

**DAILY PRACTICE PLAN- FRIDAY- WALK-THROUGH-  
HELMET AND SHORTS- 1 HR**

**WARMUP AND CALS- 10 MIN- STRETCHING AND D-ROM. TAKE  
OFF'S ON SNAP COUNT AND ON BALL**

**WATER**

**KICK OFF, KICK RETURN- 5 MIN-  
EXTRA POINT/PAT- 5 MIN-**

**OFFENSE- 25 MIN-  
SCRIPTED PLAYS INTO PADS, RUN ALL GROUPS THROUGH  
PUNT AND PAT EVERY 5<sup>TH</sup> PLAY**

**WATER**

**DEFENSE- 15 MIN-  
DEFENSIVE ASSIGNMENTS AND RESPONSIBILITES, RUN  
ALL GROUPS THROUGH  
PUNT RETURN, PAT BLOCK  
BLITZ PACKAGES**