

Eagles - Practice Script - August 28th

Pre-practice (6:00 - 10 min)

- Center-QB-Handoff/Pass
- Kicking
- Everyone else passing & catching

Exercise (6:10 - 10 min)

- Jump in jacks
- Toe touch (straight, left & right)
- Push-ups
- Six inches
- Jump in jacks

Water break (6:20 - 5 min)

Offensive Plays (6:25 - 30 min)

Water break (6:55 - 5 min)

Tackle Drill (7:00 - 20 min)

Water break (7:20 - 5 min)

Inter-squad Scrimmage (7:25 - 30 min)

Wind sprints (7:55 - 5 min)

- Vary snap count
- Hit ground on whistle