

	DATE - May 2nd Varsity			Spring 2017		PRACTICE NUMBER 5		DRESS - Shell		Tempo -Fsat			FILM	ACTIVITIES						
PERIOD	WR	QB	RB	OL	OL	TIME	DT	DE	LB	S	CB	PERIOD								
0	Flex					2:45	Flex					0								
1						2:50						1								
2						2:55						2								
3	New England/Oakland/Houston			Run/Pass Fund		3:00	4 cones		4 cone drill			3								
4						3:05						4								
5						3:10						5								
6	PVA vs Subs					3:15	install black (cover 2)					6								
7						3:20						7								
8						3:25						8								
9	1 on 1's					3:30	set recognition					9								
10						Inside Run vs Def						Inside Run vs Off			1 on 1's		10			
11																	3:35	11		
11	7 on 7 vs Def			1 on 1's vs Def		3:40	1 on 1's vs Off		7 on 7 vs Off			11								
12						3:45						12								
13						3:50						13	I/R Tight/1on1 Side							
13	Team vs Def					3:55	Team vs Off					13								
14						4:00						14								
14						4:05						14								
15	EOWO					4:10	EOWO					15								
16						4:15						16	SKELLY WIDE							
17												17								
18												18		KELLY WIDE/1on1 Side						
19						19														
20						20														
21						21														
22						22						TEAM Tight								
23						23														
24						24														
25						25														
26						26						Camera Floats to Each								
27						27														
28	28																			
29	ALL UP						ALL UP					29		Camera Floats to Each						
30						30														
Team Announcements:						Defensive Install: Black, Cowboy														
						Cover 1, 2														

PERIOD	DATE - May 4th Varsity			Spring 2017		PRACTICE NUMBER 5		DRESS - Shell			Tempo -Fsat		FILM	ACTIVITIES		
PERIOD	WR	QB	RB	OL	OL	TIME	DT	DE	LB	S	CB	PERIOD				
0	Flex					2:45	Flex					0				
1						2:50						1				
2						2:55						2				
3	New England/Oakland/Houston			Run/Pass Fund		3:00	5 cones		5 cone drill			3				
4						3:05	DL stunts-lateral step dogs,cats,pinch,jet			half line vs routes (black)			4			
5						3:10							5			
6						3:15							6			
7	PVA vs Subs					3:20	set recognition					7				
8						3:25						8				
9						3:30						9				
10	1 on 1's	Inside Run vs Def			3:35	Inside Run vs Off			1 on 1's		10					
11					3:40	1 on 1's vs Off			7 on 7 vs Off			11				
12	7 on 7 vs Def		1 on 1's vs Def		3:45							12	I/R Tight/1on1 Side			
13					3:50							13				
14	Team vs Def					4:00	Team vs Off					14				
15						4:05						15				
16						4:10						16				
17	EOWO					4:15	EOWO					17				
18						DL= cones						4 cone drill = sprints			18	SKELLY WIDE
19												Get offs			19	
20												Pass rush drill 90			20	
21												Pass rush drill 45			21	
22												Dogs= rules slant away from RB			22	KELLY WIDE/1on1 Side
23												Cats= rules slant same side as RB			23	
24												Pinch=rules slant to the ball side gap			24	
25												Jet=push rush to stop the run			25	
26												DB=cones			26	TEAM Tight
27		4 cone drill = sprints			27											
28		45 breaks			28											
29		45 breaks bad situation w drill			29	Camera Floats to Each										
30	ALL UP						ALL UP					30				
Team Announcements:						Defensive Install: Black, Cowboy										
						Cover 1, 2										

DATE - May 9th Varsity		Spring 2017		PRACTICE NUMBER 5		DRESS -		Tempo -Fast		FILM	ACTIVITIES		
PERIOD	WR	QB	RB	OL	OL	TIME	DT	DE	LB	S	CB	PERIOD	
0	Flex					2:45	Flex					0	
1						2:50							
2	Flex					2:55	Deep snapper , Kade, ??					2	
3						3:00							
