

Coaching Clinic

WEST CHICAGO FOOTBALL - SUMMER 2016

VARSITY

Monday, June 13, 2016		Defense		Sam	Field Return	
8:00 AM		No Spec Teams			3 - 2x2 & Trips Motions	6
No Pads						
A	7:45		QB/RB	WR	OL	
B	7:50					
C	7:55					
1	8:00	1 Roller				
2	8:05					
3	8:10					
4	8:15	1 Lift / 2 Roller / 3 Meet				
5	8:20					
6	8:25					
7	8:30	2 Movement				
8	8:35					
9	8:40					
10	8:45	1 Mvmnt / 3 Roller				
11	8:50					
12	8:55					
13	9:00	2 Ind / 3 Mvmnt				
14	9:05					

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						DB				LB				DL			
15	9:10																
16	9:15	1 Ind															
17	9:20																
18	9:25																
19	9:30	2 Lift / 3 Ind															
20	9:35																
21	9:40																
22	9:45	1 Meet															
23	9:50																
24	9:55																
25	10:00	2 Meet															
26	10:05																
27	10:10																
28	10:15	1 End															
29	10:20																
30	10:25																
31	10:30	2 & 3 End															

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<i>West Chicago Wildcats Football</i>				<i>West Chicago Wildcats Football</i>				<i>West Chicago Wildcats Football</i>			
Position:				Position:				Position:			
Monday				Tuesday				Wednesday			
Time	Skill	Drill	Equipment?	Time	Skill	Drill	Equipment?	Time	Skill	Drill	Equipment?
5				5				5			
10				10				10			
15				15				15			
20				20				20			
25				25				25			
30				30				30			