

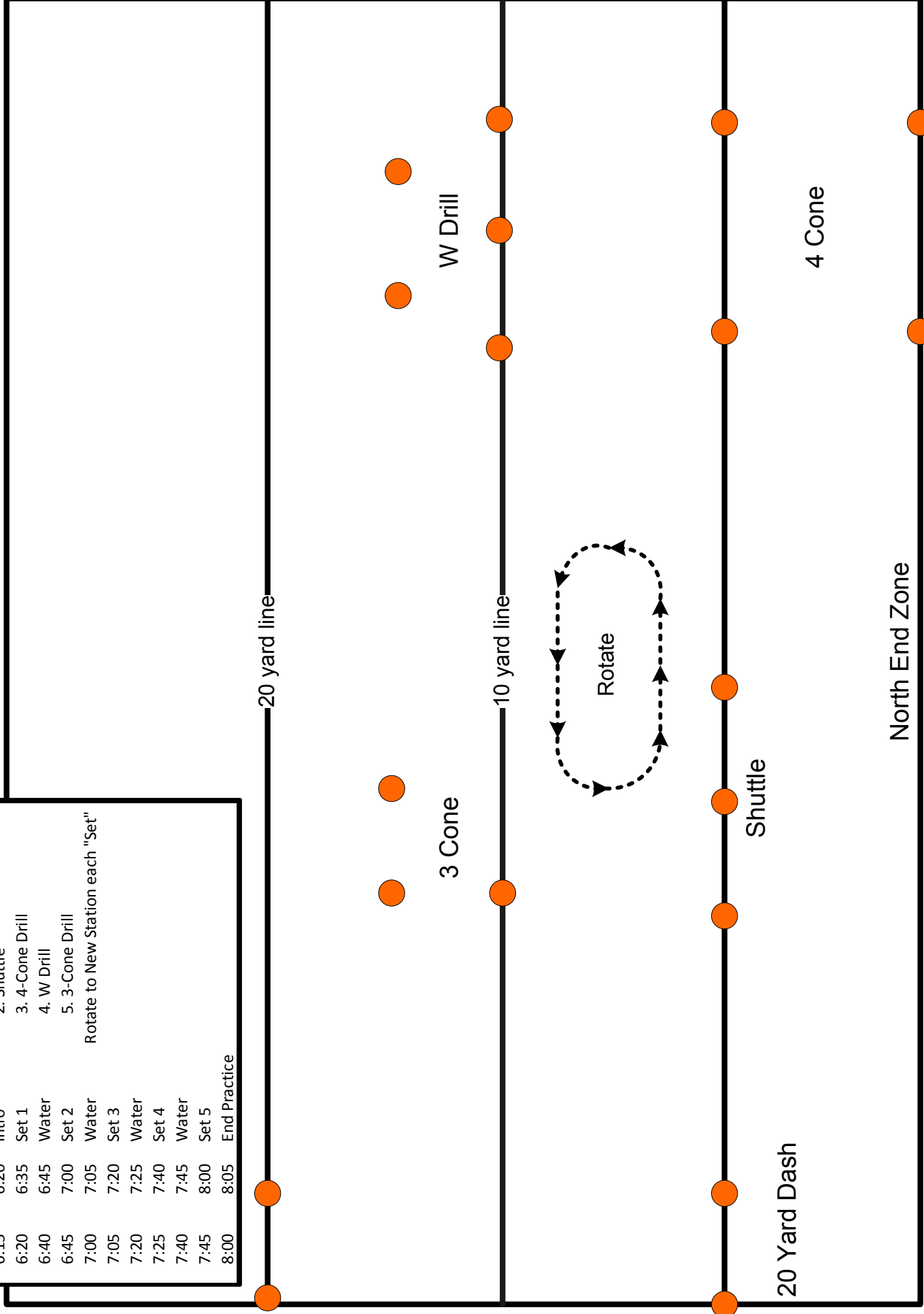
# Monday July 18th

## Five Stations

Start	Stop	Drill
6:00	6:15	Stretch
6:15	6:20	Intro
6:20	6:35	Set 1
6:40	6:45	Water
6:45	7:00	Set 2
7:00	7:05	Water
7:05	7:20	Set 3
7:20	7:25	Water
7:25	7:40	Set 4
7:40	7:45	Water
7:45	8:00	Set 5
8:00	8:05	End Practice

