

SHENENDEHOWA FOOTBALL

PRE-SEASON AGILITY CIRCUIT

20 minute

9 Stations

90 Sec + 30 Sec Rotation

1. Agile Dummies – Run – Shuffle – Weave
2. Cones & Forward Back – Shuffle – Fig. 8 – Cross Run
3. Agile Dummies – Hopping & Stepping – 2x each 10 sec.
4. Plyometrics – 3 Long Jumps – 3 Right & 3 Left – 10 Sprint Jumps
5 High, 5 Left and Right – Straddle Jump
5. Grass Drills – Up –Down. Butt Rolls, Pass Pursuit – 2 Reps
6. Running Ropes
7. Power Run – Bungee Ropes
8. 10 Yard Mirror and Run
9. Push Ups, Sit Ups, Squats – 2 sets of 10-12
10. Dot Drill – Front Back, Front Back Jump Turn, 10 Sec. intervals

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
First Week – First Day
Offensive/Defensive Session

Monday A.M.

No Pads

Time	Backs	Line	Ends	Quarterbacks
8:00 A.M. 20 min.	Team Stretches – Steuerwald (Organize by Pre-Season Depth Chart) Locker Room Check			
8:20 A.M. 15 min	Team – Form Run – Clawson Basic & Introduction & Techniques			
8:30 A.M. 20 min	Separate Offensive Units			
	Stance – Alignment Footwork	Stance – Alignment Footwork	Alignment Rules Quick Routes Hand Signals TE w/Line	Center and Quarterbacks Cadence Exchange
5 MIN WATER BREAK				
8:55 A.M. 30 min	Team – Huddle – Alignment – Cadence Discipline – Formation – Steuerwald 10 min Separate Teams			
9:25 A.M. 10 min	Punt Formation Introduction/Installation – Ward 5 min Separate Teams			
9:35 A.M. 20 min	Separate Offensive Units Position Skills			
	Basic Blocking Techniques	Basic Blocking Techniques	Basic Blocking Stalk/Leveling	Pass Drop 3 Step 5 Step Sprint
9:55 A.M. 30 min	Team Defense – All Players Basic Alignment & Responsibility of Base – Steuerwald Teach Defensive Huddle			
10:25 A.M. 10 min	Separate Defensive Units Movement Drills – Conditioning			
10:35 A.M.	All up – Island Run and In			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
First Week – First Day
Offensive Session

Monday P.M.

No Pads

Pre-practice – qb/center exchanges, powerbacks/te meet for pattern intros

Time	Backs	Line	Ends	Quarterbacks
5:30 P.M. 30 min	Pre – Practice – Chalk Talk on Power Series			
6:00 P.M. 20 min	Team Stretch - McQuade			
6:20 P.M. 20 min	Agility Circuit 5 MIN WATER BREAK			
6:45 P.M. 20 min	Separate Offensive Units – Power Series Position Skills			
	Review Basic Blocking Power Series PB – 10 min WR	Review Basic Blocking Power Series	Boot/Waggle Routes PB 10 min WR	Power Series Run Boot/Waggle Pass
7:00 P.M. 30 min	Team – All Players Varsity & Jr. Varsity Teach Power Series Slam, Quickie, Slant, Power, and Cutback			
7:30 P.M. 30 min	Team Varsity and Jr. Varsity Separate Dummy Scrimmage – Power Series			
8:00 P.M.	Conditioning Speed Work – Clawson Helmets Off			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
First Week – 2nd Day
Offensive Session

Tuesday A.M.

