

Max Screens (Period 4A: 2.5 minutes or 40 catches total)

Objective: To get maximum repetitions with Screen.

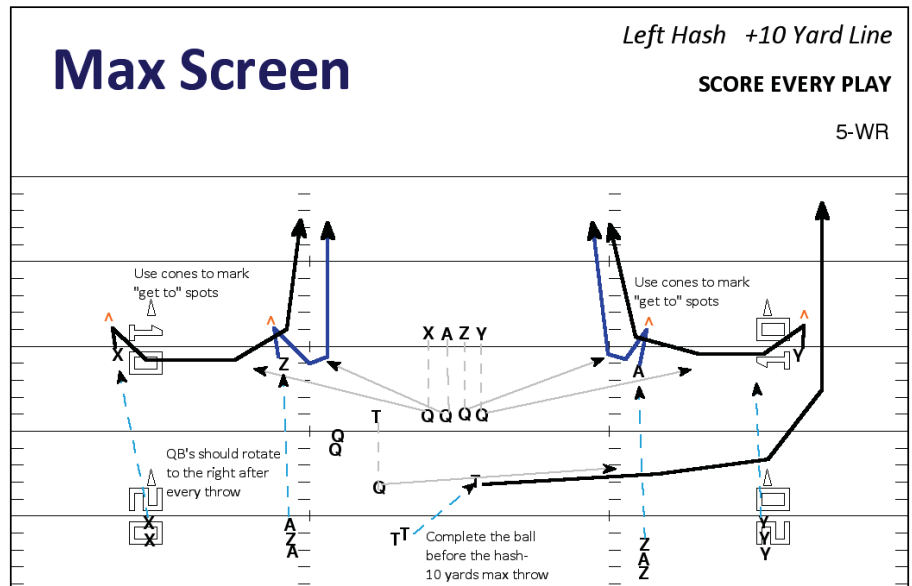
Always work from the middle of the field.

Tailbacks work Swing routes to right on Monday, left on Tuesday

Goal: 90% completion

Skills Covered

- X Rock/Letter/Outside WR Screen
- T Rock/Shallow/Mesh-Stick
- A Inside WR Screen (Alternate sides)
- Z Inside WR Screen
- Y Outside WR Screen/Letter



Races (Period 4B: 2.5 minutes or 40 catches total)

Objective: To get maximum repetitions with Bubble & Outs.

Always work from middle of the field.

Goal: 90% completion

Skills Covered

- X/Y Out (Stretch)/Zone-Bubble Solo
- A/Z Bubble (Alternate sides)
- T Letter (alternate alignment)