1. 20 Yard Dash
2. Shuttle
3. 4-Cone Drill
4. W Drill
5. 3-Cone Drill

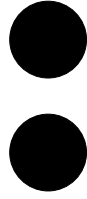
Rotate to New Station each "Set"



## Tuesday July 19th

Start	Stop	Drill	Stations
6:00	6:10	Stretch	1) Fit & Drive
6:10	6:15	Water	2) Wrap & Drive
6:15	6:30	Set 1	3) Stance & Start
6:30	6:35	Water	4) One Step Form
6:35	6:50	Set 2	5) Handoffs (Dive)
6:50	6:55	Water	
6:55	7:10	Set 3	
7:10	7:15	Water	
7:15	7:30	Set 4	
7:30	7:35	Water	
7:30	7:45	Set 5	
7:45	7:50	Water	
7:50	8:00	Sprints	
8:00	8:05	Team Mtg	

Handoff Drill

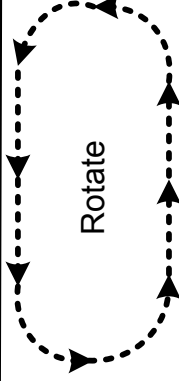


One Step Form  
Tackling

## Wednesday July 20th

Start	Stop	Drill	Stations
6:00	6:10	Stretch	1) Drive Block
6:10	6:15	Water	2) Wrap & Roll
6:15	6:30	Set 1	3) Stance & Start
6:30	6:35	Water	4) Angle w/dummy
6:35	6:50	Set 2	5) Handoff Drill
6:50	6:55	Water	
6:55	7:10	Set 3	
7:10	7:15	Water	
7:15	7:30	Set 4	
7:30	7:35	Water	
7:30	7:45	Set 5	
7:45	7:50	Water	
7:50	8:00	Sprints	
8:00	8:05	Team Mtg	

Rotate



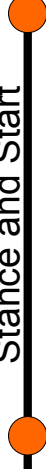
Fit and Drive  
Blocking



Wrap and Drive



Stance and Start



10 yard line

North End Zone

### Thursday July 21st

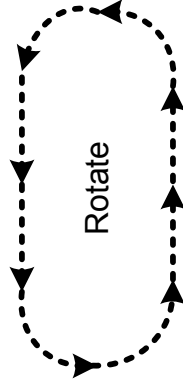
Start	Stop	Drill	Station
6:00	6:10	Stretch	1) Fit & Drive
6:10	6:15	Water	2) Handoff (dive)
6:15	6:30	Set 1	3) Angle Tackle w/dummy
6:30	6:35	Water	4) Stance & Start
6:35	6:50	Set2	
6:50	6:55	Water	
6:55	7:10	Set 3	
7:10	7:15	Water	
7:15	7:30	Set 4	
7:30	7:35	Water	
7:30	8:00	Oklahoma (3 Groups)	
8:00	8:05	Team Mtg	

### Friday July 22st

Start	Stop	Drill	Station
6:00	6:10	Stretch	1) Drive Block
6:10	6:15	Water	2) Wrap & Roll
6:15	6:30	Set 1	3) Angle Tackle w/dummy
6:30	6:35	Water	4) Stance & Start
6:35	6:50	Set2	
6:50	6:55	Water	
6:55	7:10	Set 3	
7:10	7:15	Water	
7:15	7:30	Set 4	
7:30	7:35	Water	
7:30	8:00	Knock-out (5 Groups)	
8:00	8:05	Team Mtg	

20 yard line

10 yard line



Station #4

Station #3



Station #1

Station #2

North End Zone