



PRACTICE PLAN

Junior Cardinals



DEFENSE

vs.

DATE:

#	PERIOD	L.O.C.	OL/DL	RB/MLB	TE-H/OLB	WR/S	QB/C
1	FTF						
2	FTF						
3	Indy D						
4	Indy D						
5	Indy D						
6	WATER						
7	Group						
8	Group						
9	Group						
10	WATER						
11	Group 2						
12	Group 2						
13	Group 2						
14	WATER						
15	TEAM						
16	TEAM						
17	TEAM						
18	FINISH	0					CONDITIONING