

MORNING	Start at Field #		AFTERNOON	Start at field #
BREWSTER	4		ARDSLEY	3
BYRAM HILLS	10		ARLINGTON	4
EASTCHESTER	11		BRONXVILLE	1
FOX LANE	4		CLARKSTOWN	8
HENDRICK HUDSON	12		DOBBS FERRY	10
HORACE GREELEY	2		IRVINGTON	2
HUDSON RIVER	7		MOUNT VERNON	11?
JOHN JAY	7		NORTH ROCKLAND	6
LAKELAND	8		NYACK	9
MAHOPAC	3		PORTCHESTER	7
MAMARONECK	9		POUGHKEEPSIE	12
PUTNAM VALLEY	1		TAPPAN ZEE	11
SOMERS	1		YONKERS	5
WALTER PANAS	6			
WAPPINGERS	10			
YORKTOWN	2			

Lower Turf

12 Pass/Receive	11 Hip Dip Run	10 1 vs 1 Box
Interceptions/ Tip Drill 9	Blitzing/Blocking 8	Vice Flag Drill 7

Main Turf

6 Pass/Receive	5 Hip Dip Run	4 1 vs 1 Box
Interceptions/ Tip Drill 3	Blitzing/Blocking 2	Vice Flag Drill 1

Session 1

Field 1: Rylan Borrer, Katherine D, Andrew +1

Field 2: Officials: M.Colurra, Brian Panker, Brian Carson, Tony DeFilippis

Field 3: Matt Cunningham, Mike Castaldo

**** (need one more) ****

Field 4: Matt Bruno, Mike R + Yorktown

Field 5: Natalia, Julia, Vinny

Field 6: Daniella, Ava, Eva

Field 7: Becca + friends, Craig Solomon, need one more**

Field 8: Officials; Robert Reece, Micheal Norelli, Jovan, Jeff Wilson

Field 9: Mamaroneck (4 Coaches)

Field 10: Tyleek, Simon and 2 other coaches

Field 11: Need coaches

Field 12 Elliot Ryan, Jason Kulmann (need one more)

Session 2

Field 1: Khaleek Hill, need another coach

Field 2: Officials: M.Colurra, Jovan, Steve Niggl

Field 3: Michael Schoonmaker (need two more coaches)

Field 4: Tyleek, Eva (Need one more coach)

Field 5: Nuryel (need one more coach)

Field 6: Daniella, Natalia, Julia

Field 7: Katherine D'Angelo, Greg Domestico

Field 8: Officials: Michael Norelli, Jeff, Need one more

Field 9: Kristina and asst. (Need one more)

Field 10: Darryl, Eva

Field 11: Need Coaches

Field 12: Need Coaches

Session 1

Field 1: Somers, PV

Field 2: Horace Greeley (2)

Field 3: Mahopac

Field 4: Fox Lane/Brewster

Field 5: Yorktown (2)

Field 6: Panas (2)

Field 7: John Jay/Hudson River

Field 8: Lakeland (2)

Field 9: Mamaroneck (2)

Field 10: Wappingers/ Byram Hills

Field 11: Eastchester (2)

Field 12: Hendrick Hudson

Session 2

Field 1: Bronxville

Field 2: Irvington

Field 3: Ardsley

Field 4: Arlington

Field 5: Yonkers (2)

Field 6: North Rockland

Field 7: Portchester (2)

Field 8: Clarkstown

Field 9: Nyack

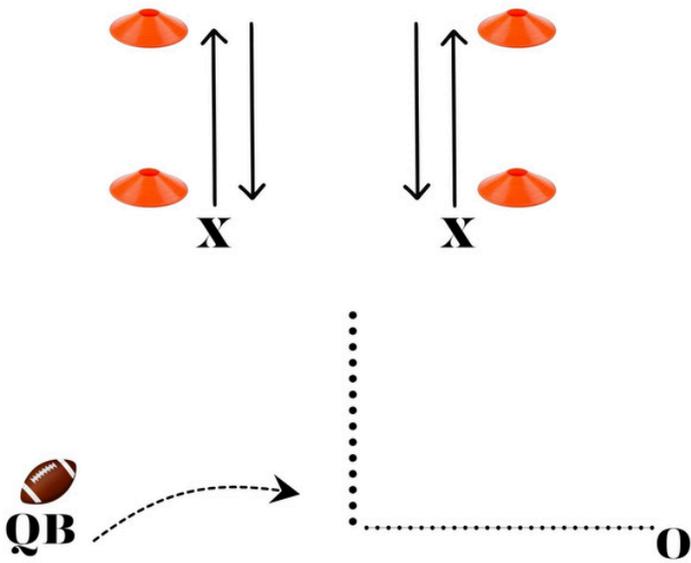
Field 10: Dobbs Ferry

Field 11: Tappan Zee

Field 12: Poughkeepsie

Field 1 and 7

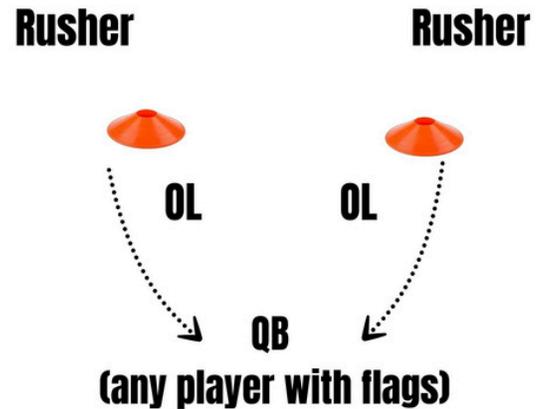
VICE FLAG DRILL



On Go, X defenders back pedal and come back, while QB throws the ball to O who makes a move to avoid flags through defenders making a vice. O must stay between the cones. Make additional stations depending on the number of girls at each station.

