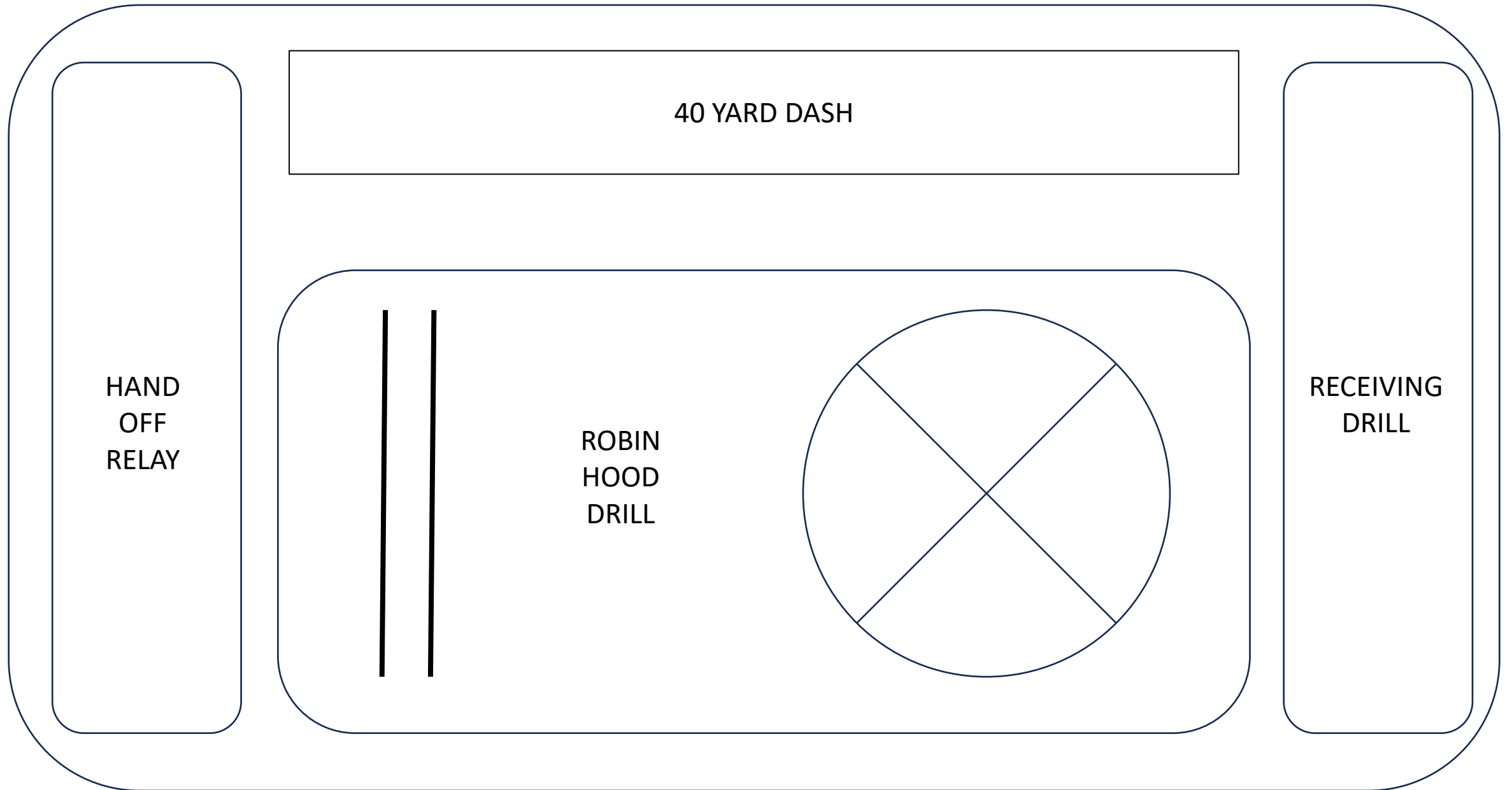


# Combine Logistics

- Two 90-minute sessions
  - 1:00–2:15
  - 2:45–4:00
- Session Breakdown
  - 15 minutes intro and warm-up
  - 15 minutes per station (45 min)
  - 15 minutes Scrimmage
  - Alvin addresses parents during scrimmage
- Intent is to be more focused on fun and friendly competition than last year
- Stations
  - 40-YD Dash
  - Hand-Off Relays
  - Receiving Drills
- Everyone starts as a “3”
  - Exceptional (+2)
  - Great (+1)
  - Needs development (-1)
  - Novice (-2)

Will organize the stations like this if inside... same if outside but we can spread out a bit.



