

DAY	GAME	GEAR	SAINT VIATOR MONDAY PRACTICE SCHEDULE					DOWN & DIST	ZONES
Monday									
	TEAM FILM								
	SP. TEAM MEET								
	GROUP MEET		SPEC. TEAMS	PLAYS OF DAY	TYPE	FRONTS	SITUATIONS	BLITZES	
	DRESS & TAPE							COVERAGES	
	SPEC. ON FIELD								
	PRE BEGINS		EARLY OUTS						
	INSTALL		Split Practice			MOTIVATION			
	REMINDERS		Two way players split time on each segment			COACHING EMPHASIS			
FILM	Time	LOS	PD	Offense			Defense		
	3:45pm			KOR, X-Point Big, Punt			KOR, X-Point Big, Punt		
	4:00		1	Noose/ OL: Warm up (2-way with D)			Tackling/Strip (2- way with D)		
			2						
			3	Pat N GO/ OL: Pass Pro (2- way with O)			Pursuit (2 -way with O)		
			4						
			5						
	4:30		6	Indi (1st Half)			Indi (2nd Half)		
			7						
			8	H2O			H2O		
			9						
			10	Routes vs. Air/ OL: Blitz Period (2nd Half)			Blitz w/ Coverage (1st Half)		
			11						
	5:00		12	Run Polish/Screens (1st Half) vs. Sophs			Run Fit/Screens (2nd Half) vs. Sophs		
			13						
			14						
			15						
			16	Skelly vs. Sophs/ OL: Combo,Pull, Pass Pro vs. DL (2nd Half)			Skelly vs Sophs/ DL: Combo, Pull, Pass Pro vs. OL (1st Half)		
			17						
	5:30		18	1 vs 1 Tempo (1st Half)			1 vs 1 Tempo (2nd Half)		
			19						
			20	H2O			H2O		
			21						
			22	Team: 1's (6)/ 2's (3)/ 3's (1) (2nd Half)			Team: 1's (6)/ 2's (3)/ 3's (1) (1st Half)		
			23						
	6:00		24						
			25						
			26	Specials: 1/2 Circuit/1/2 Team Situations			Specials: 1/2 Circuit/1/2 Team Situations		
	6:15		27						
	Notes								

