

LIONS Offensive PRACTICE PLAN

P-1

Shells

Meetings: Position meetings 3:00-3:40 Sp Teams Mtg 3:45-4:05

TIME	PER	Ballmann - QB's	McArthur-WR's	Bortle - WR's	Schuler-RB's	Haines	Notes
4:30	1	Walk-thru	Walk-thru	Walk-thru	Walk-thru	Walk-thru	
4:35	2	Walk-thru	Walk-thru	Walk-thru	Walk-thru	Walk-thru	
4:40	3	Stretch	Stretch	Stretch	Stretch	Stretch	Specialists
4:45	4	Stretch	Stretch	Stretch	Stretch	Stretch	Specialists
4:50	5	Footwork w/Rbs	Stalk	Stalk	W/QB's	First Steps	
4:55	6	Footwork w/Rbs	Route Tech	Route Tech	W/QB's	Pull Steps	
5:00	7	You-Me	You-Me	You-Me		Quick Steps	
5:05	8	Rapid Fire	Rapid Fire	Rapid Fire	Rapid Fire	Zone pairs-Inside	
5:10	9	Rapid Fire	Rapid Fire	Rapid Fire	Rapid Fire	(front-side/back-side)	
5:15	10	Rapid Fire	Rapid Fire	Rapid Fire	Rapid Fire	(front-side/back-side)	
5:20	11	Punt Return	Punt Return	Punt Return	Stations	2 on 2 Group Block	Get-off / Block Point
5:25	12	Punt Return	Punt Return	Punt Return		2 on 2 Group Block	Hold-Up
5:30	13	KOR	KOR	KOR	KOR	Reach Progression	Blocking Angles
5:35	14	KOR	KOR	KOR	KOR	Reach Progression	Scheme
5:40	15	7 on 7	7 on 7	7 on 7	7 on 7	Zone pairs outside	
5:45	16	7 on 7	7 on 7	7 on 7	7 on 7	Zone pairs outside	
5:50	17	Team Run	Team Run	Team Run	Team Run	Team Run	
5:55	18	Team Run	Team Run	Team Run	Team Run	Team Run	
6:00	19	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	
6:05	20	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	
6:10	21	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	
6:15	22	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	
6:20	23	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	
6:25	24	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	Team Vs. Scouts	

Meeting

Emphasis:

Motion:

Quick game

Formation:

Fire calls:

LIONS Offensive PRACTICE PLAN

Full

Meetings: Position meetings 3:00-3:40 Sp Teams Mtg 3:45-4:05

TIME	PER	Smith - QB's	McArthur-WR's	Bortle - WR's	Schuler-RB's	Haines	Notes
4:30	1	Walk-thru	Walk-thru	Walk-thru	Walk-thru	Walk-thru	
4:35	2	Walk-thru	Walk-thru	Walk-thru	Walk-thru	Walk-thru	
4:40	3	Stretch	Stretch	Stretch	Stretch	Stretch	Specialists
4:45	4	Stretch	Stretch	Stretch	Stretch	Stretch	Specialists
4:50	5	Footwork w/QB's	Stalk	Stalk	Footwork w/QB's	First Steps	
4:55	6	Footwork w/QB's	Route Tech	Route Tech	Footwork w/QB's	Pull Steps	
5:00	7	Rapid Fire	Rapid Fire	Rapid Fire	Rapid Fire	Quick Steps	
5:05	8	Rapid Fire	Rapid Fire	Rapid Fire	Rapid Fire	Pass Pro Circuit	
5:10	9	KO	KO	KO	KO	Mirror/push-pull	Zones - Speed/Avoid/Contact
5:15	10	KO	KO	KO	KO	Sumo Fight	Scheme
5:20	11	Punt	Punt	Punt	Punt	Blitz walk-thru	3 Kick-slides on air
5:25	12	Punt	Punt	Punt	Punt	Blitz walk-thru	Protection
5:30	13	PUP	PUP	PUP	PUP	PUP	
5:35	14	PUP	PUP	PUP	PUP	PUP	
5:40	15	Green Zone	Green Zone	Green Zone	Green Zone	Green Zone	
5:45	16	Green Zone	Green Zone	Green Zone	Green Zone	Green Zone	
5:50	17	Backed Up	Backed Up	Backed Up	Backed Up	Backed Up	
5:55	18	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	
6:00	19	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	
6:05	20	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	
6:10	21	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	
6:15	22	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	Team Vs Scouts	
6:20	23	FG	FG	FG	FG	FG	Protection
6:25	24	FG	FG	FG	FG	FG	Air

Meeting

Emphasis:

Motion:

Quick game

Formation:

Fire calls:

LIONS Offensive PRACTICE PLAN

P-4

Meetings: Position meetings 3:00-3:40 Sp Teams Mtg 3:45-4:05

TIME	PER	Smith - QB's	McArthur-WR's	Bortle - WR's	Schuler-RB's	Haines	Notes
4:30	1	Walk-thru	Walk-thru	Walk-thru	Walk-thru	Walk-thru	
4:35	2	Walk-thru	Walk-thru	Walk-thru	Walk-thru	Walk-thru	
4:40	3	Stretch	Stretch	Stretch	Stretch	Stretch	
4:45	4	Stretch	Stretch	Stretch	Stretch	Stretch	
4:50	5	Punt -Fake	Punt -Fake	Punt -Fake	Punt -Fake	First Steps	See Script
4:55	6	Punt	Punt	Punt	Punt	Pull Steps	
5:00	7	Punt Return	Punt Return	Punt Return	Punt Return	Quick Steps	Scheme
5:05	8	Punt Return	Punt Return	Punt Return	Punt Return	2 on 2 Stunts	Vs. Fake Punts
5:10	9	Look Mode	Look Mode	Look Mode	Look Mode	Look Mode	
5:15	10	Look Mode	Look Mode	Look Mode	Look Mode	Look Mode	
5:20	11	KOR	KOR	KOR	KOR	5 on 5 Stunt	Scheme
5:25	12	KOR	KOR	KOR	KOR	Pro-Indy	Vs Pooch / Squib etc.
5:30	13	KO	KO	KO	KO		Scheme
5:35	14	KO	KO	KO	KO	Zone Pairs	Scheme
5:40	15	Hands/Black	Hands/Black	Hands/Black	Hands/Black		
5:45	16	FG	FG	FG	FG	FG	Air
5:50	17	FG (Fire)	FG	FG	FG	FG	Fire
5:55	18	2-Minute	2-Minute	2-Minute	2-Minute	2-Minute	
6:00	19	2-Minute	2-Minute	2-Minute	2-Minute	2-Minute	
6:05	20	Team on Air	Team on Air	Team on Air	Team on Air	Team on Air	
6:10	21	Team on Air	Team on Air	Team on Air	Team on Air	Team on Air	
6:15	22	Team on Air	Team on Air	Team on Air	Team on Air	Team on Air	
6:20	23	Team on Air	Team on Air	Team on Air	Team on Air	Team on Air	
6:25	24	Team on Air	Team on Air	Team on Air	Team on Air	Team on Air	

Meeting

Emphasis:

Motion:

Quick game

Formation:

Fire calls: