

# PRACTICE SCHEDULE

SPORT: \_\_\_\_\_ COACH: \_\_\_\_\_ WEEK OF: \_\_\_\_\_

DAY	TIME	LOCATION	FOCUS / DRILLS
<b>Monday</b>	3:30 - 5:00 PM	Main Gym	Conditioning & Fundamentals
<b>Tuesday</b>	3:30 - 5:00 PM	Field A	Offensive Rotations
<b>Wednesday</b>	7:00 - 8:15 AM	Weight Room	Strength Training
<b>Thursday</b>	3:30 - 5:00 PM	Main Gym	Defensive Drills
<b>Friday</b>	3:30 - 4:30 PM	Media Room	Film Study / Strategy
<b>Saturday</b>	9:00 - 11:00 AM	Field A	Scrimmage

COACH'S NOTES & REMINDERS