



PRE-SEASON PRACTICE

“Regard your soldiers as children, and they may follow you wherever you may lead. Look upon them as your beloved sons and they will stand by you unto death.” - Sun Tzu

WESTVIEW FOOTBALL WEEKLY PRACTICE PLAN

Week 1 (DOUBLES) August 9 – 14 : HELL WEEK

Monday	Tuesday	Wednesday	Thursday	Friday
<u>1-Practice-7:00-9:00</u>	<u>1-Practice-7:00-9:30</u>	<u>1-Practice-7:00-9:30</u>	<u>1-Practice-7:00-9:30</u>	<u>1-Practice-7:00-9:30</u>
Player Dress Code: White T/Shorts, training shoes	Player Dress Code: White T/Shorts, shoes	Player Dress Code: White T/Shorts, shoes	Player Dress Code: White T/Shorts, shoes	Player Dress Code: White T/Shorts, shoes
<u>7:00-8:00:</u> (football field) Gear checkout/lockers	<u>7:00-7:10:</u> Stretch	<u>7:00-7:10:</u> Stretch	<u>7:00-7:10:</u> Stretch	<u>7:00-7:10:</u> Stretch
<u>8:00-8:20:</u> (football field) Team meeting	<u>A-agils, S-sprints, J-jog, F-fundies, L-lift, Y-yoga</u>	<u>A-agils, S-sprints, J-jog, F-fundies, L-lift, Y-yoga</u>	<u>A-agils, S-sprints, J-jog, F-fundies, L-lift, Y-yoga</u>	<u>A-agils, S-sprints, J-jog, F-fundies, L-lift, Y-yoga</u>
<u>8:20-8:35:</u> Teach team stretch	<u>7:10-7:30:</u> A-1, S-2, J-3, F-4, L-5, Y-6	<u>7:10-7:30:</u> A-1, S-2, J-3, F-4, L-5, Y-6	<u>7:10-7:30:</u> A-1, S-2, J-3, F-4, L-5, Y-6	<u>7:10-7:30:</u> A-1, S-2, J-3, F-4, L-5, Y-6
<u>8:35-9:00:</u> 1,000 yard club	<u>7:30-7:50:</u> A-2, S-3, J-4, F-5, L-6, Y-1	<u>7:30-7:50:</u> A-2, S-3, J-4, F-5, L-6, Y-1	<u>7:30-7:50:</u> A-2, S-3, J-4, F-5, L-6, Y-1	<u>7:30-7:50:</u> A-2, S-3, J-4, F-5, L-6, Y-1
Skill: 4:45/Line: 6:15	<u>7:50-8:10:</u> A-3, S-4, J-5, F-6, L-1, Y-2	<u>7:50-8:10:</u> A-3, S-4, J-5, F-6, L-1, Y-2	<u>7:50-8:10:</u> A-3, S-4, J-5, F-6, L-1, Y-2	<u>7:50-8:10:</u> A-3, S-4, J-5, F-6, L-1, Y-2
<u>9:00-9:30:</u> (football room) Coaches W/W meet with selected players	<u>8:10-8:30:</u> A-4, S-5, J-6, F-1, L-2, Y-3	<u>8:10-8:30:</u> A-4, S-5, J-6, F-1, L-2, Y-3	<u>8:10-8:30:</u> A-4, S-5, J-6, F-1, L-2, Y-3	<u>8:10-8:30:</u> A-4, S-5, J-6, F-1, L-2, Y-3
<u>2-Practice-3:30-6:00</u>	<u>8:30-8:50:</u> A-5, S-6, J-1, F-2, L-3, Y-4	<u>8:30-8:50:</u> A-5, S-6, J-1, F-2, L-3, Y-4	<u>8:30-8:50:</u> A-5, S-6, J-1, F-2, L-3, Y-4	<u>8:30-8:50:</u> A-5, S-6, J-1, F-2, L-3, Y-4
Player Dress Code: Helmets, white T's, white shorts, cleats	<u>8:50-9:10:</u> A-6, S-1, J-2, F-3, L-4, Y-5	<u>8:50-9:10:</u> A-6, S-1, J-2, F-3, L-4, Y-5	<u>8:50-9:10:</u> A-6, S-1, J-2, F-3, L-4, Y-5	<u>8:50-9:10:</u> A-6, S-1, J-2, F-3, L-4, Y-5
Coach Dress Code: Black T/white shorts	<u>9:10-9:30:</u> Senior talent show	<u>9:10-9:30:</u> Senior talent show	<u>9:10-9:30:</u> Senior talent show	<u>9:10-9:30:</u> Senior talent show
