

DAY		GAME		GEAR		SAINT VIATOR FOOTBALL DEFENSIVE PRACTICE SCHEDULE					DOWN & DIST	ZONES
Summer/Mon/Thur												
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 OUTS								
INSTALL								MOTIVATION				
REMINDEERS								COACHING EMPHASIS				
FILM	Time	LOS	PD	DRILL	Dog	Kat	M	Corner	F	DL		
			1/2	10 Minute Tackling / Block Reconition 20 Minutes// (30 Minutes Specials: 15 Kicking/15 Team)								
			3	EDD/INDY								
			4	1 D vs 1 O (Inside Period)								
			5	Sophs vs. DB (Skelly)// Varsity 2/3 vs Varsity 1 (Inside Period)								
			6	H2O								
			7	Varsity 2/3 vs DB (Skelly)// Sophs vs Varsity 1 (Inside Period)								
			8	Varsity 1 vs 1 O (Skelly)// All Dline and Varsity 2/3 LB/Dogs Blitz vs Oline								
			9	H2O								
			10	Team D vs. Team O								

DAY		GAME		GEAR	SAINT VIATOR FOOTBALL DEFENSIVE PRACTICE SCHEDULE					DOWN & DIST	ZONES	
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 OUTF								
INSTALL												
REMINDEERS							MOTIVATION					
							COACHING EMPHASIS					
FILM	Time	LOS	PD	DRILL	Dog	Kat	M	Corner	F	DL		
			PRE	Lane Reads 15 Minutes DL 0 Lane/ Block Reconition 15 Minutes// (30 Minutes Specials: 15 Kicking/15 Team)								
			1	EDD/INDY								
			2									
			3									
			4	Tackling								
			5									
			6	V1: Skelly/V2,3: Win Team/S: Inside								
			7									
			8									
			9	H2O								
			10	V1: Inside/V2,3: Skelly/S: Win Team								
			11									
			12									
			13	V1: Win Team/V2,3: Inside/S: Win Team								
			14									
			15									
			16	H2O								
			17	1 vs. 1 (Sophs Separate)								
			18									
			19	TEAM vs. Win Team (Sophs Separate)								
			20									
			21									
			22									

DAY		GAME		GEAR	SAINT VIATOR FOOTBALL OFFENSIVE PRACTICE SCHEDULE						DOWN & DIST	ZONES			
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 OUTS										
		INSTALL													
		REMINERS						MOTIVATION							
								COACHING EMPHASIS							
FILM	Time	LOS	PD	DRILL	X&Z	Y	H	QB	F	C	G&T				
			PRE	NOOSE 15 minutes/PNG 15 minutes/15 Specials/15 Team						SNAPS	PP				
			1												
			2	Stalk		PIR	Stalk	Power Inside Run							
			3												
			4												
			5	RELEASES/STEMS			Run Polish			INDY					
			6												
			7	Routes vs. AIR											
			8												
			9	H2O											
			10												
			11	TEAM SCREENS											
			12												
			13												
			14	SKELLY						Blitz Pickup					
			15												
			16	H2O											
			17												
			18	1 vs. 1 (Sophs Separate)											
			19												
			20												
			21												
			22	TEAM vs. Win Team (Sophs Separate)											