

DAY		GAME		GEAR		SAINT VIATOR TUE/WED PRACTICE SCHEDULE					DOWN & DIST	ZONES
Summer/Tue/Wed												
TEAM FILM												
SP. TEAM MEET												
GROUP MEET				SPEC. TEAMS		PLAYS OF DAY	TYPE	FRONTS	SITUATIONS	BLITZES	COVERAGES	
DRESS & TAPE												
SPEC. ON FIELD												
PRE BEGINS				EARLY OUTFS								
INSTALL												
REMINDERS				Inseason: Monday: Split//Tuesday: Defense// Wed: Offense// Thursday: Pregame		MOTIVATION		COACHING EMPHASIS				
FILM	Time	LOS	PD	Offense					Defense			
	3:45pm			See Below					See Below			
	4pm		1	Specials Circuit (7.5 Min), Team Situations (7.5 Min)								
			2									
			3	Noose/ OL: Pass Pro								
			4									
			5	Pat N GO/ OL: Pass Pro					Tackling/ Strip			
			6									
			7	Pursuit								
			8									
			9	Indi								
			10									
			11	H2O								
			12									
	5pm		13	Routes vs. Air/ OL: Blitz Period					Blitz w/ Coverage			
			14									
			15	Inside Period and Screens								
			16									
			17	Skelly/ OL/DL: Combo, Pull, Pass Pro								
			18									
			19	1 vs 1 Tempo								
			20									
			21	H2O								
			22									
			23	Team: 1's (6)/ 2's (3)/ 3's (1)								
			24									
			25	6:15								
			26									
			27	Notes								
				Tuesday: KO,Xpoint Block// Wed: X-point/ Punt Return/Hands								