No Pads

Time	Backs	Line	Ends	Quarterbacks
8:00 A.M. 20 min.	Team Stretches – Steuerwald			
8:20 A.M. 10 min	Team – Form Run – Clawson			
8:30 A.M. 10 min	Team Punt Same Groups as Day 1 Basic Coverage ½ Speed w/ Breakdown Left/Middle/Right/Short (Poison)			
8:40 A.M. 15 min	Separate Offensive Units Position Skills			
	Ball Carry Skills	Stance & Starts	Review Quick Routes ½ w/4 back/TE	Pass Drills
8:55 A.M. 20 min	Blocking Skills Ends, LB's/C"	Individual then Combo Blocks	QB's and Ends Quick Series Hand Signals	
9:15 A.M. 25 min	5 MIN WATER BREAK			
	Separate Offensive Units			
	Backs & QB's Hand Offs Power Series	TE & Interior Blocking & Power Series	Boot & Waggle Routes ½ w/ 4 Back/TE 2 Centers with LINE	
9:40 A.M. 20 min	Team Dummy Scrimmage – vs. 50 & 40 Review Power Series			
10:00 A.M. 20 min	Separate Offensive Units – Pass Offense			
	Backs, Ends & TE's Pass Off	Interior Line Pass Blocking	Pass Skeleton Quick/Play Action Slam Boot Bubbles	
10:20 A.M. 10 min	Team Conditioning – Run through Schedule HELMETS OFF Push Ups Sit Ups Squat Jumps Alt. Forward & Back Crab 20 – Sprint – Crab 20 3 Push Ups & Sit Ups 360 Alternate – Right/Left 5 Squat Jumps Carrrioca 20 – Sprint 20 All Out Sprint			
Final Equipment Issue – Exchange Practice Pants/Give Out Green Jersey				

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
First Week – 2nd Day
Defensive Session

Tuesday P.M.

No Contact

Time	Backs	Line	Ends	Quarterbacks
5:30 PM 30 min	Chalk Talk – Team Defensive Concepts Day 1 Stunts 4-3 GREEN			
6:00 PM 15 min	Team Stretch Fenton			
6:15 PM 20 min	Agility Circuit 10 Stations			
6:35 PM 15 min	Team – JV/Var. Together Defense – 4-3 GREEN Day 1 Install			
6:50 PM	Separate Defensive Units Position Skills			
	Footwork Ball Drills Develop Drills	Alignment & React Rover & Hero	Alignment & React	Alignment & React
7:10 PM 20 min	Zone Skills	Pass Rush Skills Coverage	Pass Drops	Pass Rush Skills
7:30 PM 15 min	Form Tackling	Form Tackling	Form Tackling	Form Tackling
INTRODUCE “SHIMMY TACKLE” CONCEPT				
7:50 PM	Conditioning Buffalo Drill - McQuade			

TEAM CONCEPTS:

KNOW Correct Alignment – Responsibilities
 Cues – Game Awareness, GAP Responsibilities
 Move on Ball Movement – Deliver Blow
 Defend 7 Zones under – 2 / 3 / 4 Deep Combo
 Adjust to motion

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
First Week – 3rd Day
Offensive Session

Wednesday A.M.

No Pads

Time	Backs	Line	Ends	Quarterbacks
8:00 A.M. 15 min.	Team Stretches Edson			
8:15 A.M. 10 min	Team – Form Run – Clawson			
8:25 A.M. 10 min	Team Kickoff Introduction/Installation 5 Min JV/Varsity Separate ¼ Speed and Breakdown			
8:35 A.M. 30 min	Separate Offensive Units Individual Skills			
	15 Min -Ball Carry 15 Min - Blocking	15 Min – Individual 15 Min - Combo	Review Pass Routes Stalking Review	Option Skill Pass Skill
9:05 A.M. 25 min	With QB's	Pass Blocking Quick – Waggle Boot	Skeleton Pass Offense Quick – Boot – Waggle USE Guard Pull	
9:30 A.M. 25 min	Team Offense – Introduce Counters Review Powers – Add Slant Option & Toss			
9:55 A.M. 30 min	Team Dummy Scrimmage			
10:25 A.M. 10 min	Team Conditioning Perimeter Drill			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
First Week – 3rd Day
Defensive Session

Wednesday P.M.

No Contact

Time	Backs	Line	Ends	Quarterbacks
5:30 PM 30 min	Chalk Talk – Color Calls/LB Adjustments Shimmy Tackle Day 2 Install 4-3 Green			
6:00 PM 15 min	Team Stretch Lewicki			
6:15 PM 20 min	Agility Circuit 10 Stations			
6:35 PM 15 min	Team – JV/Var. Separate Defense – Day 2 Install 4-3 Red Coverage Safeties Robber			
6:50 PM	Separate Defensive Units Position Skills			
	Footwork Ball Drills Develop Drills	Alignment & React Rover & Hero	Alignment & React	Alignment & React
7:10 PM 20 min	Zone Skills	Pass Rush Skills Coverage	Pass Drops	Pass Rush Skills
7:30 PM 15 min	Form Tackling	Form Tackling	Form Tackling	Form Tackling
-----“SHIMMY” DRILLS – 2 Man-----				
7:50 PM	Conditioning Fire Drill - Wade			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
First Week – 4th Day
Offensive Session

Thursday A.M.

