

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			