PLAY FAST
BURRELL FOOTBALL

	RUN	SCREEN	PASS	
DATE Heat Acc #1	INSIDE ZONE	**RELIEFS**	DEEP CHOICE	**PURPLE**
PRACTICE: 08/05/19	+ LEAD	FOG/MIST	SLOT CHOICE	80'S BAYLOR
DRESS: UPPERS	+ARC	RANDY/LARRY	MESH	
MEETINGS/LIFT:	+FLASH/ ZIP	RODEO/LASSO		+BLADE/SAW/BUZZ
	108/109	ROCKET/LAZER	MON/FRI	+PEPSI, COKE

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