4	New England/Oakland/Houston		Run/Pass Fund			3:05	5 cones		5 cone drill			3	
5						3:10							
6						3:15	DL - stay technique Cowboy and Diamond		Man - kick slide, inch			4	
7						3:20							
8	PVA vs Subs					3:25	Square shoulders		Man Safety roll vs motion			5	
9						3:30							
10	1 on 1's	Inside Run vs Def			3:35	Inside Run vs Off			1 on 1's		6		
11					3:40								
12	7 on 7 vs Def		1 on 1's vs Def		3:45	1 on 1's vs Off		7 on 7 vs Off			7		
13					3:50								
14	Team vs Def					3:55	Team vs Off					8	
15						4:00							
16	EOWO					4:05	EOWO					9	
17						4:10							
18	EOWO					4:15	EOWO					10	
19						4:20							
20	EOWO					4:25	DL= cones		4 cone drill = sprints			11	
21						4:30							
22	EOWO					4:35	Get offs		Stay tech/heelline			12	
23						4:40							
24	EOWO					4:45	G.O, run down LOS		outside LB attack horizontal			13	
25						4:50							
26	EOWO					4:55	Pass rush drill 45		Pass rush drill 90			14	
27						5:00							
28	EOWO					5:05	Dogs= rules slant away from RB		Inside release		dig,post,corner		15
29						5:10							
29	EOWO					5:15	Cats= rules slant same side as RB		outside release		fade,comeback		16
30						5:20							
30	EOWO					5:25	Pinch=rules slant to the ball side gap		Jet=push rush to stop the run			17	
31						5:30							
31	EOWO					5:35	DB=cones		4 cone drill = sprints			18	
32						5:40							
32	EOWO					5:45	45 breaks		45 breaks bad situation w drill			19	
33						5:50							
33	EOWO					5:55	ALL UP		ALL UP			20	
34						6:00							
34	EOWO					6:05	ALL UP		ALL UP			21	
35						6:10							
35	EOWO					6:15	ALL UP		ALL UP			22	
36						6:20							
36	EOWO					6:25	ALL UP		ALL UP			23	
37						6:30							
37	EOWO					6:35	ALL UP		ALL UP			24	
38						6:40							
38	EOWO					6:45	ALL UP		ALL UP			25	
39						6:50							
39	EOWO					6:55	ALL UP		ALL UP			26	
40						7:00							
40	EOWO					7:05	ALL UP		ALL UP			27	
41						7:10							
41	EOWO					7:15	ALL UP		ALL UP			28	
42						7:20							
42	EOWO					7:25	ALL UP		ALL UP			29	
43						7:30							
43	EOWO					7:35	ALL UP		ALL UP			30	
44						7:40							
44	EOWO					7:45	ALL UP		ALL UP			31	
45						7:50							
45	EOWO					7:55	ALL UP		ALL UP			32	
46						8:00							
46	EOWO					8:05	ALL UP		ALL UP			33	
47						8:10							
47	EOWO					8:15	ALL UP		ALL UP			34	
48						8:20							
48	EOWO					8:25	ALL UP		ALL UP			35	
49						8:30							
49	EOWO					8:35	ALL UP		ALL UP			36	
50						8:40							
50	EOWO					8:45	ALL UP		ALL UP			37	
51						8:50							
51	EOWO					8:55	ALL UP		ALL UP			38	
52						9:00							
52	EOWO					9:05	ALL UP		ALL UP			39	
53						9:10							
53	EOWO					9:15	ALL UP		ALL UP			40	
54						9:20							
54	EOWO					9:25	ALL UP		ALL UP			41	
55						9:30							
55	EOWO					9:35	ALL UP		ALL UP			42	
56						9:40							
56	EOWO					9:45	ALL UP		ALL UP			43	
57						9:50							
57	EOWO					9:55	ALL UP		ALL UP			44	
58						10:00							
58	EOWO					10:05	ALL UP		ALL UP			45	
59						10:10							
59	EOWO					10:15	ALL UP		ALL UP			46	
60						10:20							
60	EOWO					10:25	ALL UP		ALL UP			47	
61						10:30							
61	EOWO					10:35	ALL UP		ALL UP			48	
62						10:40							
62	EOWO					10:45	ALL UP		ALL UP			49	
63						10:50							
63	EOWO					10:55	ALL UP		ALL UP			50	
64						11:00							
64	EOWO					11:05	ALL UP		ALL UP			51	
65						11:10							
65	EOWO					11:15	ALL UP		ALL UP			52	
66						11:20							
66	EOWO					11:25	ALL UP		ALL UP			53	
67						11:30							
67	EOWO					11:35	ALL UP		ALL UP			54	
68						11:40							
