

Texans – Practice Script – August 9th

Breakout (60 min) 9:00-10:00

- Offensive Backs – Running Plays
- Receiver patterns – D back pass coverage
- With water breaks

Water break (5 min) 10:00-10:05

Passing (10 min) 10:05-10:15

- Two Groups
- Receiver patterns
- D back pass coverage

Agility drills (20 min) 10:15-10:35

Water break (5 min) 10:35-10:40

Open Field Blocking (20 min) 10:30-11:00