Uppers

Time	Backs	Line	Ends	Quarterbacks
8:00 A.M. 20 min.	Team Stretches - Adamek			
8:20 A.M. 10 min	Team – Form Run – Clawson			
8:30 A.M. 15 min	Kick Return Installation Return Left/Right Use Offensive JV/Varsity Separate 5 min			
8:45 A.M. 30 min	Separate Offensive Units			
	Ball Carry Skills 10 Block Skills 20	Boards – Chutes Shields Drive Block	Sprint Routes ½ w/4 back/TE	½ Toss/Option Skills ½ Sprint Rev.
9:15 A.M. 30 min	Pass Offense Sprint Series	Turn Back Pass Block for Sprints	Pass Offense Sprint Series & TE	Pass Offense Sprint Series
9:45 A.M. 30 min	By Team – Add Belly Series + Toss Series 28/29 Give – Handback – Option - Slam			
10:15 A.M. 20 min	Team Dummy Scrimmage Offensive Unit vs. Scout Defense – Use Shields			
10:35 A.M. 10 min	Team Conditioning – By Position 40's			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
First Week – 4th Day

Thursday P.M.

Semi- Contact

11:15 Pre-Practice: QB Center Exchange WR/RB/TE Review Pass Chalk Board

Time	Secondary	S / M / W	F / NT / E	
11:30 AM 30 min	Chalk Talk – Gap Responsibilities, All Front Coverages Day 3 4-3 Defense			
12:00 PM 15 min	Calisthenics - Fenton			
12:15 PM 15 min	Punt Return Installation Criss-Cross JV Varsity Separate			
12:30 PM 10 min	Separate Defensive Units Agilities & Footwork Position Skills			
12:40 PM 20 min	As Above (Use Shields) Shimmy Tackling – Above Waist – Controlled Speed 4 Stations: 1. Straight On 2. Profile 3. Compress 4. Steer			
1:00 PM 15 min	Separate Defensive Units Individual			
	Ball Skills Developmental Drills	Power Sweep Drills	Shuffle – Scrape Drills	1 on 1 Read Hats
1:15 PM 15 min	Zone Drills	Zone Drills	Pass Cov. Skills	Pass Rush Skills
1:30 PM 15 min	Pass Skill	Force End – Read @ Line @ Sec	ILB @ Sec. Pass Skill	Angel Charge
1:45 PM 30 min	Team Dummy Scrimmage vs. Shaker Plays SHAKER DAY			
2:15 PM	Team Conditioning – Pursuit Drill – Steuerwald			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
First Week – 5th Day
Offensive Session

Friday A.M.

Semi-Contact

Time	Backs	Line	Ends	Quarterbacks
8:00 A.M. 15 min.	Team Stretches - Ward			
8:15 A.M. 10 min	Team – Form Run – Clawson Varsity & JV			
8:25 A.M. 15 min	XPt/FG Installation Use Offensive Personnel JV/Varsity Separate 5 min			
8:40 A.M. 20 min	Separate Offensive Units			
	Toss & Option Ward ¼ QB ½ RB	Boards – Chutes	Sprint Routes Review ½ RB ½ QB ½ TE Brian Group	
9:00 A.M. 20 min	Inside Run	Inside Run	Screen/Stalk with Ends Routes	
9:20 A.M. 20 min	Pass Skeleton Offense-Review Quicks & Sprints Play Action Screen/Draw	4 Man Circle 10 min Pass Protection Intro Screen Blocking	Pass Skeleton Add Bubble	Pass Skeleton Add Bubble
9:40 A.M. 15 min	Varsity & JV Separate			
	Separate Units Assignments – Run Offense TIGER OFFENSE			
9:55 A.M. 25 min	Team Dummy Scrimmage – Run Offense Mix Pass & Run 2 Teams from End Zone			
10:20 AM	Team Conditioning – Under Punts By Offensive Position JV/Varsity Separate			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
First Week – 5th Day
Defensive Session

Friday P.M.

