



Crusader Flexbone: Game Plan and Practice

- I. Saturday
 - A. Grade film
 - B. Paper copy
 - C. Practice 8:30-11:00
 - D. Donuts with Dads
 - E. Yoga and lifting
- II. Sunday
 - A. Hudl data entry
 - B. Assigned duties for scouting report
 - C. Coaches Meeting Agenda
 - D. AOIS (Areas of improvement and strengths)
 - E. Scouting report
- III. Monday
 - A. 7:30a - athletes pick up scouting report
 - B. After school - 45 min meeting
 - C. Outside for 1 hour - 1.5 hour practice
 - D. 30-40 min of offense
 - E. Individual time, etc.
- IV. Tuesday
 - A. 7:50a players turn in completed scouting report
 - B. Players watch film at lunch (defense)
 - C. After school meeting
 - D. Split practice - varsity on D, JV on O
 - E. 40m-50m varsity O
 - F. Practice schedule
- V. Wednesday
 - A. Film at lunch
 - B. After school - meeting (quiz)
 - C. Split practice
 - D. Practice schedule
- VI. Thursday
 - A. Film at lunch
 - B. After school meeting
 - C. Practice schedule
 - D. Defensive incentive
 - E. Weekly award winners
 - F. Team dinner
- VII. Friday - game day
 - A. Coach responsibilities
 - B. Structure halftime