<u>3:30-3:45:</u> (football field) Early outs	<u>2-Practice-3:30-6:00</u>	<u>2-Practice-3:30-6:00</u>	<u>2-Practice-3:00-5:30</u>	<u>2-Practice-3:30-6:00</u>
<u>3:45-3:55 (1):</u> Stretch	Player Dress Code: Shells, white shorts	Player Dress Code: Full gear	Player Dress Code: Full gear	Player Dress Code: Full gear
<u>3:55-4:15 (2/3):</u> Teach tackling - blocking fundies	Coach Dress Code: White T/white shorts	Coach Dress Code: White T/white shorts	Coach Dress Code: Gold T/white shorts	Coach Dress Code: Black T/white shorts
<u>4:15-4:55 (4/5/6/7):</u> Varsity O/JV D (O: 10-I, 10-G, 20-T)	<u>3:30-3:45:</u> (football field) Early outs	<u>3:30-3:45:</u> (football field) Early outs	<u>3:00-3:15:</u> (football field) Early outs	<u>3:30-3:45:</u> (football field) Early outs
<u>4:55-5:15 (8/9):</u> Special Teams V/JV (QB/OL/DL-screens/BP)	<u>3:45-3:55 (1):</u> Stretch	<u>3:45-3:55 (1):</u> Stretch	<u>3:15-3:25 (1):</u> Stretch	<u>3:45-3:55 (1):</u> Stretch
<u>5:15-5:55 (10/11/12/13):</u> Varsity D/JV O (O: 10-I, 10-G, 20-T)	<u>3:55-4:15 (2/3):</u> Fundies	<u>3:55-4:15 (2/3):</u> Fundies	<u>3:25-3:45 (2/3):</u> Fundies	<u>3:55-4:15 (2/3):</u> Fundies
<u>5:55-6:00:</u> Team wrap-up	<u>4:15-4:55 (4/5/6/7):</u> Varsity D/JV O (O: 10-I, 10-G, 20-T)	<u>4:15-4:55 (4/5/6/7):</u> Varsity O/JV D (O: 10-I, 10-G, 20-T)	<u>3:45-4:25 (4/5/6/7):</u> Varsity D/JV O (O: 10-I, 10-G, 20-T)	<u>4:15-4:55 (4/5/6/7):</u> Varsity O/JV D (O: 10-I, 10-G, 20-T)
	<u>4:55-5:15 (8/9):</u> Special Teams V/JV (QB/OL/DL-screens/BP)	<u>4:55-5:15 (8/9):</u> Special Teams V/JV (QB/OL/DL-screens/BP)	<u>4:25-4:45 (8/9):</u> Special Teams V/JV (QB/OL/DL-screens/BP)	<u>4:55-5:15 (8/9):</u> Special Teams V/JV (QB/OL/DL-screens/BP)
	<u>5:15-5:55 (10/11/12/13):</u> Varsity O/JV D (O: 10-I, 10-G, 20-T)	<u>5:15-5:55 (10/11/12/13):</u> Varsity D/JV O (O: 10-I, 10-G, 20-T)	<u>4:45-5:25 (10/11/12/13):</u> Varsity O/JV D (O: 10-I, 10-G, 20-T)	<u>5:15-5:55 (10/11/12/13):</u> Varsity D/JV O (O: 10-I, 10-G, 20-T)
	<u>5:55-6:00:</u> Team wrap-up	<u>5:55-6:00:</u> Team wrap-up	<u>5:25-5:30:</u> Team wrap-up	<u>5:55-6:00:</u> Team wrap-up
			*coach. meeting RB @ 6:00	
Saturday (August 14): 10:00-stretch, 10:10-teach pre-game warm-ups, 10:40-team meeting to cover scrimmage format/water break, 10:45-Varsity/JV scrimmage, 12:00-full gear non-talented canyon run (talent show winners/supporters clean-up field), 12:30-hell week player awards and popsicles, 1:00-coaches lunch (TBD) to decide on Varsity/JV official fall rosters (coaches-plan on the day finishing at 3:00)				

