

July

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27

Practice

- Warm-up (:10) [6:00pm]
- 40-yard dash competition (2x – score is Avg.) (:10) [6:10pm]
- Break (:05) [6:20pm]
- Evaluation (:30 – :07 ea.) [6:25pm]
 - Arm Strength [Gruber, Longmore]
 - Throw Football for Distance (3x – score is Avg.)
 - Strength
 - Push Ups (until exhaustion) (1x) [McCafferty]
 - Broad Jump – (2x – score is Avg.) [Canisalez]
 - Body Control [Trucco, Mills]
 - 20 yard running backward for time (2x – score is Avg)
 - Catching Ability [Morgan, Bucher]
 - Route Running – 3 different routes (record # catches)
- Break (:05) [6:55pm]
- Evaluation (:30 – :07 ea.) [7:00pm]
 - Passing Accuracy [Gruber, Longmore]
 - Target Practice – Barrels (10yd/20yd/30yd) (record hit targets)
 - Athleticism [Morgan, Bucher]
 - Shuttle Run Drill - measure completion time (2x – score is Avg)
 - Punting [Trucco, Mils]
 - Distance (2x – score is Avg.)
 - Agility [McCafferty, Canisalez]
 - 4 square drill (2x – score is Avg)
- Break / HC - First Night Comments / Prayer (:05) [7:30pm]
- Measurements/Equipment – Locker Room (:25) [7:35pm]
 - Height/Weight [Longmore, Bucher]
 - Equipment Handout [Trucco, coaches]

Station Description(s):

- **40-yard dash competition** (2x – score is Avg.)
 - 2 runners at one time
 - 4 coaches at the end
 - 2 measuring player times
 - 2 recording times on evaluation sheet

- **Arm Strength** [Gruber, Longmore]
 - Throw Football for Distance (3x – score is Avg.)
 - 1 coach with thrower
 - 1 coach in the field measuring/recording distance on evaluation sheet
- **Strength**
 - **Push Ups** (until exhaustion) (1x) [McCafferty]
 - 1 coach counts and records # of reps on evaluation sheet
 - **Broad Jump** – (2x – score is Avg.) [Canisalez]
 - Setup cones to indicate yard lines
 - Coach records distance on evaluation sheet
- **Body Control** [Trucco, Mills]
 - **20 yard running backward for time** (2x – score is Avg)
 - 1 player at a time
 - Setup cones to indicate distance
 - 1 coach measures time
 - 1 coach records time on evaluation sheet
- **Catching Ability** [Morgan, Bucher]
 - **Route Running** – 3 different routes (record # catches)
 - 3 routes – slant, IN, and Hook
 - 1 coach throws
 - 1 coach records completions on evaluation sheet
- **Passing Accuracy** [Gruber, Longmore]
 - Target Practice – Barrels (10yd/20yd/30yd) (record hit targets)
 - 3 barrels lined up
 - 1 at 10 yards, 1 at 20 yards and 1 at 30
 - 1 coach with thrower
 - 1 coach records target contact on evaluation sheet
- **Athleticism** [Morgan, Bucher]
 - Shuttle Run Drill - measure completion time (2x – score is Avg)
 - 3 Cones setup 5 yards apart
 - 1 coach measures time
 - 1 coach records time to evaluation sheet
- **Punting** [Trucco, Mills]
 - Distance (2x – score is Avg.)
 - 1 coach with punter
 - 1 coach in field measuring / recording distance on evaluation
- **Agility** [McCafferty, Canisalez]
 - **4 square Drill** (2x – score is Avg)
 - 1 coach measures time
 - 1 coach records time to evaluation sheet

Equipment Needed:

- Stopwatches – presume most everyone has on their phone
- Cones
- Footballs
- Barrels (3)