

**London Falcons - Practice #1**

No.	Coach	Time	Gerard / Lapointe				Koehler			Gerard
			GG/AF	HL	JR/DC	WS/BD	SK/BL	ED/CM	TL/EM	all Coaches
			QB	RB	WR/SB's	OL / TE's	DB	DL	LB	Team Session
1		6:25 PM - 6:30 PM	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Individual Position
2	6:30 PM - 6:35 PM	Competition Session								
3	6:35 PM - 6:40 PM	Unit / Full Group								
4	6:40 PM - 6:45 PM		SAC Sessions ( 5 Stations) 4 mins Per Station (3X Whistle is Rotate Stations)							Combo Session
5	6:45 PM - 6:50 PM									SAC Sessions Drills
6	6:50 PM - 6:55 PM									ST 1 - 10 Yd Box Drill
7	6:55 PM - 7:00 PM									ST 2 - M Drill
8	7:00 PM - 7:05 PM									ST 3 - Own the Yard
9	7:05 PM - 7:10 PM		Team Tackling Demonstration (S. Koehler - G. Gerard - E. Mallory)							ST 4 - Power Set (Pushup+Situp)
10	7:10 PM - 7:15 PM									ST 5 - Footwork and Stepovers
11	7:15 PM - 7:20 PM									
12	7:20 PM - 7:25 PM		Tackling 1on1	Tackling 1on1	Tackling 1on1	Inline Blocking w. DL 1on1	Inline Play Getoff and Gap Control w. OL	Tackling 1on1	Tackling 1on1	Weekly System Install
13	7:25 PM - 7:30 PM									Offense
14	7:30 PM - 7:35 PM									Run 'O'
15	7:35 PM - 7:40 PM									None
16	7:40 PM - 7:45 PM									
17	7:45 PM - 7:50 PM									
18	7:50 PM - 7:55 PM		Indy's + Base System Info	Indy's + Base System Info	Indy's + Base System Info	Indy's + Base System Info	Indy's + Base System Info	Indy's + Base System Info	Indy's + Base System Info	Pass 'O'
19	7:55 PM - 8:00 PM									None
20	8:00 PM - 8:05 PM									
21	8:05 PM - 8:10 PM									
22	8:10 PM - 8:15 PM		SPT - FG Competition 10 Cross Field Gassers 2 Less for Each FG Made							Defense
23	8:15 PM - 8:20 PM		Sprintout w. Warm down							Run 'D'
24	8:20 PM - 8:25 PM									None
25	8:25 PM - 8:30 PM		Falcons Breakout							
26	8:30 PM - 8:35 PM		Overtime: When Required							
27	8:35 PM - 8:40 PM									
28	8:40 PM - 8:45 PM									Pass 'D'
29	8:45 PM - 8:50 PM									None
30	8:50 PM - 8:55 PM									

Practice / Field Notes:

Sample Schedule 1st Practice of Year	Weekly Goals			
	Offense	Defense	SPT	Team
	1 Contact Delivery	Form Tackling	Frank (FG)	Conditioning
	2 Ball Security	Angle Tackling		SAC
	3 Stalk Blks	Separation		Footwork and Footspeed
	4			