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WESTVIEW FOOTBALL WEEKLY PRACTICE PLAN

Week 2 (SINGLES) August 16 – 21 : NO – SCHOOL WEEK

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Practice-3:30-6:00</u> *Optional pre-practice: 2:30-3:10: Varsity & JV teams posted in football room – optional player-coach meetings 3:10-3:30: Suit-up Player Dress Code: Full gear Coach Dress Code: Black T/white shorts 3:30-3:45: (football field) Early outs 3:45-3:55 (1): Stretch 3:55-4:05 (2): Fundies 4:05-4:15 (3): Indy – Var O/JV D 4:15-4:25 (4): Group – Var O/JV D 4:25-4:45 (5/6): Team – Var O/JV D 4:45-5:05 (7/8): Special Teams V/JV (QB/OL/DL-screens/BP) 5:05-5:15 (9): Indy Cond. V D/JV O 5:15-5:25 (10): Indy – Var D/JV O 5:25-5:35 (11): Group – Var D/JV O 5:35-5:55 (12/13): Team – Var D/JV O 5:55-6:00: Team wrap-up</p>	<p><u>Practice-3:30-6:00</u> *Pre-practice (varsity): Player Dress Code: White T/Shorts, shoes 2:00-2:30: Varsity D meeting 2:30-3:10: Varsity only lifting 3:10-3:30: Suit-up Player Dress Code: Full gear Coach Dress Code: White T/white shorts 3:30-3:45: (football field) Early outs 3:45-3:55 (1): Stretch 3:55-4:05 (2): Fundies 4:05-4:15 (3): Indy – Var D/JV O 4:15-4:25 (4): Group – Var D/JV O 4:25-4:45 (5/6): Team – Var D/JV O 4:45-5:05 (7/8): Special Teams V/JV (QB/OL/DL-screens/BP) 5:05-5:15 (9): Indy Cond. V O/JV D 5:15-5:25 (10): Indy – Var O/JV D 5:25-5:35 (11): Group – Var O/JV D 5:35-5:55 (12/13): Team – Var O/JV D 5:55-6:00: Team wrap-up</p>	<p><u>Practice-3:30-6:00</u> *Pre-practice (varsity): Player Dress Code: White T/Shorts, shoes 2:00-2:30: Varsity O meeting 2:30-3:10: Varsity only lifting 3:10-3:30: Suit-up Player Dress Code: Full gear Coach Dress Code: White T/white shorts 3:30-3:45: (football field) Early outs 3:45-3:55 (1): Stretch 3:55-4:05 (2): Fundies 4:05-4:15 (3): Indy – Var O/JV D 4:15-4:25 (4): Group – Var O/JV D 4:25-4:45 (5/6): Team – Var O/JV D 4:45-5:05 (7/8): Special Teams V/JV (QB/OL/DL-screens/BP) 5:05-5:15 (9): Indy Cond. V D/JV O 5:15-5:25 (10): Indy – Var D/JV O 5:25-5:35 (11): Group – Var D/JV O 5:35-5:55 (12/13): Team – Var D/JV O 5:55-6:00: Team wrap-up</p>	<p><u>Practice-3:30-6:00</u> *Pre-practice (varsity): Player Dress Code: White T/Shorts, shoes 2:00-2:30: Varsity D meeting 2:30-3:10: Varsity only lifting 3:10-3:30: Suit-up Player Dress Code: Full gear Coach Dress Code: Gold T/white shorts 3:30-3:45: (football field) Early outs 3:45-3:55 (1): Stretch 3:55-4:05 (2): Fundies 4:05-4:15 (3): Indy – Var D/JV O 4:15-4:25 (4): Group – Var D/JV O 4:25-4:45 (5/6): Team – Var D/JV O 4:45-5:05 (7/8): Special Teams V/JV (QB/OL/DL-screens/BP) 5:05-5:15 (9): Indy Cond. V O/JV D 5:15-5:25 (10): Indy – Var O/JV D 5:25-5:35 (11): Group – Var O/JV D 5:35-5:55 (12/13): Team – Var O/JV D 5:55-6:00: Team wrap-up</p>	<p><u>Practice-3:30-5:00</u> *Pre-practice (varsity): Player Dress Code: White T/Shorts, shoes 2:00-2:30: Varsity O meeting 2:30-3:10: Varsity only lifting 3:10-3:30: Suit-up Player Dress Code: Shells, white shorts Coach Dress Code: Black T/white shorts 3:30-3:40: (football field) Stretch 3:40-4:00: V team O walk-thru JV team D walk-thru 4:00-4:20: V team D walk-thru JV team O walk-thru 4:20-5:00: V & JV Special Teams 5:00: Winner’s circle</p>

