

Prep for Game vs. State Dec 10, 2006

Team Name: Omaha Marooners

Coach: Harry Coach

Asst. Coach: Dennis Coach

"Bring Your Best Effort on Every Play"

Segment: 1: 10 mins; Introduction

- Attendance
- Game Plan
- Identification of Week Roles / Units

Segment: 2: 20 mins; Stretching and Warm-Up

- Jumping Jacks (100)
- Push-Ups (10)
- Laps (2)
- Toes Stretching Led by Team Captains

Segment: 3: 10 mins; Throwing and Catching

- Break Into Groups
- Outs / Ins
- Hitch Routes
- Screen Routes

Segment: 4: 10 mins; QB & Line Practice

- Receiving Snap
- Changing Snap Counts
- Blocking Changes at the Line

Segment: 5: 20 mins; Controlled Scrimmage

- Goal Line Plays
- Kick-Off Wedge Practice
- Pitch and Option Plays

Segment: 6: 10 mins; Review & Cool Down

- Stretching / Cool Down
- Game Plan
- First and Third Quarter Plans
- Overall Strategy Review



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