

DAILY PRACTICE PLAN- TUESDAY- DEFENSE

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

WATER

TACKLING- 20 MIN-

TACKLING CIRCUITS-ROTATE- ANGLE, OPEN FIELD, GET OFF BLOCK.

TEAM TACKLING

IDIVIDUAL- 20 MIN-

LB'S- READ AND SCRAPE

DE'S- CONE CONTAIN DRILLS

DB'S-BACKPEDAL/BREAKING ON BALL

DL- DEFEAT DOUBLE TEAM, GAP INTEGRITY

WATER

TEAM- 30 MIN-

SCOUT OFFENSE RUN OPPONENTS SCRIPTED PLAYS INTO DEFENSE, ROTATE ALL DEFENSES THROUGH- **GEE RUN**

OFFENSE

DEFENSE CALLS AND DL-HUDSON

LB'S-WELDER

DB'S-DE'S-LIVINGSTON

WATER

CONDITIONING- 15 MIN-

HILLS