Mon/Wed ‘Group’: V-Q 7/7: Wood, Jim. Sc-Jam. **Run:** Scott, Ed, Trav. Sc-Will. **JV-D** 7/7: Blon, Med. Sc-Marc. **Run:** Reg, Carl. Sc-Matt. **V-D** 7/7: Jam, Blon, Med. Sc-Jim. **Run:** Will, Carl, Reg. Sc-Scot. **JV-Q** 7/7: Trav. Sc-Marc. **Run:** Ed. Sc-Matt.

Mon/Wed ‘Team’: V-O: All O. Sc-Will, Jam. **JV-D:** Reg, Med, Carl, Blon. Sc-Matt, Marc. **V-D:** All D. Sc-Jim, Scot. **JV-O:** Trav, Ed. Sc-Matt, Marc.

Tues/Thur ‘Group’: V-D 7/7: Jam, Blon, Reg. Sc- Jim. **Run:** Will, Carl, Med. Sc-Ed. **JV-O** 7/7: Trav. Sc-Marc. **Run:** Scot. Sc-Matt. **V-O** 7/7: Wood, Jim. Sc-Blon. **Run:** Scott, Ed, Trav. Sc-Will. **JV-D** 7/7: Reg, Jam. Sc-Marc. **Run:** Med, Carl. Sc-Matt.

Tues/Thur ‘Team’: V-D: All D. Sc-Jim. Ed. **JV-O:** Trav, Scot. Sc-Matt, Marc. **V-O:** All O. Sc-Will, Blon. **JV-D:** Reg, Med, Carl, Jam. Sc-Matt, Marc.

Saturday (August 21): 12:00-locker room opens for suit-up, 12:45-on the field, 1:00-pictures, 2:30-free time (go home), 5:00-locker room opens (coaches white polo/khakis), 5:45-stretch, 5:55-pre-game warm-ups, 6:15-intro’s, 6:30-JV/Frosh scrimmage, 7:15 dinner JV/Frosh players/coaches, cheerleaders on turf (Var team O/D warm-up on grass), 7:30-Var scrimmage, 8:30-dinner Var players/coaches, 9:00-wrap-up

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