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0										
PER		min	activity	Frosh/Soph			TIME	min	activity	Varsity
0	2:30 PM	20	dress				2:40 PM	25	Offensive game plan	
0	2:50 PM	10	stretch				3:05 PM	15	Special team s	
1	3:00 PM	30	Offense	Varsity coaches to help scout Defense			3:20 PM	19	dress	
2	3:31 PM	5	water				3:40 PM	10	early outs	
3	3:37 PM	30	Defense				3:51 PM	11	team Stretch	
4	4:08 PM	10	kickoff				4:03 PM	11	PAT/FG	
5	4:19 PM	10	condition				4:15 PM	10	Punt	
6	4:30 PM		end				4:26 PM	12	Platoon individual	QB- Footwork drills, Time up with RB OL: skills LBs Scraping
7	4:31 PM						4:39 PM	5	water	
8	4:32 PM						4:45 PM	10	defense	
9	4:33 PM						4:56 PM	10	defense	
10	4:34 PM						5:07 PM	10	TEAM O running game	
11							5:18 PM	10	TEAM O passing Game	
12							5:29 PM	15	Go to weight room	
13							5:45 PM	45	Weights	Bench 4-3-2-1, Walking lunges outside