Lady Horns 5/6 - FNL

FALL 2026

START TIME: **5:00 PM**

Thursday, October 8, 2026

TIME	WR/RB Route Running	QB - Intelligence/Footwork	Defensive Strategy/Flag Pulling	Play Review/Installation (Script Review)
5:00 PM	Warm-Up lap; Warm-Up Ladder Work; Lateral & Back Pedelling Work			
5:05 PM				
5:10 PM	**New Box** -- Add Shovel Passes - Catching on the move (Shana, Kayla, Shaelyn) - Old Box WR work	QB Blitz Drills - Roll Out and Bltz Work (Maddie, Violet, Elena, Riley, Gracie)		
5:15 PM				
5:20 PM				
5:25 PM	Water Break (More Breaks tonight as needed)			
5:30 PM	Second Half Clip Review of the previous Game - I believe this was effective, especially for the Statue of Liberty TD we gave up (maybe closer to 10 mins) - Speak in terms on Player Letter			
5:35 PM				
5:40 PM			**TEAM** Modified Diamond with Handoff/Toss + Safety Test -- Pulling Catching and Ball Handling and Pulling	
5:45 PM				
5:50 PM				
5:55 PM	Water Break			
6:00 PM				#4 Magic Gun Aussie C (Recap), #7 Kobe - Snap Z Q - RPO Z Sprint Out
6:05 PM				
6:10 PM				
6:15 PM				#2 lil Bros 28 Sweep Pass/ QB Boot (Oldie)
6:20 PM				
6:25 PM				#9 BIG BROS - Mini Mesh Switch (simple)
6:30 PM				