

Lincoln Youth Varsity Calendar

August 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 First week of TVYFL Practice → MUSTANG 1-Buck Sweep 2-Buck Trap 3-Buck Boot	8 Normal circuits Focus on offense (40 timing, shuttle, bag carry)	9 Normal circuits focus on defense (40 timing, shuttle, bag carry)	10 Offense Day Introduce offense EDDs Install Buck Series with tempo	11 Defense Day Introduce defense EDDs Man coverage work 7x7 skelly	12 Offense Day Offense EDDs Buck series MUSTANG script (two minute offense)	13
14 First week of contact → MUSTANG 1-Down 2-Buck Sweep 3-Counter 4-Down Pass	15 Contact Stations Heads up tackling Hawk tackling stations Additional timing stations in pads	16 Offense Day Install Down, Counter, Down Pass New MUSTANG	17 Defense Day Install 4-2-5 and man coverage	18 Offense Day Perfecting Down and Buck series Add double wing Add motion Add "freeze"	19 Offense Day Introduce Huddle Add QB sneak Add Down Sweep Practice goal line / short yardage	20
21 Only 8 hours of practice → MUSTANG 1-Buck Boot 2-Trap 3-Down 4-Down Sweep	22 Defense S/T Day Blitzing / Stunts Read Cover 3 PAT and FG Punt and Coverage	23 Offense Day <i>(add wrist coach)</i> Quick & 3 step passing game (Wings, screens, 93) Hail Mary	24 Offense Day Counter XX Heavy repetition of all plays against different defensive looks	25 Pre-Game Day Offense – script, plus "4 minute Tank" and "Army/Navy" Defense – game simulation	26 NO PRACTICE	27 Jamboree
28 Last week before Labor Day → (2.5 hours per practice day)	29 Defense Day Normal defense Goal line / short yardage defense	30 Offense Day Jumbo Short yardage and coming out	31 Defense S/T Day Normal defense 3 rd /4 th and long, end of game Def K/O and K/R	Sept 1 Offense Day Overtime sim Full game sim (huddle / no huddle) 1 st Down after T/O	Sept 2 NO PRACTICE	Sept 3

Thirteen Situations to Prepare For

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| <ol style="list-style-type: none"> 1. 2 minute offense (8/12) 2. 4 minute offense (8/25) 3. Last play of game hail Mary (8/23) 4. Goal line / short yardage (8/19, 8/30) 5. First down after a turnover (9/1) 6. Trick play (8/24) | <ol style="list-style-type: none"> 7. 1st down inside our own 3 (8/30) 8. Man coverage passing 9. Cover 2 beaters 10. Screen plays (8/23) 11. Long yardage plays 12. Normal yardage (all the time) 13. Overtime simulation (9/1) |
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