Monday	Tuesday	Wednesday	Thursday	Friday
Objective:	**Objective:**	**Objective:**	**Objective:**	**Objective:**
Simulate Running onto field			*1-for-1*	
		Rest/Recreation		**Be Sharp!**
Calm Mode	*Time Out/ Ice*		*Practice reps based on weaknesses*	**Be Calm!**
2 Minute Offense Simulation	*Practice Recovery!*			**Be Clean!**
Poise & HR Control			**Snapper & Holder**	
Practice: Ind. AM	**Practice: Ind. PM**	**Practice:**	**Practice:**	**Practice:**
FG: 15-20 reps	FG: 10-12 reps <40 yds		FG: 10-15 w/operation	FG: 15 max reps
KO: 6-8 reps	KO: 6 reps		KO: 5-6 reps	KO: 4-6 reps
Details: FG:	**Details:**	**Details:**	**Details:**	**Details:**
18-30 yds--4 reps	FG:		FG:	FG:
31-40 yds--5 reps	18-30 yds--6 reps		18-35 yds--3 reps	18-35 yds--4 reps
40-50 yds--5 reps	31-40--6 reps		36-45 yds--5 reps	36-45 yds--7 reps
50+ yds--5 reps			45+ yds--8 reps	45+ yds--4 reps
35, 25 yds finish				
KO:	KO:			
4--Middle	3--Dis R		KO:	KO:
2--R	3--Dis L		5--Middle	3--Middle
2--L	6 Total			1--Dis R
8 Total				1--Dis L
Onsides	Onsides		Onsides	Onsides

Monday	Tuesday	Wednesday	Thursday	Friday/Sat.
Objective:	**Objective:**	**Objective:**	**Objective:**	**Objective:**
			1-for-1	
Into Wind Reps				
Alternate FG/KO		*Free Kick, Ice, Hurry-Up*		
Poise & HR Control				
Practice:	**Practice:**	**Practice:**	**Practice:** *Operation ?*	**Practice:**
FG: 15-20 reps			FG: 15-20 w/operation	FG: 15 max reps
KO: Random		**Simulate TEAM Periods**	KO: 8-10 reps	KO: 4-6 reps
Details: FG/KO	**Details:**	**Details:**	**Details:**	**Details:**
Alternate--4 reps		FG Range: TBD	FG Range: Choice	FG:
Random yds--10 reps		Simulate PAT/FG Period	Stick to rep count	18-35 yds--3 reps
50+ yds--5 reps				36-45 yds--5 reps
		KO/KOR: Rapid Fire	KO:	45+ yds--8 reps
35, 25 yds finish			Dis L--2	
		Onside/Hands	Dis R--2	
KO: Random Reps			Middle--4	
		2-minute drill		KO:
			Onsides	5--Middle
Onsides				Onsides