**London Falcons - Practice # 9**

**Week:** 3

No.	Time			Gerard / Lapointe				Koehler			Gerard
				GG/AF	HL	JR/DC	WS/BD	SK/BL	ED/CM	TL/EM	all Coaches
	Coach			QB	RB	WR/SB's	OL / TE's	DB	DL	LB	Specials
1	6:25 PM	-	6:30 PM	Group Stretch /	Group Stretch /	Group Stretch /	Group Stretch /	Group Stretch /	Group Stretch /	Group Stretch /	Team Session
2	6:30 PM	-	6:35 PM	Dynamic	Dynamic	Dynamic	Dynamic	Dynamic	Dynamic	Dynamic	Individual Position
3	6:35 PM	-	6:40 PM	Warmup	Warmup	Warmup	Warmup	Warmup	Warmup	Warmup	Competition Session
4	6:40 PM	-	6:45 PM	SAC - Gassers Cross Field							Unit / Full Group
5	6:45 PM	-	6:50 PM								Combo Session
6	6:50 PM	-	6:55 PM	Indy's w. REC's	Run Blocking Intro w. OL /TE	Indy's w. QB's	Run Blocking Intro w. RB's /TE	Indy's	Indy's	Indy's	Weekly System Install
7	6:55 PM	-	7:00 PM								Offense
8	7:00 PM	-	7:05 PM								Run 'O'
9	7:05 PM	-	7:10 PM	Group 'O' - Systems Install							
10	7:10 PM	-	7:15 PM								
11	7:15 PM	-	7:20 PM								
12	7:20 PM	-	7:25 PM								
13	7:25 PM	-	7:30 PM								
14	7:30 PM	-	7:35 PM	Group 'D'							Pass 'O'
15	7:35 PM	-	7:40 PM								
16	7:40 PM	-	7:45 PM								
17	7:45 PM	-	7:50 PM	Pass Skelly - No Lines, Full Groups QB-REC-RB's			LPR - Live Pass Rush Vs. DL	Pass Skelly vs. Full O no OL	LPR - Live Pass Rush Vs. OL	Pass Skelly vs. Full O no OL	Defense
18	7:50 PM	-	7:55 PM								Run 'D'
19	7:55 PM	-	8:00 PM								
20	8:00 PM	-	8:05 PM	Kelly (Kickoff) Introduction vs. Mock 5-4-3 Return							
21	8:05 PM	-	8:10 PM								
22	8:10 PM	-	8:15 PM	Sprintout w. Warm down							Pass 'D'
23	8:15 PM	-	8:20 PM								
24	8:20 PM	-	8:25 PM	Falcons Breakout							
25	8:25 PM	-	8:30 PM								
26	8:30 PM	-	8:35 PM	Overtime: When Required							
27	8:35 PM	-	8:40 PM								
28	8:40 PM	-	8:45 PM								
29	8:45 PM	-	8:50 PM								
30	8:50 PM	-	8:55 PM								

Practice / Field Notes:

**Sample  
Schedule -  
Early  
Season w.  
SPTeams**

Weekly Goals			
Offense	Defense	SPT	Team
1 Installs, Run & Pass	Installs, Run & Pass	Frank	Conditioning
2 GO blocking	Tackling	Punt Ret.	SAC
3 Motions - Shifts	Blitzes		Strength
4	Base Shades and Fronts		





**London Falcons - Practice #8 - Friday May 15, 2008**

No.	Coach Time			Gerard / Lapointe				Koehler			Gerard	Gerard
				GG/AF	HL	JR/DC	WS/BD	SK/BL	ED/CM	TL/EM	Special Teams	all Coaches
			QB	RB	WR/SB's	OL / TE's	DB	DL	LB	All		
1	6:25 PM	-	6:30 PM	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Stripped Puma, LS-P Gunners ONLY	Team Session
2	6:30 PM	-	6:35 PM									Individual Position
3	6:35 PM	-	6:40 PM									Competition Session
4	6:40 PM	-	6:45 PM	Group O - Gameplan vs. 53 and 43 D							Stripped Puma, LS-P Gunners ONLY	Unit / Full Group
5	6:45 PM	-	6:50 PM									Combo Session
6	6:50 PM	-	6:55 PM									Group D - Defensive Walkthru - All Def. Players 1/2 Session to be Punt Return
7	6:55 PM	-	7:00 PM									
8	7:00 PM	-	7:05 PM									
9	7:05 PM	-	7:10 PM									
10	7:10 PM	-	7:15 PM									
11	7:15 PM	-	7:20 PM	SAC - Cross Field Sprints D at Parking, O Opposite							Stripped Puma, LS-P Gunners ONLY	2. Motions Whip / Xray Zip / Yankee
12	7:20 PM	-	7:25 PM									
13	7:25 PM	-	7:30 PM									
14	7:30 PM	-	7:35 PM									
15	7:35 PM	-	7:40 PM									
16	7:40 PM	-	7:45 PM	Full Squad Scrimmage Session 1O vs. 1D, 2O vs. 2D							Stripped Puma, LS-P Gunners ONLY	Run Game: 31 / 32 Trap 35/36 GO 45 / 46 Power 47 / 48 Toss
17	7:45 PM	-	7:50 PM									
18	7:50 PM	-	7:55 PM									
19	7:55 PM	-	8:00 PM									
20	8:00 PM	-	8:05 PM									
21	8:05 PM	-	8:10 PM	FG and FG Defense							Stripped Puma, LS-P Gunners ONLY	Pass Game:
22	8:10 PM	-	8:15 PM									
23	8:15 PM	-	8:20 PM									
24	8:20 PM	-	8:25 PM									
25	8:25 PM	-	8:30 PM									
26	8:30 PM	-	8:35 PM	Sprintout w. Warm down							Stripped Puma, LS-P Gunners ONLY	Defensive: 1. Base Defense
27	8:35 PM	-	8:40 PM									
28	8:40 PM	-	8:45 PM									
29	8:45 PM	-	8:50 PM									
30	8:50 PM	-	8:55 PM									
				Falcons Breakout								
				Overtime: When Required								

