

PRESEASON			PRACTICE PLAN – COMBO PRACTICE RENEGADES W. LMFA
DATE:			THURSDAY AUGUST 21
TIME			6-8PM @ LOCATION HOLY CROSS SDCI
PRACTICE:			PS #1
SESSION TIME(S):			
START	END	ELAPSED	
5:55	6:00	5.0	Lap
6:00	6:10	10.0	Static Stretch – Introduction ( Warmup Routine to be Confirmed ) – See Sample Stretch Series Dynamic Runs / Form Running – 2 sets Each – See Sample Dyna-Run Series
6:10	6:25	15.0	SAC session – See Sample Circuit – Early Season Conditioning See SAC Drills
6:25	6:30	5.0	Hydration Session – Water Break
6:30	7:00	30.0	Football Stance Introduction – Full Groups – All Players – U Shaped Config. <ul style="list-style-type: none"> <li>• 3 Points Stance – OL DL FB TE (15 mins)</li> <li>• 2 Point Stance – RB’s (4.0 mins)</li> <li>• 2 Points Stance – LB’s (4.0 mins)</li> <li>• 2 Point Stance – DB’s (4.0 mins)</li> <li>• Stance QB Special (3.0 mins)</li> </ul>
7:00	7:05	5.0	Team Conditioning – Session
7:05	7:25	20.0	Offensive RB Drills – 2 Groups Split Session Rotate at 10.0 mins Stance Handoffs and Ball Carrying 2 stations – Inside Run and Outside Run Station Teach arm position, angle and acceleration ** Use 3 cones to each side, at 10 Yard Line Left and Right Hash – RH = Inside “Off Tackle” LH = Outside – “Toss”
7:25	7:45	20.0	QB+REC Drill – Single Group Triangle Pass Drill REC – QB – REC – 15 Yard Line toward Goalline. Stance QB + REC’s REC Routes – “Curl Hook” QB Drop “3 Step” C.T.S – “Catch – Turn – Score”
7:45	7:55	10	Sprintout / Conditioning – Team Static Stretch
7:55	8:00	5.0	Breakout – Team Breakdown Post Practice Comments

Practice Notes:

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