

## **Mustang's - Practice Script - August 31st**

Offensive backs, receivers and centers practice (30 min) 5:00-5:30

- Station 1 – QBs and RBs
- Station 2 – Centers snapping
- Station 3 – Receivers routes
- Water break

Exercise (10 min) 5:30-5:40

- Lap
- Calisthenics
- Agility drills

Tackle Drill (15 min) 5:40-5:55

- One-on-one
- One-on-one with blocker
- Runner with two blockers and two tacklers

Water break (5 min) 5:55-6:00

Scrimmage (30 min) 6:00-6:30