Practice / Field Notes:

**Sample  
Schedule -  
PreGame -  
Week w.  
Scout  
Info**

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**London Falcons - Practice #25 - Tuesday June 2, 2009**

Coach ☞			Gerard / Lapointe					Koehler			Gerard	Gerard
			GG/AF	HL	JR/DC	WS/BD	SK/BL	ED/CM	TL/EM	Divers / Mallory	Special Teams	all Coaches
No.	Time		QB	RB	WR	OL	TE's/SB's	DB	DL	LB	All	Team Session
1	6:25 PM	-	6:30 PM	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Group Stretch / Dynamic Warmup	Individual Position
2	6:30 PM	-	6:35 PM									Competition Session
3	6:35 PM	-	6:40 PM									Unit / Full Group
4	6:40 PM	-	6:45 PM	<b>Full Field Angle Pursuits - NO CONTACT!! TWO HAND TOUCH</b>								Conditioning Session - Power
5	6:45 PM	-	6:50 PM	Indy's LH Sprints and Screen Sets	Indy's Toss Blocking	Indy's Flanker Screens, Cracks	Indy's Gap / Squeeze Blocking	Indy's	Indy's	Indy's	Indy's	Scrimmage Sessions
6	6:50 PM	-	6:55 PM									<b>Offensive Goals</b> 1. Outside Run all formations 2. Depth at OL 3. Train new X,Y 4. Feature Wideouts in Pass 5. Screen Game Pro 70/71
7	6:55 PM	-	7:00 PM									
8	7:00 PM	-	7:05 PM	Multi Formational Outside Runs (Toss)	Multi Formational Outside Runs (Toss)	Multi Formational Outside Runs (Toss)	Gap Protections / Slide Protections	Multi Formational Outside Runs (Toss)	Review Cover Schemes, Shift	Pass Rush, vs 3step, 5 step, Screen	Pressures / Blitz vs. DRAW	<b>Defensive Goals</b> 1. Increase Depth @ DL/Saf. 2. Cross Train DL with OL 3. Review Cover 2 / Constant 4. Screen awareness for DL. 5
9	7:05 PM	-	7:10 PM									
10	7:10 PM	-	7:15 PM									
11	7:15 PM	-	7:20 PM	Offensive Group - Intro of Game Play ?					Group D - Vs. Spread with Motions, Inside Zone Running Game			
12	7:20 PM	-	7:25 PM									
13	7:25 PM	-	7:30 PM	Scrim Session - 1O vs. 1D and 20 vs. 2D								
14	7:30 PM	-	7:35 PM									
15	7:35 PM	-	7:40 PM									
16	7:40 PM	-	7:45 PM	Flanker Screens (Zorro, Whiskey) and LH Sprints					Sprintout w. Warm down			
17	7:45 PM	-	7:50 PM									
18	7:50 PM	-	7:55 PM	Falcons Breakout								
19	7:55 PM	-	8:00 PM									
20	8:00 PM	-	8:05 PM									
21	8:05 PM	-	8:10 PM									
22	8:10 PM	-	8:15 PM									
23	8:15 PM	-	8:20 PM									
24	8:20 PM	-	8:25 PM									
25	8:25 PM	-	8:30 PM									
26	8:30 PM	-	8:35 PM									
27	8:35 PM	-	8:40 PM									
28	8:40 PM	-	8:45 PM									
29	8:45 PM	-	8:50 PM									
30	8:50 PM	-	8:55 PM									

Practice / Field Notes:

Sample Schedule - Mid Season Practices

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