68	EOWO					11:45	ALL UP		ALL UP			55	
69						11:50							
69	EOWO					11:55	ALL UP		ALL UP			56	
70						12:00							
70	EOWO					12:05	ALL UP		ALL UP			57	
71						12:10							
71	EOWO					12:15	ALL UP		ALL UP			58	
72						12:20							
72	EOWO					12:25	ALL UP		ALL UP			59	
73						12:30							
73	EOWO					12:35	ALL UP		ALL UP			60	
74						12:40							
74	EOWO					12:45	ALL UP		ALL UP			61	
75						12:50							
75	EOWO					12:55	ALL UP		ALL UP			62	
76						1:00							
76	EOWO					1:05	ALL UP		ALL UP			63	
77						1:10							
77	EOWO					1:15	ALL UP		ALL UP			64	
78						1:20							
78	EOWO					1:25	ALL UP		ALL UP			65	
79						1:30							
79	EOWO					1:35	ALL UP		ALL UP			66	
80						1:40							
80	EOWO					1:45	ALL UP		ALL UP			67	
81						1:50							
81	EOWO					1:55	ALL UP		ALL UP			68	
82						2:00							
82	EOWO					2:05	ALL UP		ALL UP			69	
83						2:10							
83	EOWO					2:15	ALL UP		ALL UP			70	
84						2:20							
84	EOWO					2:25	ALL UP		ALL UP			71	
85						2:30							
85	EOWO					2:35	ALL UP		ALL UP			72	
86						2:40							
86	EOWO					2:45	ALL UP		ALL UP			73	
87						2:50							
87	EOWO					2:55	ALL UP		ALL UP			74	
88						3:00							
88	EOWO					3:05	ALL UP		ALL UP			75	
89						3:10							
89	EOWO					3:15	ALL UP		ALL UP			76	
90						3:20							
90	EOWO					3:25	ALL UP		ALL UP			77	
91						3:30							
91	EOWO					3:35	ALL UP		ALL UP			78	
92						3:40							
92	EOWO					3:45	ALL UP		ALL UP			79	
93						3:50							
93	EOWO					3:55	ALL UP		ALL UP			80	
94						4:00							
94	EOWO					4:05	ALL UP		ALL UP			81	
95						4:10							
95	EOWO					4:15	ALL UP		ALL UP			82	
96						4:20							
96	EOWO					4:25	ALL UP		ALL UP			83	
97						4:30							
97	EOWO					4:35	ALL UP		ALL UP			84	
98						4:40							
98	EOWO					4:45	ALL UP		ALL UP			85	
99						4:50							
99	EOWO					4:55	ALL UP		ALL UP			86	
100						5:00							
100	EOWO					5:05	ALL UP		ALL UP			87	
101						5:10							
101	EOWO					5:15	ALL UP		ALL UP			88	
102						5:20							
102	EOWO					5:25	ALL UP		ALL UP			89	
103						5:30							
103	EOWO					5:35	ALL UP		ALL UP			90	
104						5:40							
104	EOWO					5:45	ALL UP		ALL UP			91	
105						5:50							
105	EOWO					5:55	ALL UP		ALL UP			92	
106						6:00							
106	EOWO					6:05	ALL UP		ALL UP			93	
107						6:10							
107	EOWO					6:15	ALL UP		ALL UP			94	
108						6:20							
108	EOWO					6:25	ALL UP		ALL UP			95	
109						6:30							
109	EOWO					6:35	ALL UP		ALL UP			96	
110						6:40							
110	EOWO					6:45	ALL UP		ALL UP			97	
111						6:50							
111	EOWO					6:55	ALL UP		ALL UP			98	
112						7:00							
112	EOWO					7:05	ALL UP		ALL UP			99	
113						7:10							
113	EOWO					7:15	ALL UP		ALL UP			100	
114						7:20							
114	EOWO					7:25	ALL UP		ALL UP			101	
115						7:30							
115	EOWO					7:35	ALL UP		ALL UP			102	
116						7:40							
116	EOWO					7:45	ALL UP		ALL UP			103	
117						7:50							
117	EOWO					7:55	ALL UP		ALL UP			104	
118						8:00							
118	EOWO</												

PERIOD	DATE - May 11th Varsity			Spring 2017		PRACTICE NUMBER 5		DRESS -			Tempo -Fast		FILM	ACTIVITIES
PERIOD	WR	QB	RB	OL	OL	TIME	DT	DE	LB	S	CB	PERIOD		
0	Flex					2:45	Flex					0		
1						2:50	Deep snapper , Kade, ??					1		
2	New England/Oakland/Houston Run/Pass Fund					2:55						2		
3						3:00	5 cones		5 cone drill		3			
4						3:05	DL - stay technique		Man - kick slide, inch		4			
5						3:10	Cowboy and Diamond				5			
6	PVA vs Subs					3:15	Square shoulders		Man Safety roll vs motion		6			