40 YARD DASH

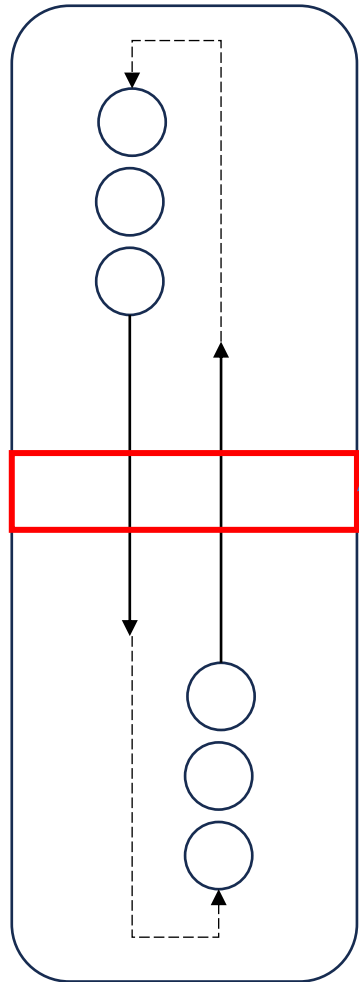
HAND  
OFF  
RELAY

ROBIN  
HOOD  
DRILL

RECEIVING  
DRILL

# Hand-Off Relay

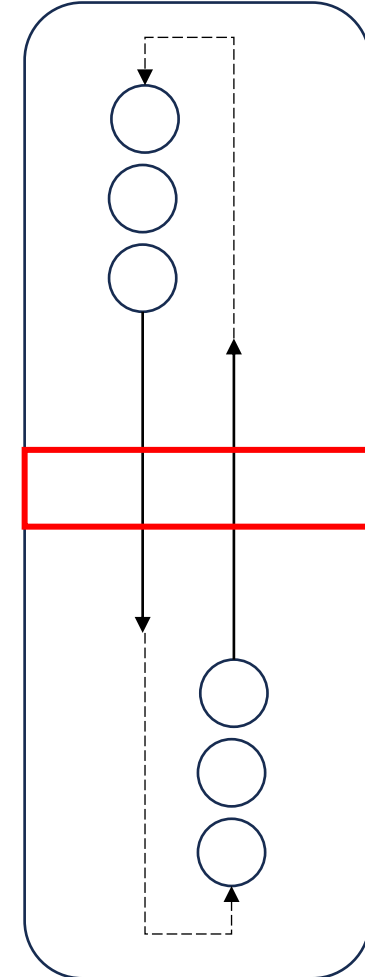
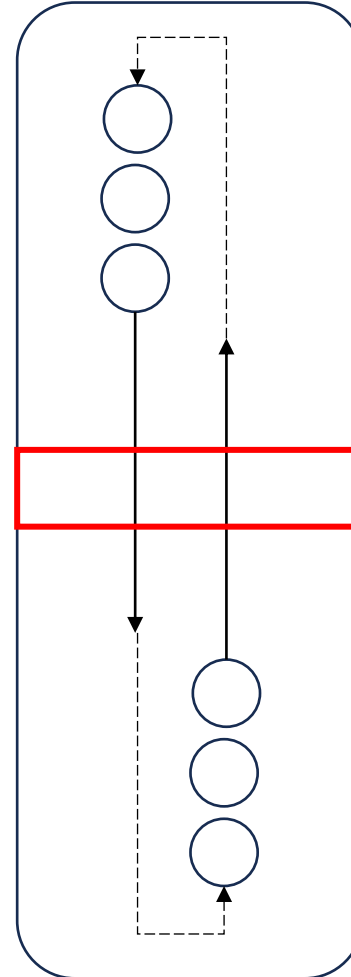
-Start with single line to get the feel for it



