PLAY FAST
BURRELL FOOTBALL

	RUN	SCREEN	PASS	
DATE TRAINING CAMP -1	INSIDE ZONE	**RELIEFS**	DEEP CHOICE	**PURPLE**
PRACTICE: 08/12/19		FOG/MIST	SLOT CHOICE	80'S BAYLOR
DRESS: FULL	+ LEAD	RANDY/LARRY	MESH	80'S SAIL
MEETINGS/LIFT:	+ARC	RODEO/LASSO	SAIL +80'S	+BLADE/SAW/BUZZ
2:00- 2:20 / 2:25- 2:45	**108/109**	ROCKET/LAZER	MON/FRI	+PEPSI, COKE

TIME	PERIOD	QB	WR	Inside Wr	RB	OL
9:00	PRE	**WARM UP:** SETTLE UP AND NOOSE/ NET DRILLS				PRE- VERTICAL SETS
9:10	1 (10)	**FLEX –** ACL PREVENTION				**FLEX – ACL PREVENTION**
9:20	2 (10)	**MESH DRILL – QB/RB/WR W/ CHUTES**				**INDY**
9:30	3 (25)	**INDIVIDUALS** LAST 5 MIN (QB+WR) (RAPID FIRE DRILL)				**INDY**
9:55	4 (15)	**Choice Routes vs. Defense** DEEP CHOICE & SLOT CHOICE – (PAIR UP – HIGH REPS)				**Run Game Teach - Inside Zone vs. 42/ 33**
10:10	5 (20)	**QB/RB/IR – INSIDE RUN - vs. 42 / 33** **Outside WR- Blocking (10) - RZ Routes-Cobra/ Blade /Fade Pileon (10)**				**INSIDE RUN**
10:30	6 (5)	**TEAM TEACH - SCATTERS, SHIFTS, ORANGE, GOLD**				**TEAM TEACH**
10:35	7 (20)	**PASS SKELLY vs. 3-deep zone, Man-Free, Quarters**				**PASS PROTECTION TEACH W/ RB**
10:55	8 (5)	**BLITZ PERIOD** 12 PLAYS VS PRESSURE				**BLITZ PERIOD**
11:00	9 (15)	**SCREEN DRILL- 10 MINUTE** **INSIDE ZONE RELIEFS- 5 MINUTE**				**SCREEN DRILL**
11:15	10 (15)	TEAM TEMPO DRILL FINISH!! - 40+ PLAYS- PLAY FAST!!- NO SUBS ON DRIVE				**TEAM TEMPO DRILL**