

GROUP PERIOD (Approx 40 Minutes & At Mid Field)

Offensive & Defensive Line Positions (Approx 20 Minutes)

- Off Line vs Def Line Pass Rush To Evaluate Technique, Quickness and Strength.
- Scripted Pass Protection vs Scripted & Open Pass Rush Techniques.
- Athletes Rotate From Offense To Defense As Requested.

Skill Positions (Approx 20 Minutes)

- ½ Field 4v4 To Evaluate Working As A Unit, Display Skills and Reaction To Change.
- Scripted Offense Pass Plays (Common Concepts From 3 Man Formation).
- Scripted Defense Coverages (Cover 3 & Man).
- Groups Will Be Pro-Determined And Allowed Four “Plays” Before Rotation.
- Groups Will Be Run By Each Position Coach.