

TAB

\* Hurricanes = DBL Best Scrape  
 \* "Blackbeard" = Blow your set

"NAT" = Away from the beach  
 (All Bears) in 1 Beach set  
 To the Y in 2 Beach set

Practice #

Yak #3

"TCB"

Install: R.Z. / 1st Down / Sy. GL

TEAM: 7am  
 ST: 7:05  
 UNIT/POS: 7:15

DRESS: Full  
 AREA: Stadium

WE: Joint / Kick  
 (D) (C)

Beach set

splatter team

4:40 - Walk  
 4:40 - Run way  
 4:40 - stretch

Ball Disruption A; J.S. x2; CUTS / 4 MAN

PER	MINS	ILB	OLB	DB	DL	TIME
1	6	Squintface				4:54
2	5	Black shirts				5:00
3	5	Indy: Run Point / Tackle				:04
4	5					:13
5	5					:18
6	5					:23
7	5	HPC Competition (shorttime)				:24
8	10	sy / GL (6m)				:33
9	8	R.Z (10m)				:43
10	7	Crosswork (1m)				:51
11	10	Skully				:57
12	7	Black shirts				6:04
13	5	1st / 2nd Down Passman (10m)				:15
14	8	1st / 2nd Down Run / 1st (10m)				:21
15	9	↓ ↓ ↓				:24
16	8	Conditioning				:37
17		Off the field				6:45
18						
19						
20						
21						
22						
23						
24						
25						

- Airborne Well-Thru
- SWAT = DL w/ JB on slacks
- "STICK FOOT IN GROUND" / GAP DOOR ANGLE
- PASS RUSH + RUSHES
- RUN FITS (Hawks Long Arm)
- Bieren; Basares; Hadduch; Diedrich
- SCOUTS
- 3 SPOT = Elvis Picked
- OL/DL Pass Rush
- Ranger = DL w/ CEO (Ninja Delta)

PTON DRILL

- Bieren
- Basares
- Hadduch
- Diedrich
- Dean

Formations

- WGTO
- WGDET
- MT32
- 12 DBL WING
- 50 GRUNT BUNCH 12 PER

"They look back, we look back"

LOAD / TRACK



"Beer" = BRDRT  
 B GAP

- Revers = set front BRDRT / B Scrape Strong / D Crash work
- "NAT" at Bears today
- Will SPLATTER HIM = "KICK" ; when the READ KEY
- Baseball = RAIDER
- Revers = T/R up the field (F/S B/S)
- B.O.P. = Bomb / Pull
- TUPAC = Choice to Field

END play wide S/S