

Per/Time	OB	WR	RB	TE	OL
1 3:35 30 Min					
2 4:05 5 Min	WARM-UP	BALL DRILLS WARMUP	FLEX		
3 4:10 5 Min	CQ	PUNT INDY (FRONTLINE: FRONTSIDE/BACKSIDE STEPS) (ELEPHANT: ID & BAG DRILL)			CQ
4 4:15 5 Min	RAPID FIRE	START FAST (SEPARATE)			NAKED
5 4:20 5 Min	WINNING EDGE (BALL SECURITY)				
6 4:25 5 Min	TRIPLE				
7 4:30 5 Min	INDIVIDUAL				
8 4:35 5 Min	MESH	1. OMAHA 2. TURN	MESH	ANGLE BOARDS MESH	CHUTES B BLOCK
9 4:40 5 Min	THROW ON MOVE	3. BASIC 2ND LEVEL RELEASES	HIGH KNEES IN/OUT	T/O/T TREY	T/O/T TREY C/C ACE
10 4:45 5 Min	TEAM (RUN ON & OFF FIELD/ GET SIGNALS)				
11 4:50 5 Min	R.V.A				
12 4:55 5 Min	GROUP RUN				
13 5:00 5 Min	TEAM INSTALL (RUN/P.A.P)				
14 5:05 5 Min	SPACE PROG	NET DRILL			SETS PUNCH 360/361
15 5:10 5 Min	NAKED DRILL	GROUP RUN			
16 5:15 5 Min	PASS CONCEPTS	GROUP RUN			
17 5:20 5 Min	TEAM INSTALL (SWING, DRAW, DROPBACK PASS)				
18 5:25 5 Min	PASS SKELLY (3 HUDDLES)			60/61 & TURN ROGER/LARRY & 5 CALL	
19 5:30 5 Min	TEAM 36 PLAYS (15, 20, 25, 30, 35, 40) (45, 50, 45, 40, 35, 30) RIVERSIDE @ 15				
20 5:35 5 Min	FINISH STRONG (2 MIN MECHANICS ON AIR)				
21 5:40 5 Min	FINISH STRONG (PERFECT 10'S)				
22 5:45 5 Min	ALL UP				



Per/Time	DL	LB	CB	SAPERUS
1 3:55 10 Min				
2 4:05 5 Min	FLEX			
3 4:10 5 Min	PUNT INDY (FRONTLINE: FRONTSIDE/BACKSIDE STEPS) (ELEPHANT: ID & BAG DRILL)			
4 4:15 5 Min	START FAST (SEPARATE) (D, DBLS, TREY)			
5 4:20 5 Min	WINNING EDGE (TAKEAWAY CIRCUIT)			
6 4:25 5 Min	INDIVIDUAL			
7 4:30 5 Min	CHUTES SHED DRILL STEER DRILL SQUEEZE RUN READS	SHUFFLE TACKLE BAGS SOULARE STANCE STARTS ALIGN & ADJUST	CHUTES BALL DRILLS PRESS	CHUTES 8/6 RUN/PASS BRONCO
8 4:35 5 Min	TEAM (RUN ON & OFF FIELD/ GET SIGNALS)			
9 4:40 5 Min	RUN FITS			
10 4:45 5 Min	COVERAGE CONCEPTS			
11 4:50 5 Min	TEAM INSTALL (RUN/P.A.P)			
12 4:55 5 Min	3 & BEND HOOPS	NET DRILL		
13 5:00 5 Min	RUN FITS	COVERAGE CONCEPTS		
14 5:05 5 Min	TEAM INSTALL (SWING, DRAW, DROPBACK PASS)			
15 5:10 5 Min	PASS RUSH GAMES	PASS SKELLY (3 PLAYS THEN OUT)		
16 5:15 5 Min	TEAM 36 PLAYS (15, 20, 25, 30, 35, 40) (45, 50, 45, 40, 35, 30) RIVERSIDE @ 15			
17 5:20 5 Min	FINISH STRONG (2 MIN MECHANICS ON AIR)			
18 5:25 5 Min	FINISH STRONG (PERFECT 10'S)			
19 5:30 5 Min	ALL UP			