Semi- Contact

Time	Secondary		S / M / W	F / NT / E
11:30 AM 30 min	Chalk Talk – Gap Exchanges (responsibilities) Day 4 Install 4-3 to 5-3			
12:00 PM 15 min	Team Stretch Edson			
12:15 PM 20 min	Separate Defensive Units Position Skills			
	Individual Skills 1 on 1 Man & Zone	Read Hats 1 on 1	Shuffle and Scrape Drills	Pass Rush Skills
12:35 PM 20 min	Zone Pass Drills	-----7 on 7 vs Run Game-----		
12:55 PM 20 min	Unit Skeleton Defense vs Shaker Plays – Run/Pass/Option 7 on 7 – LB and Secondary – Pass Rush / Stunts 5 MIN WATER BREAK			
1:20 PM 30 min	Team Defense – Varied Fronts Stunt Package vs. Schen Plays			
2:00 PM	Team Conditioning – Buffalo Drill – McQuade			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
First Week – 6th Day
Offensive Session

Saturday A.M.

First Contact

Time	Backs	Line	Ends	Quarterbacks
8:00 A.M. 15 min.	Team Stretches - Steuerwald			
8:15 A.M. 10 min	Team Form Run – Clawson			
8:25 A.M. 20 min	Separate Offensive Units			
	Ball Carry Skills	Boards Chutes	Sprint Route Review	Pass Drills Option & Toss
8:45 A.M. 20 min	Team “SHIMMY TACKLE” Circuit 1 drill on each of the 4 jump pads – (5 minutes each)			
9:05 AM 20 min	Team – “MEAT GRINDER”			
9:25 AM 20 min	Team – “10 YARD SQUARE DRILL”			
9:45 AM 20 min	Team – “LIVE SCRIMMAGE” 1 st Team 20 Plays			
10:05 AM 30 min	Player Evaluation Scrimmage 2 nd – 3 rd – 4 th Groups			
10:35 AM	Coaches Meet – Personnel Evaluation			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Second Week – 1st Day
Offensive Session

Monday A.M.

Full Contact

Time	Backs	Line	Ends	Quarterbacks
8:00 A.M. 15 min.	Team Stretches – Lewicki			
8:15 A.M. 10 min	Team – Form Run – Clawson			
8:25 A.M. 15 min	Punt Block Use Defensive Personnel JV/Varsity Separate 5 min			
8:40 A.M. 20 min	Separate Offensive Units Individual Skills			
	Footwork–Ball Protection Drill	Boards-Chutes Shields Sleds Drive Block	Pass Routes Ball Skills	Pass Drills Option Reads Toss
9:00 A.M. 30 min	Blocking Skills Run & Pass Toss Footwork	Circle Drills	Pass Skill TE's + Split Guard	Pass Skell
9:30 A.M. 20 min	By Team – Group Pass Offense “ACE” Formation			
9:50 A.M. 40 min	Team Dummy Scrimmage Plays by Series – Mix Pass & Run			
10:30 A.M. 10 min	Team Conditioning – Speed Work Clawson Break 10:30 Final Team Selection			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Second Week – 1st Day
Defensive Session

Monday P.M.

(Bspa)

Full- Contact

Time	Secondary	S / M / W	Down Line
11:30 AM 30 min	Chalk Talk – Special Teams Circuit - Ward 15 min – Bspa Talk		
12:00 PM 15 min	Team Stretch – Prendergast		
12:15 PM 20 min	Special Team Circuit JV/Var. Separate		
12:25 PM 20 min	Individual Defensive Period Position Coaches Choice		
12:45 PM 20 min	Separate Defensive Units		
	Drills vs Pass Tree Pursuit Drill	7 on 7 Group Drill All Def. Calls vs Power Sweep, Trap, Pass, Option, etc. Inside Run	
1:05 PM 20 min	PASS SKELL Pass Rush v.s. Shaker/Schen		
1:25 PM 15 min	SHIMMY TACKLE CIRCUIT (15 MIN)		
1:40 PM 30 min	<u>Team Defense Scrimmage</u> ALL BALLSTON SPA PLAYS		
2:10 PM	40's By Position		

Coaches – Game Pants and Jersey handout

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Second Week – 2nd Day
Defensive Session

Tuesday A.M.

