Date: _____ Team: _____ Coach: _____ Focus: _____

#	Segment	Time	Min	Drills / Notes
1	Dynamic Warm-Up			
2	Individual Technique			
3	Position Groups			
4	Team Offense			
5	Team Defense			
6	Special Teams			
7	Scrimmage / Team Period			
8	Conditioning & Cool-Down			

Notes:

STRIVEON — BETTER TOOLS. BETTER COACHING. BETTER ATHLETES.