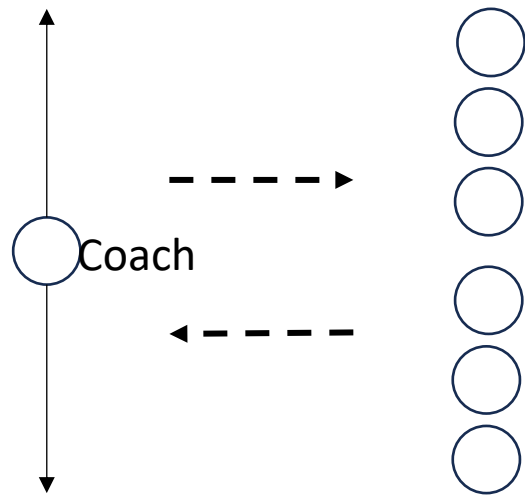
Target handoff zone

-No fumbles for safety... if it's dropped make sure the coach picks it up, so we don't have head butts

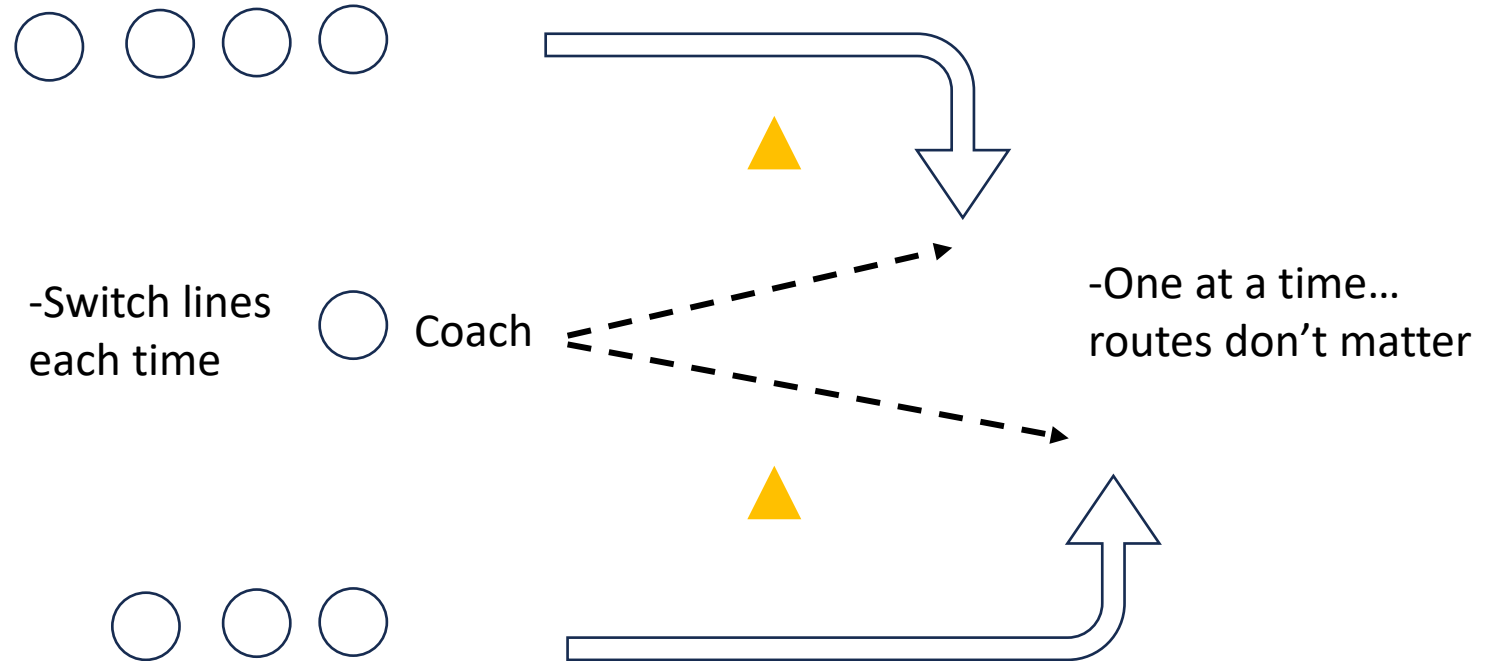
-Then set up two lines and make it a race; if odd numbers just let that team go once before the other team starts



# Receiving Drill



-Start by moving up and down the line throwing back and forth noting skill level



-Switch lines each time

Coach

-One at a time... routes don't matter

-Then form two lines and have kids just run street ball touchdown plays for fun-note folks that are lost and those making good cuts and catching well