Full Contact

Time	Secondary	Perimeter	Inside L.B.s	Down Line
8:00 A.M. 15 min.	Team Stretches – McQuade			
8:15 A.M. 10 min	Team – Form Run – Clawson			
8:25 A.M. 10 min	Outsides Hands Install Use Offensive Personnel JV/Varsity Separate 5 min			
8:35 A.M. 20 min	Tackling Circuit on TURF			
8:55 A.M. 20 min	Separate Defensive Units Individual Skills			
	Down the Line Ball Drills Zone Cov. Drills	Pursuit & Release Pass Rush	Shuffle & Scrape – Blitz Pass Drops	Real & Release Angle Pass Rush
9:15 A.M. 20 min	Man / Zone Skills		Pass Skell	Inside Run
9:35 A.M. 20 min	7 on 7 with: INSIDE RUN			Pass Rush Stunt Charge
9:55 A.M. 30 min	Team Defensive Scrimmage All Defensive Calls v.s. BSPA plays			
10:25 A.M. 10 min	Team Conditioning – Perimeter Drill			
10:35 A.M.	Elect Captains			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Second Week – 2nd Day
Offensive Session

Tuesday P.M.

Full- Contact

Time	Backs	Line	Ends	Quarterbacks
11:30 AM 30 min	Chalk Talk – Review Ace Bubble Screens Steuerwald/Lewicki			
12:00 PM 15 min	Team Stretch – Captains			
12:15 PM 10 min	On-Side Kick Show/Surprise 5 min JV/Varsity Separate			
12:25 PM 20 min	Individual Offensive Period			
	Hand Offs	Chutes & Sleds	INDY	
12:45 PM 20 min	INDY Blocking	Pass Blocking Waggle/Boot/Scis	Pass Skell ½ PB	
1:05 PM 20 min	With Brent	Drill Fold Block for Veer	Intro to Veer Series with Brent	
1:25 PM 30 min	Add Veer Series – Team Offensive Scrimmage 10 Min Goal Line Live			
1:55 PM 15 min	Conditioning – Buffalo Drill			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Second Week – 3rd Day
Single Practice

Wednesday A.M.

Full Contact

Time	Secondary	Perimeter	Inside L.B.s	Down Line
8:00 A.M. 15 min.	Team Stretches – Captains			
8:15 A.M. 20 min	Special Teams Review Alignments Call From Sideline			
8:35 A.M. 20 min	Separate Units Offensive Assignments Add Tiger Series			
8:55 A.M. 15 min	Team – All Offensive Run/Pass			
9:10 A.M. 20 min	By Team – Dummy Scrimmage			
9:30 A.M. 20 min	Team Defensive Scrimmage All Defensive Calls			
9:50 A.M. 30 min	Team Defense – Review All 4-3 Calls & Blitz's All Secondary Coverages and Combinations Separate Teams for Interquad			
9:55 A.M. 30 min	Team Defensive Scrimmage All Defensive Calls v.s. BSPA plays			
10:20 A.M. 10 min	No Conditioning Team Pictures 6:00 Inter-Squad 7:30			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Second Week – 4th Day
Defensive Session
Single Practice

Thursday A.M.

3hr No Afternoon

Full Contact

Time	Secondary	Perimeter	Inside L.B.s	Down Line
9:00 A.M. 15 min.	Team Stretches – Captains			
9:15 A.M. 10 min	Team – Form Run – Clawson			
9:25 A.M. 10 min	Individual Defensive Skills Development			
	Corner Pass Tree Safeties Zone Skill	Defend – Reach Power – Option Cage Rush	Shuffle – Scrape Pass-Blitz	Reads Rush Responsibility
9:45 A.M. 20 min	Group Drills			
	Skeleton Pass & Toss & Opt.	½ & ½ Secondary and Line		Pass Rush
10:05 A.M. 20 min	Inside Run			
10:25 A.M. 20 min	Expand Ace / Tiger Offense			
10:45 A.M. 20 min	TEAM OFFENSE			
11:05 A.M. 30 min	Team Defense – v.s. Shaker / Schen			
11:35 A.M. 10 min	Team Conditioning – Fire Drill			
	No Afternoon Practice Friday – Final Prep for Scrimmage **6 PM Youth Clinic			

