



## Off-Season (Intro - Winter)

	MON	TUE	WED	THU	FRI	Notes
1	F: Square Up	F:	F:	F: Trust Fall	F: Square Up	Mon & Thu are Lower Lift days. Tues is SAQ Circuit. Fri is a Football Skills day.
	O:	O: 3-Step	O:	O:	O: 3-Step	
	X:	X:	X:	X:	X:	
2	F: Trust Fall	F:	F:	F: Square Up	F:	Mon & Thu are Lower Lift days. Tue is SAQ circuit. Wed is SAQ & Skills Circuits. Fri is Team Competition
	O:	O: 3-Step	O: Linear	O:	O:	
	X:	X:	X:	X:	X: Sideline	
3	F: 1-Step	F:	F: Trust Fall	F: Square Up	F:	Mon & Wed are Lower Lift days. Tue & Thu are SAQ Circuit. Fri is Football Skills day
	O:	O: Linear	O:	O: 3-Step	O:	
	X:	X:	X:	X:	X: Sideline	
4	F: Trust Fall	F: 1-Step	F:	F: Reactive	F:	Mon & Thu are Lower Lift days. Tue is SAQ Circuit. Wed is SAQ & Skills Circuits. Fri is Team Competition in gym
	O:	O: Linear	O: Angled	O:	O:	
	X:	X:	X:	X:	X: Detour	



## Off-Season (Advanced - Spring)

	MON	TUE	WED	THU	FRI	Notes
1	F: Trust Fall	F: 1-Step	F:	F:	F: Reactive	Mon, Wed, & Fri are Lower Lift days. Wed is Team Competition Tues & Thu are SAQ Circuits
	O:	O: 3-Step	O:	O: Linear	O:	
	X:	X:	X: Sideline	X:	X: 2-Man	
2	F:	F: Square Up	F:	F: Reactive	F:	Mon & Thu are Lower Lift days. Tue is in SAQ Circuit. Wed & Fri are Skills Circuits.
	O: Angled	O:	O:	O: Best of 3	O:	
	X:	X:	X: Detour	X:	X: Sideline	
3	F: 1-Step	F:	F:	F: Trust Fall	F:	Mon, Wed, & Fri are Lower Lift days. Wed is Team Competition Tues & Thu are SAQ Circuits.
	O: Linear	O:	O: Angled	O: 3-Step	O:	
	X:	X: 2-Man	X:	X:	X: 3-Man	
4	F: Square Up	F:	F: Reactive	F:	F:	Mon & Wed are Lower Lift days. Tue is SAQ Circuit. Thu & Fri are Team Competition & Skills Circuit
	O:	O:	O: Best of 3	O:	O:	
	X: Detour	X: Sideline	X:	X: 3-Man	X: 2-Man	



## In-Season (Doubles)

		MON	TUE	WED	THU	FRI	SAT	Notes
1	A M	F: Trust Fall	F: Square Up	F: Trust Fall	F: 1-Step	F: Reactive	F: 1-Step	Focus on fitting up and leverage. Heavy contact session. Heavy scrimmage and longer practice on Saturday.
		O:	O:	O:	O:	O:	O:	
		X:	X:	X:	X:	X:	X:	
	P M	F:	F:	F:	F:	F:	F:	Focus on playing in space more. "Thud" & limit full contact. Heavy scrimmage on Saturday can be broken up with a non-contact pursuit drill.
		O: 3-Step	O: Linear	O: Angled	O:	O: 3-Step	O:	
		X:	X:	X:	X: Sideline	X: Sideline	X: 2-Man	
2	A M	F: Square Up	F: Trust Fall	F: Reactive	F: Trust Fall	F: Square Up	F:	Focus on fitting up and leverage. Heavy contact session. Scrimmage 1 on Saturday.
		O:	O:	O:	O:	O:	O:	
		X:	X:	X:	X:	X:	X:	
	P M	F:	F:	F:	F:	F:	F:	Focus on playing in space more. "Thud" & limit full contact. Scrimmage 1 on Saturday.
		O: Angled	O:	O:	O: Linear	O: 3-Step	O:	
		X:	X: Detour	X: 2-Man	X:	X:	X	



## In-Season (Game Prep)

Scenario	Post	#1	#2	#3	Pre	Game
UN-Acceptable Performance	F: Reactive	F: Square Up	F: Reactive	F: 1-Step	F:	F:
	O: Linear	O: Angled	O:	O:	O: 3-Step	O: 1-Step
	X:	X:	X: 2-Man	X: Sideline	X:	X:
Acceptable Performance	F: "Trust	F: 1-Step	F: Reactive	F:	F:	F:
	O: Your	O: Linear	O: Angled	O:	O:	O: 1-Step
	X: Gut"	X:	X:	X: Sideline	X:	X:
Weary / Late in Season	F:	F: Square Up	F: 1-Step	F:	F:	F:
	O:	O:	O: 3-Step	O:	O:	O: 1-Step
	X:	X:	X:	X: Sideline	X:	X:
JV & Greenhorns	F:	F: Square Up	F: Trust Fall	F: 1-Step	F: Reactive	F:
	O:	O: 3-Step	O: Linear	O: Angled	O:	O:
	X: 2-Man	X:	X:	X:	X: Detour	X





		Weight room	Gym	Conditioning	X vs. X	X vs. O	2-3min	~5min	>5min	365	Camp	In-Season	Option	Spread	Pro
<b>Funneled: Contact/ Collision &amp; Finishing</b>	Square Up	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Trust Fall	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1-Step	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Reactive Drift	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Open Field: Close the Distance &amp; Come to Balance</b>	3-Step	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Linear	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Angled	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Best of 3	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>X-Factor: Competition &amp; Controlled Chaos</b>	Sideline	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Detour	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	2-Man	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	3-Man	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>