Football Practice Schedule (all grades) Week 1: Aug 13 – Aug 18

**MONDAY - 8/13/18**
**MORNING:** Varsity Offensive Focus and 9th/10th Defense
6:30-6:55 AM TAPE DRESS EQUIPMENT
7:00 AM – REPORT LECTURE ROOM/ROLL/CHECK IN
7:15 - 7:35 - TEAM GOALS AND OFFENSIVE GOALS
7:50 - 8:00 AM – FIELD SETUP / LINEUP / PRAYER / SPECIALIST
8:00 - 9:55 AM - ON FIELD PRACTICE
9:55 -10:00 – FIELD CLEAN UP AND OFF
10-11:15 - LUNCH/OFF

**AFTERNOON:** Varsity Defensive Focus and 9th/10th Offense
11:00 -11:30- TAPE AND DRESS
11:30 -11:45 - TEAM MEETING - DEFENSIVE GOALS
11:50 - 12:00 PM – FIELD SETUP / LINEUP / PRAYER / SPECIALISTS (10 MIN)
12:00 - 1:55 PM - ON FIELD PRACTICE
1:55 - 2:00 PM - FIELD CLEAN UP

**TUESDAY – 8/14/18**
**MORNING:** Split
6:30 - 6:50 - TAPE, DRESS AND ROLL
6:55 - 7:05 AM – FIELD SETUP / LINEUP / PRAYER / SPECIALISTS (10 MIN)
7:05 - 9:55 - ON FIELD PRACTICE
9:55 - 10:00 - FIELD CLEAN UP AND OFF
11:15 – 11:45 PM – TEAM MEETING• SPECIAL TEAM GOALS
11:45-12:30 PM - TEAM LIFT
12:30 - 1:00 PM - TEAM FILM
1:00 PM - DISMISSED

**WEDNESDAY - 8/15/18**
**MORNING:** Varsity Offensive Focus and 9th/10th Defense
6:30-6:55 AM TAPE DRESS EQUIPMENT
7:00 AM – REPORT LECTURE ROOM/ROLL/CHECK IN
7:15 - 7:35 - TEAM GOALS AND OFFENSIVE GOALS
7:50 - 8:00 AM – FIELD SETUP / LINEUP / PRAYER / SPECIALIST
8:00 - 9:55 AM - ON FIELD PRACTICE
9:55 -10:00 – FIELD CLEAN UP AND OFF
10-11:15 - LUNCH/OFF

**AFTERNOON:** Varsity Defensive Focus and 9th/10th Offense
11:00 -11:30- TAPE AND DRESS
11:30 -11:45 - TEAM MEETING - DEFENSIVE GOALS
11:50 - 12:00 PM – FIELD SETUP / LINEUP / PRAYER / SPECIALISTS (10 MIN)
12:00 - 1:55 PM - ON FIELD PRACTICE
1:55 - 2:00 PM - FIELD CLEAN UP
THURSDAY – 8/18/18
MORNING: split
6:30 - 6:50 - TAPE, DRESS AND ROLL
6:55 - 7:05 AM – FIELD SETUP / LINEUP / PRAYER / SPECIALISTS (10 MIN)
7:05 - 9:55 - ON FIELD PRACTICE
9:55 - 10:00 - FIELD CLEAN UP AND OFF
11:15 – 11:45 PM – TEAM MEETING• SPECIAL TEAM GOALS
11:45-12:30 PM - TEAM LIFT
12:30 - 1:00 PM - TEAM FILM
1:00 PM - DISMISSED

FRIDAY - 8/17/18
MORNING: Varsity Offensive Focus and 9th/10th Defense
6:30-6:55 AM TAPE DRESS EQUIPMENT
7:00 AM – REPORT LECTURE ROOM/ROLL/CHECK IN
7:15 - 7:35 -TEAM GOALS AND OFFENSIVE GOALS
7:50 - 8:00 AM – FIELD SETUP / LINEUP / PRAYER / SPECIALIST
8:00 - 9:55 AM - ON FIELD PRACTICE
9:55 -10:00 – FIELD CLEAN UP AND OFF
10-11:15 - LUNCH/OFF

AFTERNOON: Varsity Defensive Focus and 9th/10th Offense
11:00 -11:30- TAPE AND DRESS
11:30 -11:45 - TEAM MEETING - DEFENSIVE GOALS
11:50 - 12:00 PM – FIELD SETUP / LINEUP / PRAYER / SPECIALISTS (10 MIN)
12:00 - 1:55 PM - ON FIELD PRACTICE
1:55 - 2:00 PM - FIELD CLEAN UP

SATURDAY - 8/18/18

9:00 - 10: 00 IS THE PARENT PRACTICE
Parents come and learn your son’s position and participate in drills on the field.