



MEADE MUSTANGS PRACTICE SCHEDULE



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|------------------|--------------------------|-----------------------|---------------------|
| DATE: | 10/29 TUESDAY | MEETING: | STUDY HALL - 2:15PM |
| PRACTICE: | PRACTICE #2/ BROADNECK | SPECIAL TEAMS: | KOR/ FG |
| EMPHASIS: | OPEN, ORANGE, RED, GREEN | LIFT: | SHORT SHUTTLES |
| DRESS: | FULL | MISC: | OFFENSIVE PRIORITY |

POST PRACTICE: TOWER RUNS (HOLZER) - TURK (HAWK) - LOCKERROOM BEFORE (LAMBERT) - LOCKERROOM AFTER (BEN)

| TIME | PERIOD | PRACTICE SKILLS | O-LINE |
|------|--------------|--|--|
| 3:25 | PRE PRACTICE | 1) CONES (WR) - POLISH (Q.F.C) 2 MIN 2) BALL SECURITY DRILLS 3 MIN 3) SETTLE DRILL 5 MIN 3) PAT & GO 10 MIN | PRE PRACTICE ROUTINE |
| 3:45 | 1,2 | SPECIAL TEAMS - KOR (NOT INVOLVED: 5 MIN QUICK GAME, 5 MIN RVA - SHALLOW) | INDIVIDUAL DRILLS (BOARDS) |
| 3:55 | 3,4 | INDIVIDUAL DRILLS | INDIVIDUAL DRILLS (COMBOS) |
| 4:05 | 5,6 | TEAM SCREEN (5 MIN: FAST & 5 MIN: MIDDLE) | |
| 4:15 | 7,8 | RUN VS BAGS - (Gap Runs vs 33 & 42 Fronts) | |
| 4:25 | 9,10 | OFFENSIVE PASS SKEL (VS BHS - 20 PLAYS OF SCRIPT - NOT INVOLVED PURSUIT) | OFFENSIVE INSIDE (20 PLAYS BHS SCRIPT - NOT INVOLVED PURSUIT) |
| 4:35 | 11-15 | TEAM OFFENSE VS SCOUTS (VS BHS - 45 PLAYS OF SCRIPT - WORK OPEN FIELD TO END ZONE) | |
| 5:00 | 16 | SPECIAL TEAMS - FG | |
| 5:05 | 17-19 | TEAM DEFENSE VS SCOUTS (NOT INVOLVED: 15 MN CORRECTIONS) | |
| 5:20 | 20 | CONDITIONING | |



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| DATE: | 10/29 TUESDAY | MEETING: | STUDY HALL - 2:15PM |
| PRACTICE: | PRACTICE #2/ BROADNECK | SPECIAL TEAMS: | KOR/ FG |
| EMPHASIS: | FLEX SETS & OPTION ASSIGNMENTS | LIFT: | SHORT SHUTTLES |
| DRESS: | FULL | MISC: | OFFENSIVE PRIORITY |

POST PRACTICE: TOWER RUNS (HOLZER) - TURK (HAWK) - LOCKERROOM BEFORE (LAMBERT) - LOCKERROOM AFTER (BEN)

| TIME | PERIOD | PRACTICE SKILLS | D-LINE |
|------|--------------|--|--|
| 3:25 | PRE PRACTICE | AGILITY CIRCUIT - 10MIN TACKLING CIRCUIT - 10MIN | |
| 3:45 | 1,2 | SPECIAL TEAMS - KOR | INDIVIDUAL DRILLS |
| 3:55 | 3,4 | INDIVIDUAL DRILLS | |
| 4:05 | 5,6 | TEAM VS CANS | |
| 4:15 | 7,8 | INDIVIDUAL DRILLS | |
| 4:25 | 9,10 | OFFENSIVE PASS SKEL (NOT INVOLVED PURSUIT DRILL) | OFFENSIVE INSIDE (NOT INVOLVED PURSUIT) |
| 4:35 | 11-15 | TEAM OFFENSE VS SCOUTS (NOT ON SCOUTS: TURNOVER CIRCUITS) | |
| 5:00 | 16 | SPECIAL TEAMS - FG | |
| 5:05 | 17-19 | TEAM DEFENSE VS SCOUTS | |
| 5:20 | 20 | CONDITIONING | |