



WESTON TROJANS FOOTBALL

Weston, Connecticut

WEEKLY PRACTICE PLAN

SUNDAY

TIME	SESSION	PERSONNEL
7:30 – 8:00	Coaches breakdown film of previous game	All coaching staff
8:00 – 8:45	Team film evaluation and breakdown	All varsity players and coaches
8:45 – 9:45	Lift/Run	Players
8:45 – 9:30	Coaches breakdown opponent's offense and game plan	All coaching staff
9:30 – 10:15	Coaches breakdown opponent's defense and game plan	All coaching staff

MONDAY

TIME	SESSION	PERSONNEL
2:30 – 3:00	Academic Time/Injury Care	All players
3:00 – 3:45	Defensive Meetings- coaches introduce week's game plan	All players and coaches
3:45 – 4:30	Offensive Meetings – coaches introduce week's game plan	All players and coaches
4:35 – 4:45	Pre-practice- Specials	All players and coaches
4:45 – 6:45	Practice – Offensive Day	All players and coaches

TUESDAY

TIME	SESSION	PERSONNEL
2:45 – 4:45	Practice: Defensive Day	All players and coaches
5:00 – 5:30	Offensive Meeting: All players and coaches watch film of previous practice	All players and coaches

WEDNESDAY

TIME	SESSION	PERSONNEL
2:30 – 3:00	Academic Time/Injury Care	All players
3:00 – 3:45	Lift	All players
3:00 – 3:45	Coaches Meeting to discuss mid week adjustments and finalize game plan	All coaching staff
3:45 – 4:15	Defensive Meeting: All players and coaches watch film of previous practice	All players and coaches
4:15 – 4:30	Positional Check In	All players and coaches
4:30 – 4:30	Prepractice: Special Teams	All players and coaches
4:45 – 6:45	Practice: Game Situations: All areas	All players and coaches

THURSDAY

TIME	SESSION	PERSONNEL
2:45 – 3:00	Pre-practice – Specials	All players and coaches
3:00 – 4:30	Practice – Walk Through	All players and coaches
4:45 – 5:30	Team Ziti Dinner	All players, coaches & parents

FRIDAY

TIME	SESSION	PERSONNEL
4:30 – 5:30	Game Preparation	All players and coaches
5:30 – 5:45	Pregame Check In Meeting	All players and coaches
5:45 – 6:00	Specials	All players and coaches
6:00 – 7:00	Pregame	All players, coaches & parents
7:00-9:00	Trojan Victory	All players, coaches & parents

SATURDAY

TIME	SESSION	PERSONNEL
2 hrs	JV GAME	All JV players and coaches