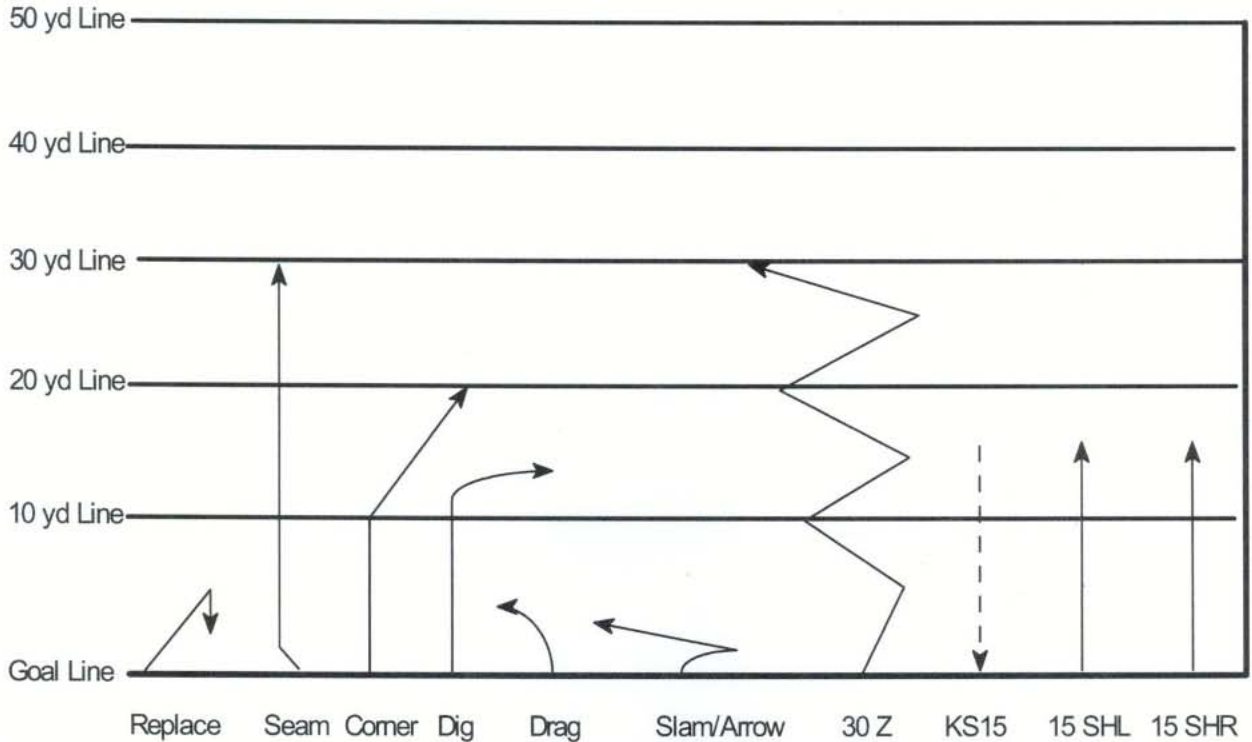


PATTERN RUNNING – TIGHT ENDS



- Replace** – Receiver alignment, Angle out of break is determined by cov, Catch ball, Sprint up field for 10yds
- Seam** – Release vertical for 30yds, catch, tuck, sprint up field 10yds
- Corner** – Sprint 10-12yds, break to corner, catch, tuck, sprint up field 10yds
- Dig** – Sprint 12-14yds., break parallel to LOS, catch, tuck, sprint up field 10yds.
- Drag** – Release across field at 5-7yds, catch, tuck, sprint up field 10yds
- Slam/Arrow**– Down block for two count, Release to the flat, catch, tuck, sprint up field 10yds
- 30 Z** – While sprinting for 30 yards Zig Zag down field, break to the right for 5yds, then break to the left for 5yds
- KS 15** – Kick set 15 yards
- 15 SHL** – Side Shuffle left 15 yards
- 15 SHR** – Side Shuffle right 15 yards

<u>1ST QUARTER</u>	<u>2ND QUARTER</u>	<u>3RD QUARTER</u>	<u>4TH QUARTER</u>	<u>OVERTIME</u>
Replace	30 Z	Replace	30 Z	Seam
Seam	KS 15	Seam	KS 15	KS 15
Drag	15 SHR	Drag	15 SHR	Drag
Slam / Arrow	15 SHL	Slam / Arrow	15 SHL	15 SHL
Corner	Slam / Arrow	Corner	Slam / Arrow	Corner
KS 15	Drag	KS 15	Drag	15 SHR
15 SHL	Dig	15 SHL	Dig	Replace
15 SHR	Corner	15 SHR	Corner	30 Z
30 Z	Seam	30 Z	Seam	Dig
Drag	Replace	Drag	Replace	Seam
1.5 min Rest	3 min Rest	1.5 min Rest	3 min Rest	