7						3:20						7		
8						3:25						8		
9						3:30	set recognition					9		
10	1 on 1's	Inside Run vs Def					3:35	Inside Run vs Off			1 on 1's	10		
11	7 on 7 vs Def			1 on 1's vs Def		3:40						11		
12						3:45	1 on 1's vs Off		7 on 7 vs Off		12	I/R Tight/1on1 Side		
13	Team vs Def					3:50						13		
14						3:55						14		
15	EOWO					4:00	Team vs Off					15		
16						4:05						16		
17	EOWO					4:10	EOWO					17		
18						4:15	DL= cones				18			
19								4 cone drill = sprints				19		
20								Get offs		Stay tech/heelline		20		
21								G.O, run down LOS		outside LB attack horizontal		21		
22								Pass rush drill 45				22		
23								Pass rush drill 90				23		
24								Dogs= rules slant away from RB		inside release	dig,post,corner	24		
25								Cats= rules slant same side as RB		db-under cut		25		
26								Pinch=rules slant to the ball side gap		outside release	fade,comeback	26		
27			Jet=push rush to stop the run				27							
28						DB=cones						28		
29								4 cone drill = sprints				29		
30								45 breaks				30		
								45 breaks bad situation w drill				31	Camera Floats to Each	
ALL UP						ALL UP						32	Camera Floats to Each	
Team Announcements:			Runs; Dirty, Jason, Brent			Defensive Install: Black, Cowboy								
			Screens; Puma					Dogs,Cats						
			Passes; Houston, Pines, Arlington, Huntsville			Cover 1, 2								

	DATE - May 12th Varsity			Spring 2017		PRACTICE NUMBER 5		DRESS -			Tempo -Fast		FILM	ACTIVITIES	
PERIOD	WR	QB	RB	OL	OL	TIME	DT	DE	LB	S	CB	PERIOD			
0	Flex					2:45	Flex					0			
1						2:50						1			
2	New England/Oakland/Houston					2:55	Deep snapper , Kade, ??					2			
3						3:00	Run/Pass Fund		5 cones		5 cone drill		3		
4	3:05	DL - stay technique		Man - kick slide, inch		4									
5	Team Tempo					3:10	Cowboy and Diamond		Man Safety roll vs motion		5				
6						3:15	Square shoulders				6				
7	1 on 1's					3:20	set recognition					7			
8						3:25						8			
9	Inside Run vs Def					3:30	Inside Run vs Off			1 on 1's		9			
10						3:35						10			
11	7 on 7 vs Def			1 on 1's vs Def		3:40	1 on 1's vs Off		7 on 7 vs Off		11				
12	Team vs Def					3:45						12	I/R Tight/1on1 Side		
13						3:50	1 on 1's vs Off		7 on 7 vs Off		13				
14	EOWO					3:55	Team vs Off					14			
15						4:00						15			
16	EOWO					4:05	EOWO					16			
17						4:10						16			
18	EOWO					4:15	DL= cones						17		
19						4:20	4 cone drill = sprints						18		
20	EOWO					4:25	Get offs		Stay tech/heelline				19		
21						4:30	G.O, run down LOS		outside LB attack horizontal				20		
22	EOWO					4:35	Pass rush drill 45						21		
23						4:40	Pass rush drill 90						22		
24	EOWO					4:45	Dogs= rules slant away from RB		Inside release	dig,post,corner		23			
25						4:50	Cats= rules slant same side as RB				db-under cut		24		
26	EOWO					4:55	Pinch=rules slant to the ball side gap		outside release	fade,comeback		25			
27						5:00	Jet=push rush to stop the run						26		
28	EOWO					5:05	DB=cones						27		
29						5:10	4 cone drill = sprints						28		
30	EOWO					5:15	45 breaks						29		
31						5:20	45 breaks bad situation w drill						30		
32	EOWO					5:25	ALL UP					31			
33						5:30						32			
34	EOWO					5:35	ALL UP					33			
35						5:40						34			
36	EOWO					5:45	Defensive Install: Black, Cowboy					35			
37						5:50	Runs; Dirty, Jason, Brent				Dogs,Cats				36
38	EOWO					5:55	Screens; Puma						37		
39						6:00	Passes; Houston, Pines, Arlington, Huntsville				Cover 1, 2				38