12-6-13

Talk
-Miss a practice is missing a practice; it doesn't matter if you are sick or have an excuse. It is time lost
-Schedule

Warm up
Regular

Quick Drills
Drill – 5 Minutes
Open Offense – 2 Minutes
Quick Score and Reshots – 1 minute
Down Blocking (Stalking) – 2 minutes
Spar – 1 minute

Technique
Granby Defense
- Float Drill
- Ankle Down and Pin
- Granby
- Nearside Half
- Change Over
- Suck Back
- Baseball Slide
- Follow

Live
Whistle Start (Focus on explosion)
- Stand Up
- Switch
- Sit Out
- Roll
- Granby

Conditioning
-Bottom Sparring with Legs in
-Lite Sprints

Notes: