



Lady Trojans 5/6 - FNL

FALL 2026

START TIME:

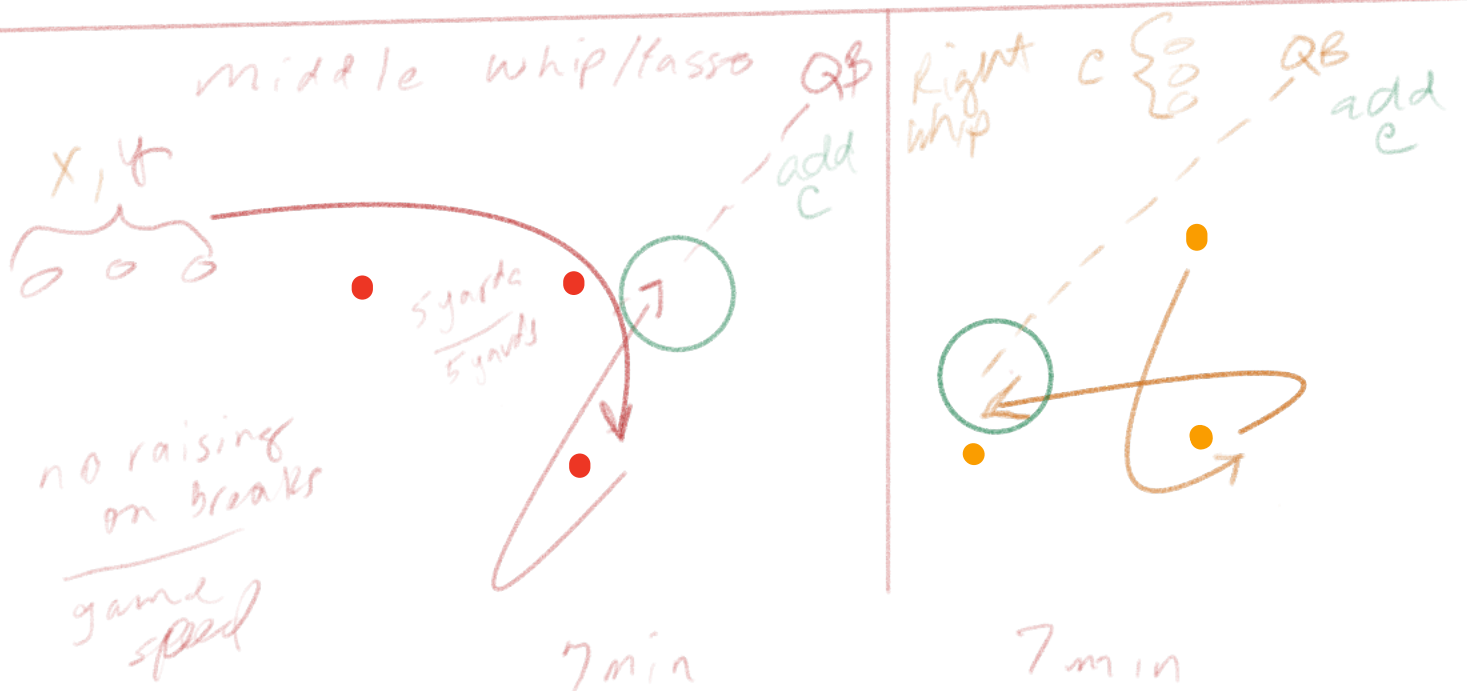
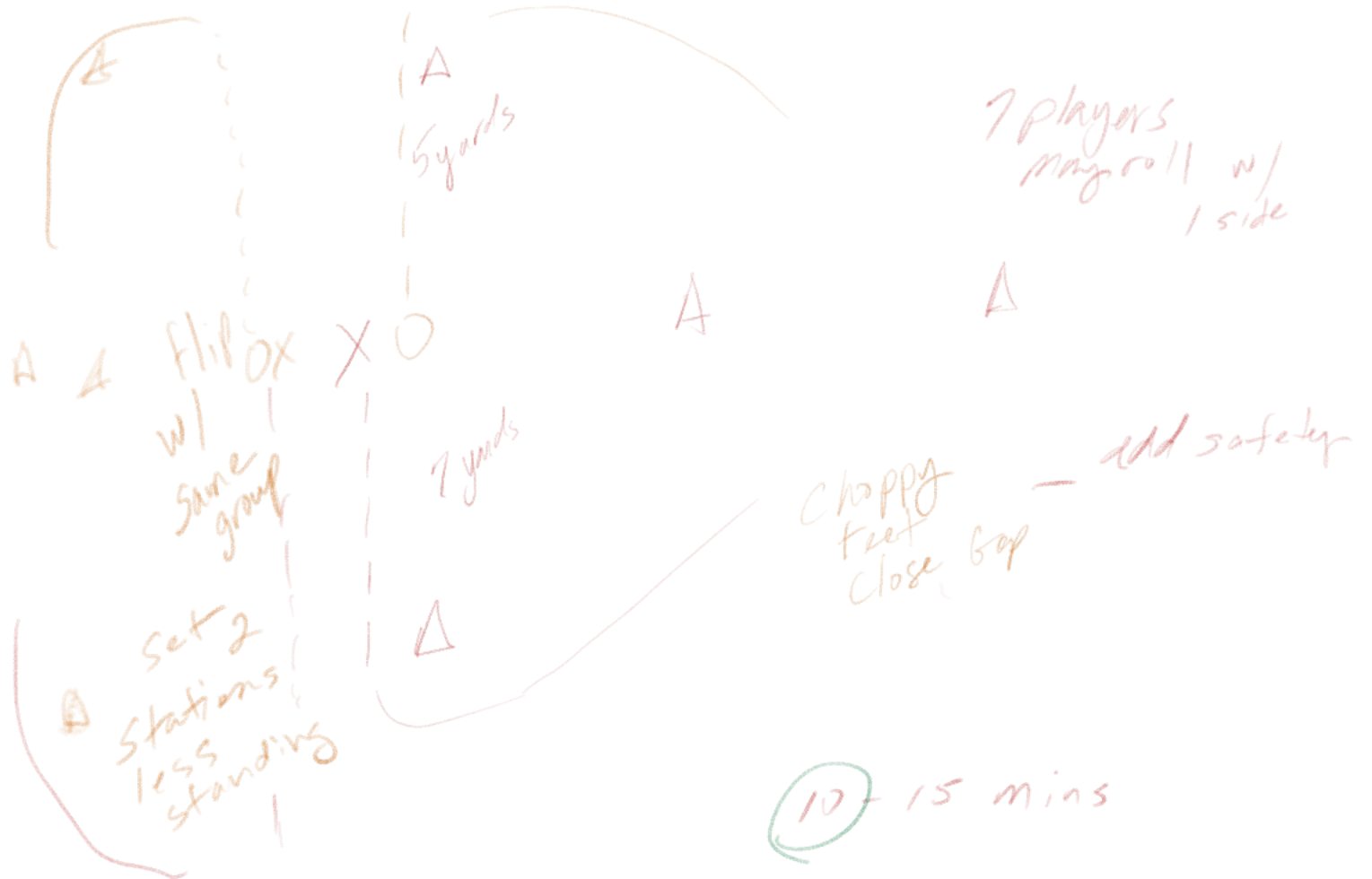
5:00 PM

TIME INTERVAL:



Thursday, August 20, 2026

TIME	WR/RB Route Running	QB - Intelligence/Footwork	Defensive Strategy/Flag Pulling
5:00 PM	Warm-Up Ladder Work - Need to add Bounding (Undersized will need to get off the turf) -- Combined Practice No Breakout Sessions Today		
5:05 PM			
5:10 PM	Open Field Flag Pulling		
5:15 PM			
5:20 PM			
5:25 PM			
5:30 PM	Middle and Right Lasso/Whip Drills		
5:35 PM	Coverage Undersized High Point Drill		
5:40 PM			
5:45 PM	Playbook w/ Dummies & Def (Rotate)		
5:50 PM			
5:55 PM			
6:00 PM			



Coverage Undersized High Point Drill



Play Book with Dummies + Def

30 (rotate)

add
nets
for
check
downs
to x/y



X

X

X

o o o

o