Field 2 and 8

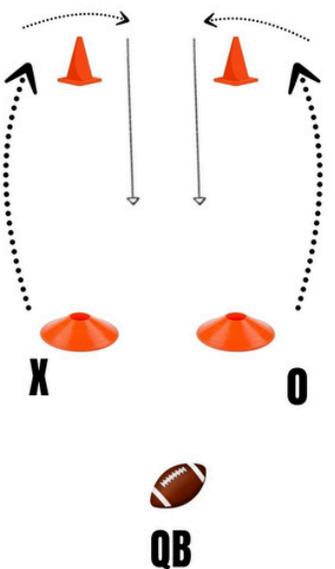
Blocking and Blitzing



Ends Rush the QB, O-Line blocks rushers. Emphasize arms and hands inside the body, cannot initiate contact, first kick step back, stay low, move feet, push outside, protect QB.

Field 3 and 9

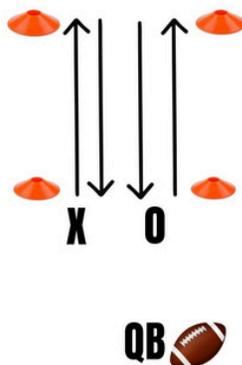
Interceptions



On Go, players run around cones to meet in the middle. Coach throws the ball, players battle for the ball. The player that doesn't catch the ball must get the other player's flags.

Make as many drill stations as needed

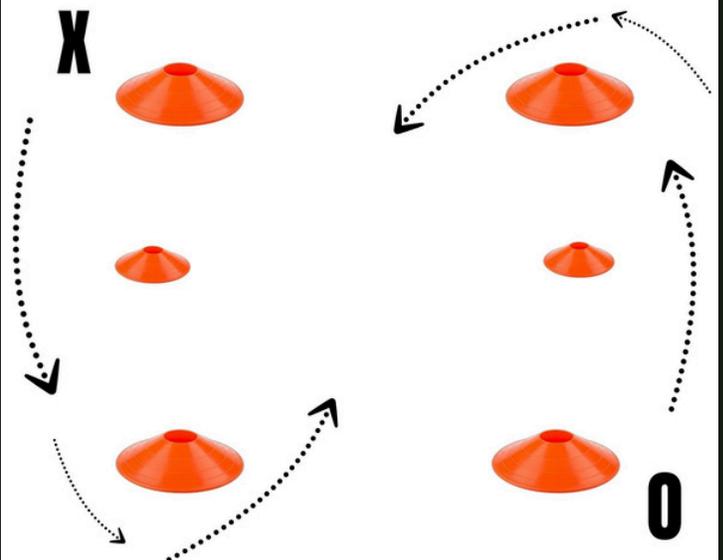
Tip Drill



On go, players shuffle back to cones. Coach tosses the ball and tips the ball up in the air, while players run up to battle for the ball.

Field 4 and 10

1 vs 1 BOX DRILL

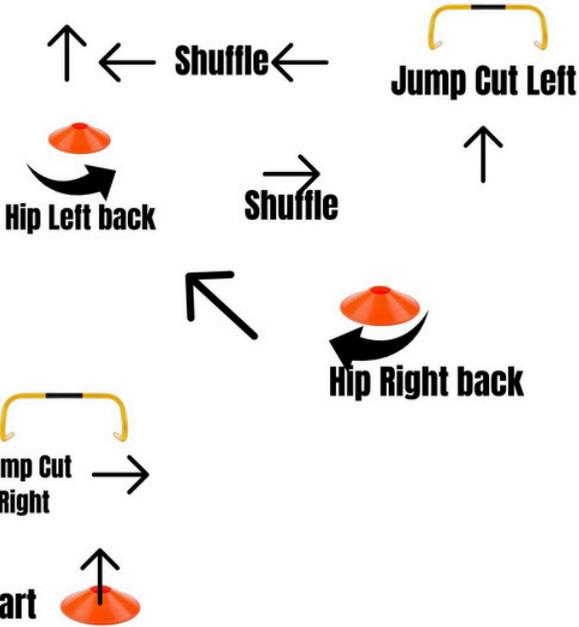
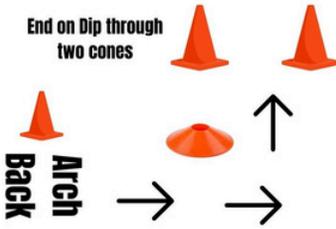


On Go, offense and defense run around the cones to meet in the MIDDLE to go 1 vs 1. Must go AROUND the cones, must stay within the cones.

Field 5 and 11 **Hips, Dips**

Cuts

Spin Plant right



Field 6 and 12

Passing/Receiving

Identify QBs. Have two or three throw at the same time to different routes, have players switch lines. Emphasize sharp routes, catch & turn down field, two yards and run the ball back. Add defense after two reps each.

