

Friday 8/8 - Heat Index = 85F; 1st Day of Full Pads

4:40 PM Pass/ Catch Drill {Have Kunkle, Styce, Latham, Winningham throwing set two groups up}
Kickers Practice kicking towards home plate: Weber, Elliget, Haynes, Cameron, Gable, Bobby Thomas, Alex Nelson}
Center Snap (Poaps-Kunkle, T.Osborne-Elliget.) - Practice the 1, 2, 3 back snap, then QB under center snap.

5:00 PM **Cals** (we will back this down to 10-12 minutes as we get synced up)
Water Break

5:10 PM **Tackling Progression:**

Angle Form Tackling:

- > 2 Towel Stations
- > 1 wrap-up Station

Blue:

- L. Winningham
- K. Weber
- A. Elliget
- M. Styce
- B. Kunkle
- Z. Latham
- B. Dupree
- J. Stenger
- I. Reed
- R. Bryans
- C. Londergan

White:

- PT B. Thomas
- J. Murbarger
- G. Vanderford
- T. Trexler
- A. Nelson
- M. Gable
- R. Karg
- T Osborne
- RG A. Ruggiero
- C. Abraham
- C C. Poaps

5:25 PM *Water Break*

5:30 PM > Tackle Sled (eligible players only)

5:40 PM *Water Break*

- > 5-Slot Challenge (eligible players only)

5:55 PM *Water Break*

White:

- > Power Ball
- > Chutes

Blue:

- > Open Field Blockn
(10x10 area, setup)
- > Gauntlet

6:10 PM *Water Break*

Oklahoma (RBs rotate around to the defensive side):

Pit 1 (mix match-ups):

RB Head to Head

Kunkle Bobby
Styce Trey
Latham Alex
Winningham Cameron P

Pit 2 (mix match-ups):

RB Head to Head

Adam Alex
Kevin Ryan
Jared Chase
Thomas

Pit 3 (mix match-ups):

RB Head to Head

Robert Jordan
Brock Garrett
Cameron L. Mathew
Isreal Kody

6:35 PM *Water Break*

6:40 PM **Group Blue:**

Review: 31-Trap, 22 Wedge, 32 Wedge

Group White:

Review 16P, 18Sw, & Wedge Progression

6:50 PM **Team - On-Air**

7:00 PM *Water Break*

7:03 PM **Tackle Baseball**

7:20 AM **Rabbit**

7:25 AM **Close-out**