Cardinal Football

**2019**

**Practice Plan: 8/13/2019**

**Time Activity Points to Stress\_\_\_\_\_\_\_\_\_\_**

4:00-4:15 Dynamic Stretch/Plyos Get a good stretch and warm up to prevent injury

4:15-4:40 Individual O Line- Stance/Pulls/Double Team

RB/QB/Receivers-crack block

4:40-5:10 Team O Counter/Pass Plays/white board-cans

5:10-5:30 Individual D Line/Backs/Receivers/QB/RB-responsibilities

5:30-5:45 Team D Fundamentals of 4-4 and 5-3

5:45-6:00 Conditioning Acclimatization and Hydration

6:00 Release

**Uniform:** Helmets, Shorts, t-shirts, cleats

**Equipment:** Cans, footballs, blocking dummies