Shenendehowa Football
Youth on Field Clinic

Date: August

Plainsmen Jr. Football Clinic

Time	Backs	Line	Ends	Quarterbacks
6:00 PM 30 min	Older Division	Varsity Practice Field		
	Middle Division Little Division	JV Practice Field Baseball Rt. Field		
Calisthenics --- 10 min Stress Flexibility				
6:10 PM 10 min	Separate Offensive Positions			
	Form Running			
6:20 PM 10 min	Stance & Starts			
6:30 PM 15 min	Ball Carrying Skills & Drills	Blocking Techniques	<i>Running Patterns</i> Pass Catching	Passing Skills
6:45 PM 15 min	Blocking Techniques		Blocking Techniques	Toss – Pitch Ball Handling
7:00 PM 20 min	Switch over to Defense			
	Defensive Secondary Agility Drills – 5 min Skills Drill -15 min			
7:30 PM 30 min	Alignment – Stance – Footwork – Deliver Blows – Use Hands Playing Contain – Pass Defense Skills			
7:40 PM 10 min	All Groups.....Tackling Drills Teach “Shimmy Tackle” Technique			
7:50 PM	Conditioning Grass Drills & Sprint 5 min Fire Drill – 200 yds. – 10’s			
	Post Practice Punting & Place Kicking Center Snap – Punt Receiving			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Second Week – 5th Day
Defensive Session
Single Practice

Friday A.M.

3hr No Afternoon

Full Contact

Time	Backs	Line	Ends	Quarterbacks
8:00 A.M. 15 min.	Team Stretches – Captains			
8:15 A.M. 10 min	Separate Offensive Units			
	Block Sprint Out	Pass Protection All Series	Pass Routes ½ TE's Routes ½ TE's with Protection	All Pass Routes
8:25 A.M. 20 min	<u>Group Drills</u> 7 on 7 Run Offense Separate Units – Assignment vs Varied Defenses			
	3 Groups of Backs	1 Group vs 50 1 Group vs 40	S.E. – Blocking Skills QB's with Backs	
8:45 A.M. 20 min	<u>Group Drills</u> 7 on 7 Pass Offense ACE Offense & Jets			
	Kicking Game – Punt Protection & Coverage			5 min
9:05 A.M. 15 min	– Punt Receiving			5 min
	– Field Goal			5 min
9:20 A.M. 30 min	ACE – Team Dummy			
9:50 A.M. 20 min	DE's/LBer's Secondary		D'Line	
	Skeleton Def. Drill		Pursuit Drill	
10:10 A.M. 30 min	Team Defensive Scrimmage vs Option Offense + 10 min Goal Line			
10:40 A.M. 10 min	Organize for U.E. Scrimmage – No Conditioning			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Third Week – Prior to School
“NO CLASSES”
Defensive Session
Single Practice

Monday A.M.
*******Pre Practice**

Full Contact

7:00 a.m. Team Lift
8:00 a.m. Team Film UE Scrimmage
9:00 a.m. Team Film Shaker Tape

Time	Secondary	Perimeter	Inside L.B.	Down Line
10:00 A.M. 10 min.	Team Stretches – Captains			
10:10 A.M. 10 min	Team – Form Run - Clawson			
10:20 A.M. 10 min	KICKING GAME			
10:30 A.M. 20 min	Individual Defensive Skills Development			
	Corner Pass Tree Safeties Zone Skill	Defend – Reach Power – Option Cage Rush	Shuffle – Scrape	Reads Rush Responsibility
10:50 A.M. 20 min	Group Drills vs Shaker			
	Pass Game Skills & Option Game Support	LB with Run Game Reads and Stunts		
11:10 A.M. 20 min	Secondary and LB vs Opponent Pass Game vs Opponent Option Game			Pass Rush Tech.
11:30 A.M. 30 min	Team Defensive vs Scout Offense			
12:00 A.M. 30 min	Break			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Third Week – Prior to School
“NO CLASSES”
Offensive Session

