

# OFFENSE

**EMPHASIS:** Offensive Development (Group Work and Team)

**TIME:** 1 hour 50 minutes

**EQUIPMENT NEEDED:** Footballs, Cones, Hand-Shields (if available)

**POST PRACTICE / 1:50-2:00 :** Conditioning

00:00 - 00:10 Dynamic Warm-up	00:10 - 00:40 Individual Period	*	00:45 - 01:05 Group Period	* *	01:10 - 01:50 Team Period
		* 0:40-0:45 H2O Install Offensive Drills		** 1:05 - 1:10 H2O Install Offensive Drills	

# DEFENSE

**EMPHASIS:** Defensive Development (Group & Team)

**POST PRACTICE / 1:40-1:45:** Conditioning

**TIME:** 1 hour 40 minutes

**EQUIPMENT NEEDED:** Footballs, Cones, Hand-Shields (if available)

00:00 - 00:10 Dynamic Warm-up	00:10 - 00:20 Pursuit Drill	00:20 - 00:40 Individual Period	*	00:45 - 01:05 Group Period	* *	01:10 - 01:40 Team Period
			* :40 – 0:45			
			H2O			
			Install Offensive Drills			

# COMBO

**EMPHASIS:** Offensive and Defensive Scrimmage

**TIME:** 1 hour 40 minutes

**EQUIPMENT NEEDED:** Footballs, Cones, Hand-Shields (if available)

**POST PRACTICE / 1:40-1:45:** Conditioning

00:00 - 00:10 Dynamic Warm-up	*	00:15 - 00:25 Offensive Individual	00:25 - 00:55 Team Offense	* *	01:00 - 01:10 Defensive Individual	01:10 - 01:40 Team Defense

\*H2O

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