

Practice- Monday
 Team Meeting - Pre Practice

FOCUS Giles

	Segment	QB	Off. Backs	Off. Line/TE	
3:15	Pre Practice				
3:25	Warmup	Passing Routine			Bird Dog
3:35	Unit				
3:55	Group				
4:15	Water				
4:20	XP/FG				
	Punt Cover				
4:35	Break				
	Segment	DT/DE	ILB	OLB/FS	Corners
4:40	Game Plan				
4:48	Pursuit				
4:51	Unit				
5:10	Team	2 on 1 Boards			
5:25	Mental Toughness				

BMS FOOTBALL

Pre Practice

QB Warmup

Kickers/Snappers/Returners

Kick Blockers

Special Teams

XP/FG

Punt Cover

Practice

Practice- Tuesday
 Team Meeting - Pre Practice

FOCUS

	Segment	QB	Off. Backs	Off. Line/TE	WR.
3:15	Pre Practice				
3:25	Warm-up	Turn Over Circuit			
3:35	Unit				
3:45	Group				
4:00	Team				
4:15	Water				
4:20	Kick Cover/ Punt Return Punt Return				
4:35	Break				
	Segment	DT/DE	ILB	OLB/FS	Corners
4:40	Unit				
4:55	Group				
5:12	Pusuit				
5:15	Team				
5:25					

BMS FOOTBALL

OFFENSE

3:15 QB/Center Exchange

Pre-Practice

Special Teams

Kick Cover

Punt Return

Practice

Practice- Wednesday
Team Meeting - Pre Practice

FOCUS

	Segment	QB	Off. Backs	Off. Line/TE	WR.
3:15	Pre Practice				
3:25	Team ST				
3:50 3:55	Water Group				
4:15	Team				
4:40	Break				
	Segment	DT/DE	ILB	OLB/FS	Corners
4:45	Unit				
5:05	Team				
5:25	Team Meeting				

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BMS FOOTBALL

OFFENSE

3:15 QB/Center Exchange

Pre-Practice

Special Teams

Punt Cover/Return

Kick Cover/Return/Aside

XP/FG/FG Defense

Practice

