

Week 1			Week 2			Week 3			Week 4			
Offense			Offense			Offense			Offense			
Ball security			Week 1 run play review			We stance/ alignment			Catch progression			
Handoffs/timing			Run plays			Release techniques			Medium pass game routes			
Run plays			Rb routes			Catch progression (camp drills)			Blocking fundamentals (stance, footwork, hand placement )			
1st defender reads/cutbacks			Rb gauntlet w/ bags/ hurdles			Short game routes			Stalk block from wr			
Defense (lb focus)			Defense (lb focus)			Defense (db focus)			Defense (db focus)			
Stance/alignment (lb focus)			Week 1 lb review			Man vs zone technique			Db route tree short pass game			
Pursuit angles/ spacing			Gap responsibility			Man technique			Open field tackling			
Flag pull/ tackling fundamentals			Outside containment/ inside leverage			Zone technique			Ball tracking			
Run fits (basic reads)			Block shedding			Ball tracking			Shedding block (open field)			
Week 5			Week 6			Week 7			Week 8			
Offense			Offense			Offense			Offense			
Rb vision			Ko/punt return			Return vs coverage			2 route pass game concepts			
Rb passing game			Goal line passing game			Rb vs lb passing game focus			Rb vs lb passing game focus			
Blocking fundamentals (Rb focus)			Wr / db			Wr / db			Small sided games			
Defense (lb/dl focus)			Defense (lb/dl focus)			Defense			Defense			
Blitz / pass rush technique			Pass rush technique			Tackling circuit			Db route tree			
Lb pass coverage			Turnover circuit			Turnover circuit			Wr vs db			
Rb vs lb (run game focus)			Strip sack			Small sided games			Ko/ punt coverage			