

Tuesday								
	DL	DE	LB	DB	OL	TE	WR	Backs
6:00	Stretch-Dynamic							
6:05	Stretch-Dynamic							
6:10	Water							
6:15	Opponent Off. Scout (alignment to formations, basic/trick plays, etc.)							
6:20	basic/trick plays, etc.)							
6:25	& Pursuit drill							
6:30	Water							
6:35	Muck (1 on 1 blocking)	V Tackling/ scrape & fill	Open Field tackling					
6:40								
6:45								
6:50	Water							
6:55					Block Rules/ Opponent Def		Block Rules/ Opponent Def	
7:00								
7:05								
7:10	Water							
7:15					Footwork/Steps		Pass Routes	Skeleton (backs running plays)
7:20								
7:25								
7:30								
7:35	Water							
7:40					Team Offense			
7:45								
7:50								
7:55								
8:00	Sprints							
O Line & TE								
LTE	LT	LG	C	RG	RT	RTE		
MITCHELL	ROBINSON	ANDERSON	GLENN	ROSA	CALEB	BURNEY		
FLORES	Ebanks	Domagalia	Anderson	Q. POWELL		KIER		
Backs								
1 BACK	2 BACK	3 BACK	4 BACK	WR	WR			
CJ	KEONDRE	KAVARY	CJ	Potts				
Cordova	K POWELL	NEWTON	SMART	Flores				
Burney		Crockett						
Linebacker & DBs								
LCB	RCB	S		ROLB	MLB	LOLB	LB	LB
CJ	TAYLOR	MITCHELL		POTTS	CORDOVA	NEWTON		
SMART	FLORES	FLORES	K. POWELL	Henry	Burney	Assidy		
K. POWELL		CROCKETT		Flores	Kier	Smart		
D-Line								
	DE	DE	DL	DL	DL	DL		
	Kavary	CALEB	Q. POWELL	GLENN	ROSA	WILLIAMS		
	BURNEY	KIER	SIMONS	ASSIDY	KELLY			

Wednesday								
	DL	DE	LB	DB	OL	TE	Backs	WR
6:00	Stretch-Dynamic							
6:05								
6:10	Water							
6:15	Opponent Off. Scout (alignment to formations, basic/trick plays, etc.) & Pursuit drill							
6:20								
6:25								
6:30	Water							
6:35	Oklahoma or tackling drill		7 on 7 Pass Drill or tackling drill					
6:40								
6:45								
6:50	Water							
6:55					Block Rules/ Opp. Defense		Ball Security, blocking, or Agility Drills	
7:00								
7:05								
7:10	Water							
7:15					Punch Drill Trap/Pull	Punch Drill	Skeleton	Routes
7:20								
7:25					Routes			
7:30								
7:35	Water							
7:40	Team Offense or Defense (scrimmage)							
7:45								
7:50								
7:55								
8:00								
O Line & TE								
LTE	LT	LG	C	RG	RT	RTE		
MITCHELL	ROBINSON	ANDERSON	GLENN	ROSA	CALEB	BURNEY		
FLORES	Ebanks	Domagalia	Anderson	Q. POWELL		KIER		

Backs								
1 BACK	2 BACK	3 BACK	4 BACK	WR	WR			
CJ	KEONDRE	KAVARY	CJ	Potts				
Cordova	K POWELL	NEWTON	SMART	Flores				
Burney		Crockett						

Linebacker & DBs								
LCB	RCB	S		ROLB	MLB	LOLB	LB	LB
CJ	TAYLOR	MITCHELL		POTTS	CORDOVA	NEWTON		
SMART	FLORES	FLORES	K. POWELL	Henry	Burney	Assidy		
K. POWELL		CROCKETT		Flores	Kier	Smart		

D-Line								
	DE	DE	DL	DL	DL	DL		
	Kavary	CALEB	Q. POWELL	GLENN	ROSA	WILLIAMS		
	BURNEY	KIER	SIMONS	ASSIDY	KELLY			

Thursday								
	DL	DE	LB	DB	OL	TE	Backs	WR
6:00	Stretch-Dynamic							
6:05								
6:10	Water							
6:15	Special Teams							
6:20								
6:25								
6:30								
6:35								
6:40								
6:45	Water							
6:50	Pursuit/Review Opponent Off. & Punt Return							
6:55								
7:00								
7:05								
7:10	Water							
7:15					1 on 1 blocking		Skeleton	
7:20								
7:25								
7:30								
7:35	Water							
7:40					Team Offense or defense (scrimmage)			
7:45								
7:50								
7:55								
8:00								
O Line & TE								
LTE	LT	LG	C	RG	RT	RTE		
MITCHELL	ROBINSON	ANDERSON	GLENN	ROSA	CALEB	BURNEY		
FLORES	Ebanks	Domagalia	Anderson	Q. POWELL		KIER		

Backs								
1 BACK	2 BACK	3 BACK	4 BACK	WR	WR			
CJ	KEONDRE	KAVARY	CJ	Potts				
Cordova	K POWELL	NEWTON	SMART	Flores				
Burney		Crockett						

Linebacker & DBs								
LCB	RCB	S		ROLB	MLB	LOLB	LB	LB
CJ	TAYLOR	MITCHELL		POTTS	CORDOVA	NEWTON		
SMART	FLORES	FLORES	K. POWELL	Henry	Burney	Assidy		
K. POWELL		CROCKETT		Flores	Kier	Smart		

D-Line								
	DE	DE	DL	DL	DL	DL		
	Kavary	CALEB	Q. POWELL	GLENN	ROSA	WILLIAMS		
	BURNEY	KIER	SIMONS	ASSIDY	KELLY			