

FREEDOM PATRIOTS					THOUGHT FOR THE DAY	PRE - PRACTICE	
					"You're either coaching it or allowing it!"	Position Stretch, Kickers, Snappers, Returners	
DATE		DRESS	TEMPO	SPECIAL TEAMS		CONDITIONING	
		Helmet	p18	County Fair		??	
Time	#	QB	WR	RB	TE/HB	OL	OFFENSIVE KEYS TODAY
	Pre	Center/QB exchange					Alignmnet and spacing
							Fundamentals!!!
4:30	1	Position Stretch					Make kids run 10 yards after each play
4:35	2						
4:40	3	Noose			Pass Game Indy		<b>FORMATIONS</b>
4:45	4						TRIPS      ROG
4:50	5	Pat Go					RACK/STACK      4/5
4:55	6					EMPTY/ QUADS      Y /WING	
5:00	7	Fast Screens					<b>RUN GAME</b>
5:05	8	Slow Screens					POWER
5:10	9	Indy			Run Game Indy		
5:15	10						
5:20	11						
5:25	12	BREAK					<b>FIRE SLAM</b> Louise
5:30	13	Mesh	Indy	Mesh	Indy	Indy	<b>FLAME SLAM</b>
5:35	14	Mesh	Indy	Mesh	Indy	Indy	
5:40	15	Team on Air					<b>QUICK GAME</b> <b>DROP BACK</b>
5:45	16						
5:50	17						
5:55	18	Team Tempo					
6:00	19	7 on 7			Indy		
6:05	20						
6:10	21						
6:15	22	Red Zone 7 on 7					41/51      42/52
6:20	23						43/53      44/54
6:25	24	BREAK					41/51 Jail      42/52 Jail
6:30	25	Special Teams					<b>NOTES:</b>
6:35	26						**Bubbles = "Push and Run"
6:40	27						** QB Cadence
6:45	28						** 97 CB 18 to 15
6:50	29						**Run Call 1st = RPO
6:55	30						**Pass Call 1st = Pass
7:00	X						

1st & XL (15-20)		Coming Out		Sudden Change Shots		Time Out Chart				
Quads Right Indy Lt	Rog Trips Over 41	1		Rog A lightning Demon		Time Outs - Us				
Rog Trips over 43 Fox		1		Patriot Rt		1st Half	1	2	3	
		2				2nd Half	1	2	3	
1st & Short (1-5)		3				Time Outs - Opponent				
Rog 4 Indy Lt H Slip	Lou Trips Indy Rt Lock	5		2 - Point Conversion		1st Half	1	2	3	
Rog 4 indy Rt Lock	Bear- Indy Rt			Rt Over Far A-Across Race Pick	Money	2nd Half	1	2	3	
				Rog Trips Race Pick	Rog Trips Stack Z Spacing					
				Rog 4 A lightning Race Pick	Rt Far A-Across Race ThBk	Kneel Clock Formula				
2nd & XL (11+)		1	Quads Right Indy Rt	Specials		Time Outs Remaining				
Bear- Indy Rt	Bear- Empty Rt Smash	2	Rog 4 Indy Rt	Rog Hawk and Ladder	Orange Juice Pass	DN	0	1	2	3
Rog Snipe		3	Bear Rt Indy LT	Rog Trips Side 41 Ladder		1	2:05/2:29 2:44	1:26/1:50 2:05	:47/1:11 1:26	:08/:32 :47
		4	Bear RT Hawk ( 70)	Orange Juice		2	1:24	:45	:06	:06
2nd & Long (7-10)		5	Rog Trips Indy LT Lock	Last Plays		3	:43	:04	:04	:04
Quads Right Indy RT	Rog Falcon	6	Lou Trips Stick	+1		4	:02	:02	:02	:02
Quads Right Falcon	Rog Trips Sticks	7	Rog 4 H Across Indy LT	< +5		Maximum Clock Time (10/5)				
Lou Trups Lace Flood	Lou 4 Indy Rt H Slip	8	Rog 4 Indy Lt H Slip	< +10		Time Outs Remaining				
		9	Rog Trips Falcon Rb Swing Lt	< +20		DN	0	1	2	3
		10	Lou Smash B Seam	< +35		1	2:16/2:40 2:55	1:37/2:01 2:16	:58/1:22 1:37	:19/:43 :58
2nd & Short				+50		2	1:32	:53	:14	:14
Rog 5 Over lace colt				FG		3	:48	:09	:09	:09
Rog 5 over lace Flood						4	:04	:04	:04	:04
3rd & XL (11-14)				Defensive Personnel		Game Notes				
Rog Trips Rockets	Lou Trips Minn			E	N	T				
Rog A Shallow	BEAR- Empty Falcon			W	M	S	B			
Lou Trips Smash										
3rd & Long (7-10)				LCB	FS	R	RCB			
Rog Rails Play Action										
Lou Smash B Seam										
Lou Trips 54 Fox										
3rd & Medium (5-6)				2-Point Conversion Chart						
Lou A Across Lace Flood	Lex Trips 41			Behind - Go For 2						
Lou Trips Snips	Empty Rt Hawk			2	5	10	11			
				15	16	18	21			
3rd & Medium (3-4)				25	26	28				
Rog Stack Indy LT Key 2				Ahead - Go For 2						
Lou Stack 52 Fox				1	4	5	11			
				12	15	19	22			
3rd & Short (1-2)				Favorite Formations						
Quads Right Indy RT	Quads RT Pitt LT			Patriot						
BEAR- Empty Indy RT 41	Rog 4 Indy LT H Slip			Rog/Lou Stack						
				Rog/Lou 4						
				Rog/Lou 5						
				Rog/Lou Trips Empty						
				Rog Trips Rack						
				RT/LT						
				RT Over/ LT Over						
4th Down										
In	Rip Nike									
2	Rog Rails Play Action									
5	Quads RT indy Rt									
9										
15										