Tuesday A.M.
*******Pre Practice**

Full Contact
Week of Friday Game

8:00 a.m. Shaker Film

Time	Backs	Line	Ends	Quarterbacks
9:00 A.M. 10 min.	Team Stretches – Captains			
9:10 A.M. 10 min	Team – Form Run - Clawson			
9:20 A.M. 10 min	Individual Offensive Skills Development			
	Shoulders Skills Agility Ball Carrying Skills Gauntlet	Footwork Stance Starts Shoulders	Ball Rec. Drills Agility	Arms Footwork Opt. Pitch
9:30 A.M. 20 min	Blocking Skills Lead Block – Ends Pass Blocking	Combination Blocks 7 on 7 w/ Backs Power Off.	Stalk Block Crack Block	Patterns
9:50 A.M. 20 min	Skeleton Pass Offense vs. Expected Def.	Assignment vs. Expected D	Pass Offense Add any new plays	
10:10 A.M. 45 min	Team Offensive Scrimmage			
	Mix Pass and Run vs. opponents Defense	Live – except no down field tackling. QB not live on on pass.		
10:55 A.M. 15 min	TEAM PUNT PROTECTION and COVERAGE			
	Minus 10 Yard Line	40 Yard Line	+ 40 Yard Line	
	Left – Right - Middle			
11:05 A.M. 20 min	Team Defense – Check Adjustments			
	Alignment vs Opponents	4/5 Plays from Goal Line Defense		
11:25 A.M.	Break			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Third Week – Prior to School
“NO CLASSES”
Defensive Session
Single Practice

Monday A.M.

Full Contact

*******Pre Practice**

7:00 am Team Lift

8:00 am Team Film UE Scrimmage

9:00 am Team Film Shaker Tape

Time	Secondary	Perimeter	Inside L.B.	Down Line
10:00 A.M. 10 min	Team Stretches - Captains			
10:10 A.M. 10 min	Team Form Run - Clawson			
10:20 A.M. 10 min	Kicking Game			
10:30 A.M. 20 min	Individual Defensive Skills Development			
	Center Pass Tree Safeties Zone Skill	Defend – Reach Power – Option Cage Rush	Shuffle – Scrape	Reads Rush Responsibility
10:50 A.M. 20 min	Group Drills vs Shaker			
	Pass Game Skills & Option Game Support		LB with Run Game Reads and Stunts	
11:10 A.M. 20 min	Secondary and LB vs Opponent Pass Game vs Opponent Option Game			Pass Rush Tech.
11:30 A.M. 30 min	Team Defense vs Scout Offense			
12:00 A.M. 30 min	Break			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Third Week – Prior to School
“NO CLASSES”
Offensive Session
Single Practice

Monday P.M.

Full Contact

Time	Backs	Line	Ends	Quarterbacks
12:30 P.M. 10 min	Team Stretches - Captains			
12:40 P.M. 10 min	Kicking Game			
12:50 P.M. 20 min	Individual Offensive Skills Developmnet			
	Shoulders Skills Agility Ball Carrying Skills	Footwork Stance Starts Shoulders	Blocking Tech. Ball Rec. Drills Agility	Arms Footwork Opt. Pitch
1:10 P.M. 20 min	Group Drills vs Guiderland			
	Line / Backs 7 on 7 Run Game		Ends and w/ ½ QB's Pass Game	
1:30 P.M. 20 min	w/ QB's	O-Line Separate	Ends and QB's with Backs Pass Game 7 on 7	
1:50 P.M. 30 min	Team Offense vs Scout Defense			
2:20 P.M. 10 min	Team Conditioning – Fire Drill			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Third Week – Prior to School
“NO CLASSES”
Offensive Session

