

9th Preseason Practice Outline

- 3:00 TEAM MEETING – Classroom
5 min - attendance, announcements etc.
5 min - Daily lesson - Coach Sepulveda
10 min - Defensive Chalktalk (DB on half room, DL & LB on half room)
10 min - Offensive Chalktalk (QB, RB & receivers together, OL & TE's together)
- 3:30 BREAK FOR PRACTICE FIELD
- 3:40 INDY DEFENSE – Position coaches responsible for warm-up/stretch**
- 4:10 TEAM DEFENSE**
- 4:30 TEAM WATER BREAK**
- 4:35 INDY OFFENSE – Position coaches responsible for warm-up/stretch**
- 5:05 TEAM OFFENSE**
- 5:25 TEAM STRETCH/COOL DOWN**
- 5:30 BREAK FOR DINNER - Everyone must bring a lunch & eat together on 2nd floor
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- 6:15 TEAM MEETING – Classroom (chalk talk, film, etc.)
- 6:30 BREAK FOR WALK-THROUGH (NO HELMETS!)
- 6:40 INDY SPECIALTY & FUNDAMENTALS**
- 6:55 TEAM WALK-THROUGH**
15 min - defense
15 min - offense
- 7:25 TEAM STRETCH/COOL DOWN**
- 7:30 ON FIELD MEETING/CLEAN-UP - Coaches meet/plan/review