defensive Drills Flag pulling drill, 1 on 1 on their back Flag pulling drill, 2 on 1
15 minutes	Blocking drills 2 on 1 Blocking drills, w/RB
30 minutes	Practice Defensive formation 3-2 Defense & 5-2 Defense Defend against the 5 man tight offensive formation Always watch the motion, they run toward the motion. Have linebackers shift towards motion and blitz. Watch motion and then crossing pass pattern Watch the wildcat run Watch the Motion Sweep and Option Watch the Screen Pass
5 minutes	Break
30 minutes	Offensive Plays Pitches/Sweeps Trips left plays Trap Pass Clock the Ball/Spoke the Ball New Hook & Ladder, from Spread Formation
5 minutes	Up-Downs
Notes:	Game time: 11:00am, we are the home team, street side arrive by 10:15am Location: Field 4 Snack Family: Captains:

CYFFA Senior Team

Practice #: # 25

Date: October 29, 2012

Time: Description

10 minutes Warm Up
 Pass the Ball
 Stretching, Hollywood, Killers, etc
 Four corner follow the leader on whistle

5 minutes Break

10 minutes Passing
 Against coverage

15 minutes Flag pulling drill, "Z" drill

30 minutes Offensive Plays
 Review all offensive plays
 Trips left Double pass, fake screen-bomb, triple pass, QB Sneak
 Flee-Flicker
 Motion Sweep QB Bootleg Pass
 Shotgun Double Button Hook
 Shotgun Double Stop & Go
 Spread formation Motion, In-Out Pass
 Trips Left QB Throwback
 Trips Left Trap Pass
 Trips Left Hail Mary
 Slot Rt, Cross Rt
 Slot Rt, Wildcat LT Pass
 QB Sneak (White/Black)

5 minutes Up-Downs

Notes: Game Time - 9:00am, arrive by 8:15m, home
 Game Location - Senior field 4
 Captains
 Snack family -

CYFFA Senior Team

Practice #: 26 Date: November 1, 2012

<u>Time:</u>	<u>Description</u>
5 minutes	Warm Up Pass the Ball Stretching Four corner follow the leader on whistle
5 minutes	Break
15 minutes	Passing Against coverage
10 minutes	Flag pulling drill 2 on 1
10 minutes	Blocking drills 2 on 1 Blocking drills, w/RB
30 minutes	Offensive Plays Review all NEW offensive plays Hook & Ladder
30 minutes	Review Defensive formation On spread formation Nicholas get the small guy On spread formation LB must take inside position to jump route On Trip formation we must jump the route On Trip formation we must watch the opposite Offensive guard Defensive-Ends MUST Banana
5 minutes	Up-Downs
Notes:	Game Time - 9:00am, arrive by 8:15m, home Game Location - Senior field 4 Captains - Snack family -

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CYFFA Senior Team

Practice #: 27 Date: November 5, 2012

<u>Time:</u>	<u>Description</u>
10 minutes	Warm Up Pass the Ball Stretching, Hollywood, Killers, etc Four corner follow the leader on whistle
5 minutes	Break
10 minutes	Passing Against coverage
15 minutes	Flag pulling drill, "Z" drill
30 minutes	Offensive Plays Review all offensive plays Trips left Double pass, fake screen-bomb, triple pass, QB Sneak Flee-Flicker Motion Sweep QB Bootleg Pass Shotgun Double Button Hook Shotgun Double Stop & Go Spread formation Motion, In-Out Pass Trips Left QB Throwback Trips Left Trap Pass Trips Left Hail Mary Drag Pass, WR must rub defender
5 minutes	Up-Downs
Notes:	Game Time - 1:00pm, arrive by 12:15m, visitor Game Location - Senior field 4 Captains - Snack family -

CYFFA Senior Team

Practice #: 26 Date: November 1, 2012

<u>Time:</u>	<u>Description</u>
5 minutes	Warm Up Pass the Ball Stretching Four corner follow the leader on whistle
5 minutes	Break
15 minutes	Passing Against coverage
10 minutes	Flag pulling drill 2 on 1
10 minutes	Blocking drills 2 on 1 Blocking drills, w/RB
30 minutes	Offensive Plays Review all NEW offensive plays Hook & Ladder
30 minutes	Review Defensive formation On spread formation Nicholas get the small guy On spread formation LB must take inside position to jump route On Trip formation we must jump the route On Trip formation we must watch the opposite Offensive guard Defensive-Ends MUST Banana
5 minutes	Up-Downs
Notes:	Game Time - 9:00am, arrive by 8:15m, home Game Location - Senior field 4 Captains - Snack family -