

		2020 IMGA FOOTBALL				
SUNDAY	IMGA	<i>Practice Plan</i>				
Practice #:						
Date:						
Pre:						
Post:						
Time	Period	Segment	OL	RB	WR	QB
2:45 PM	1	PRE PRACTICE	CORRECTIONS / STRETCH IN PODS	CORRECTIONS / STRETCH IN PODS	CORRECTIONS / STRETCH IN PODS	CORRECTIONS / STRETCH IN PODS
2:50 PM	2					
2:55 PM	3					
3:00 PM	4	BREAK	HYDRATION			
3:05 PM	5	OFF	TEAM SCRIPT			
3:10 PM	6					
3:15 PM	7					
3:20 PM	8					
3:25 PM	9					
3:30 PM	10					
3:35 PM	11	UNIT MTG	UNIT MEETING ON THE FIELD			
3:40 PM	12					
4:00 PM	MT	MEETINGS				

SUNDAY TEAM WALK THRU VENICE

#	H	EMPHASIS	PER	PLAY	DEF	CARD
1	L	OPENERS		LINDA: TRIO RT STICK LINDA	4-2 Even Cover 4	
2	LM	OPENERS		ZORRO: DOUBLES RT ZORRO	4-2 Even Cover 3	
3	RM	OPENERS		STORM: TRIO LT CALI HOT STORM	4-2 Even Cover 3	
4	R	OPENERS		TORNADO: BLUE TEAR 12 KEY 3 GIFT	4-2 Even Cover 3	
5	L	OPENERS		FLOOD: QUEEN RT 31 FLOOD	4-2 Even Cover 3	
6	LM	OPENERS		PITT: KING RT 28 POWER KEY 2 GIFT	4-2 Even Cover 3	
7	RM	OPENERS		CADDY: DOUBLES LT 60 CADDY	4-2 Even Cover 3	
8	R	OPENERS		NICKEL: QUEEN LT BEARS HOT NICKEL	4-2 Even Cover 3	
9	L	OPENERS		EXXON: TRIPS RT 50 STICK EXXON	4-2 Even Cover 3	
10	LM	OPENERS		KING RT 17 FUNGO GIFT	4-2 Even Cover 3	
11	RM	OPENERS		TRIO LT 61 DAYTONA	4-2 Even Cover 3	
12	R	OPENERS		TRIO RT 13 KEY 1 GIFT	4-2 Even Cover 3	
13	L	OPENERS		PACERS: GREEN 50 PACERS	4-2 Even Cover 3	
14	LM	OPENERS		DOUBLES RT GHOST CHEVRON LINDA	4-2 Even Cover 3	
15	RM	OPENERS		DETROIT: TRIO LT 10 STICK	4-2 Even Cover 3	
16	L	4TH 1		KING RT 15 BLOCK	4-2 Even Cover 3	
17	LM	3RD (1)		KING RT GHOST 14 KEY 2 GIFT	4-2 Even Cover 3	
18	RM	3RD (3)		BUNCH LT CALI HOT FUNGO GIFT	4-2 Even Cover 3	
19	R	3RD (5)		MESH: DOUBLES LT 51MESH	4-2 Even Cover 0	
20	L	3RD (6)		CADDY: DOUBLES RT 61 CADDY	4-2 Even Cover 3	
21	LM	3RD (10)		MARKER SWITCH: DOUBLES RT 60 MARKER SWITCH	4-2 Even Cover 3	
22	RM	HIGH RED (35)		PUMP HONDA: DOUBLES RT 61 PUMP HONDA	4-2 Even Cover 3	
23	R	HIGH RED (30)		NICKEL: QUEEN LT BEARS HOT NICKEL	4-2 Even Cover 3	
24	L	HIGH RED (27)		KING RT 60 PUMP FUNGO	4-2 Even Cover 3	
25	LM	RED RUN (22)		(B) STORM: TRIO LT CALI HOT STORM	4-2 Even Cover 4	
26	RM	RED PASS (16)		PACERS: BLUE 51 PACERS	4-2 Even Cover 3	
27	R	RED RUN (15)		DETROIT: TRIO LT 10 STICK	4-2 Even Cover 3	
28	L	GR RUN (11)		BONE RT GHOST 30 FLOOD	4-2 Even Cover 0	
29	LM	GR PASS (9)		KING RT GHOST 14 KEY 2 GIFT	4-2 Even Cover 0	
30	RM	GL (5)		JET: DOUBLE LT JET (39)	4-2 Even Cover 0	
31	L	GL (1)		HEGAMIN	Bear 3 Cover 0	
29	L	2 PT		RACE LATHAM		
31	L			CLOCK		
32	L			SPIKE/ SPIKE @ 4		
33	L			HAIL MARY (TRIO)		
34	L			LADDER AND MESH		
35	L			CENTER RT/ CENTER LT (TRIO)		
36	L			VICTORY		

