

**DAILY PRACTICE PLAN- MONDAY SPECIAL
TEAMS/FUNDAMENTALS/OFFENSE**

**WARMUP AND CALS- 15 MIN- STRETCHING AND D-ROM. TAKE
OFF'S ON SNAP COUNT AND ON BALL**

WATER

**SPECIAL TEAMS- 10 MIN-
FIELD GOAL/PAT-**

**IDIVIDUAL- 20 MIN-
QB'S/CENTERS- EXCHANGES, SHOT GUN SNAPS
RB'S/FB'S- GUANTLET, CONE'S, EXCHANGES
WR'S/TE'S-SHORT ROUTES
G'S/TACKLES- DOUBLE TEAM, REACH BLOCKS**

WATER

**GROUP- 20 MIN-
-QB'S, RB'S, FB'S, WR'S- LIVE BALL HANDLING AND
SHORT ROUTES
-LINEMEN AND TE'S- HOLE IDENTIFICATION, TWO ON
TWO BLOCKING**

WATER

**TEAM- 25 MIN-
RUN ALL OFFENSE GROUPS. INSIDE RUNNING GAME,
SHORT PASSING GAME**

WATER

**CONDITIONING- 15 MIN-
CONES**