Tuesday A.M.
*******Pre Practice**
8:00 am Shaker Film

Full Contact
Week of Friday Game

Time	Backs	Line	Ends	Quarterbacks
9:00 A.M. 10 min	Team Stretches - Captains			
9:10 A.M. 10 min	Team Form Run - Clawson			
9:20 A.M. 10 min	Individual Offensive Skills Development			
	Shoulders Skills Agility Ball Carrying Skills Gauntlet	Footwork Stance Starts Shoulders	Ball Rec. Drills Agility	Arms Footwork Opt. Pitch
9:30 A.M. 20 min	Blocking Skills Lead Block – Ends Pass Blocking	Combination Blocks 7on7 w/ Backs Power Off.	Stalk Block Crack Block	Patterns
9:50 A.M. 20 min	Skeleton Pass Offense vs Expected Def.	Assignment vs Expected D	Pass Offense Add any new plays	
10:10 A.M. 45 min	Team Offensive Scrimmage			
	Mix Pass and Run vs opponents Defense	Live – except no down field tackling. QB not live on pass.		
10:55 A.M. 15 min	TEAM PUNT PROTECTION and COVERAGE			
	Minus 10 Yard Line	40 Yard Line Left – Right - Middle	+40 Yard Line	
11:05 A.M. 20 min	Team Defense – Check Adjustments			
	Alignment vs Opponents	4/5 Plays from Goal Line Defense		
11:25 A.M.	Break			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Third Week – Prior to School
“NO CLASSES”
Defensive Session

Tuesday P.M.

Full Contact
Week of Friday Game

Time	Secondary	Line	Ends	Line Backer's
12:00 P.M. 10 min	Team Stretches - Captains			
12:10 P.M. 10 min	Individual Defensive Skills Development			
	Secondary Man/ Open Field Tackling Rotation to Sweep Option Reaction to Run	Alignment, charge, use of hands, pursuit react to 2 on 1, trap, pressure, Stunts	Shuffle & Scrap Drills Tackling, use of Hands Pass Drops, Read Keys	
12:20 P.M. 10 min	<u>UNIT DRILLS</u> Secondary-man Zone 7 combo Cov. React to Sweep, reverse, Screen, Pattern recognition	Assignment and reaction to opponents expected Offense.		
12:40 P.M. 20 min	<u>DB's/LB'ers</u> Reaction to opponents pass plays Offense and perimeter attack		<u>Pass Rush Drills</u> Special weakness drills Angle and submarine charge	
1:00 P.M. 30 min	Team Defense Live vs Opponents' plays Use # cards. Script 10 best opponents' plays Mix pass & run vs Opponents Defense/ Live – except no down field Tackling. QB – not live During pass plays.			
1:30 P.M. 15 min	Special Teams Punt Protection 6 each / Punt Block 3 each / Punt Return 3 each			
1:45 P.M. 15 min	Team Sprint Offense Sprint Draw & Play Action Passes Goal Line Offense / Hurry Up Off. / 3 rd Down Offense			
2:00 P.M. 10 min	Conditioning Buffalo Drill			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Third Week – Prior to School
“NO CLASSES”
Offensive Session

Wednesday A.M.

1 Practice

**Full Contact
 Week of Friday Game**

Time	Backs	Line	Ends	Quarterbacks
8:00 A.M. 60 min				
9:00 A.M. 10 min	Team Stretches - Captains			
9:10 A.M. 10 min	Team Form Run - Clawson			
9:20 A.M. 20 min	Shimmy Tackling Circuit			
9:40 A.M. 20 min	Kicking Game			
10:00 A.M. 15 min	Team Pass Offensive			
10:15 A.M. 40 min	2 Min Offensive vs Shaker/ TEAM OFFENSIVE			
10:55 A.M. 5 min	Break			
11:00 A.M. 40 min	<div style="border: 1px solid black; padding: 2px; display: inline-block;">Team Defensive vs Shaker O</div> Alignment vs Opponents 4/5 Plays from Goal Line Defense			
11:40 A.M.	Fire Drill Ward			

SHENENDEHOWA CENTRAL SCHOOL
Football Daily Practice Schedule
Third Week – Prior to School
“NO CLASSES”

Thursday A.M.

Pre Game Varsity Field

Uppers ONLY
Week of Friday Game

Time	Backs	Line	Ends	Quarterbacks
8:00 A.M. 60 min	Film			
9:00 A.M. 10 min	Team Stretches - Captains			
9:10 A.M. 10 min	Pride Drill			
9:20 A.M. 20 min	Kicking Game All Aspects			
9:40 A.M. 40 min	Team Offensive Mix Run / Pass			
10:20 A.M. 40 min	Team Defensive			
11:00 A.M.	All Up Final Game Prep			