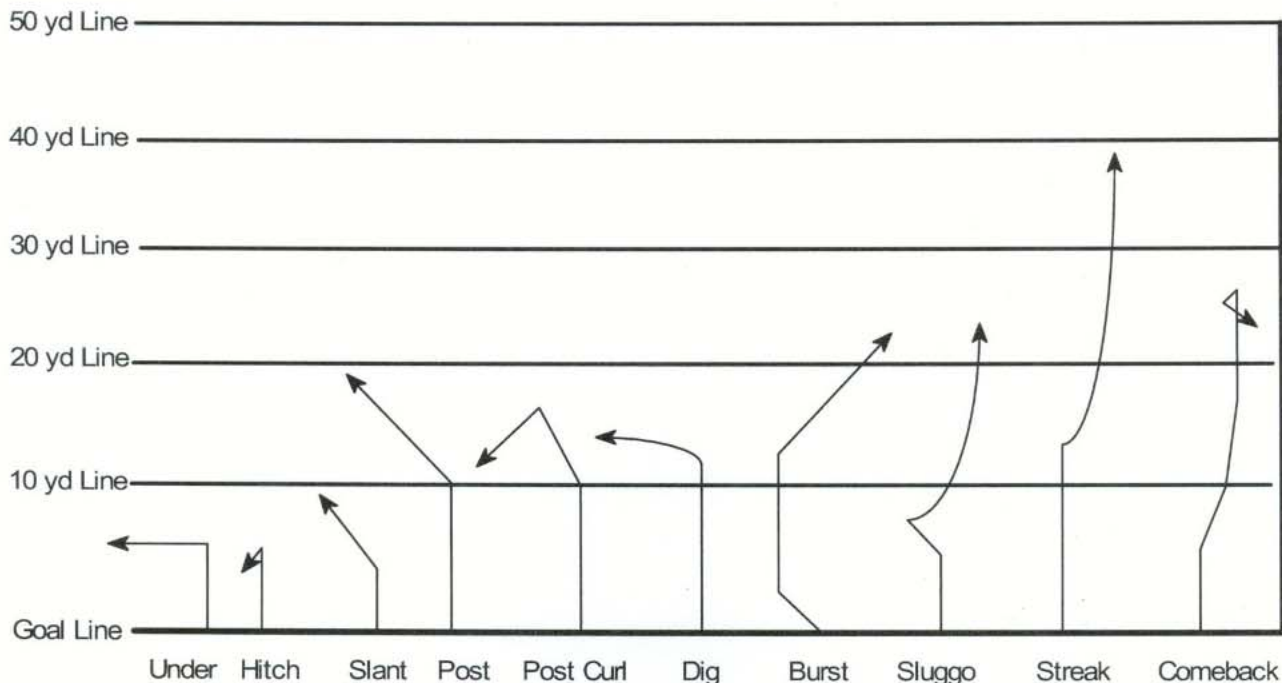


# PATTERN RUNNING – WIDE RECIEVERS (outside)



**Under** – Full speed or throttled @ 4-6yds., catch, tuck, sprint up field 10yds.

**Hitch** – Sprint to 6yds., catch, tuck, sprint up field 10yds.

**Slant** – Sprint to 6yds., catch, tuck, sprint up field 10yds.

**Post** – Sprint 10-12yds., break to post, catch, tuck, sprint up field 10yds.

**Post Curl** – Sprint 10-12yds., break to post @ 15yds, catch, tuck, sprint up field 10yds.

**Dig** – Sprint 12-14yds., break parallel to LOS, catch, tuck, sprint up field 10yds.

**Burst** – Sprint inside to 5yds., break vertical to 15yds., catch, tuck, sprint up field 10yds.

**Sluggo** – Sprint to 6yds, break to slant 3 steps, release to original alignment, catch, tuck, sprint up field 10yds.

**Streak** – Sprint 10-12yds., break to bottom of #'s, catch, tuck, sprint up field 10yds.

**Comeback** – Sprint 14yds., break inside down original stem, scatter out, catch, tuck, sprint up field 10yds.

## 1<sup>ST</sup> QUARTER

Under  
Slant  
Streak  
Hitch  
Dig  
Comeback  
Hitch  
Slant  
Burst  
Under

1.5 min Rest

## 2<sup>ND</sup> QUARTER

Hitch  
Slant  
Under  
Sluggo  
Post Curl  
Hitch  
Slant  
Burst  
Dig  
Post

3 min Rest

## 3<sup>RD</sup> QUARTER

Comeback  
Hitch  
Slant  
Sluggo  
Under  
Post  
Streak  
Dig  
Post Curl  
Burst

1.5 min Rest

## 4<sup>TH</sup> QUARTER

Hitch  
Slant  
Under  
Sluggo  
Post Curl  
Hitch  
Slant  
Burst  
Dig  
Post

3 min Rest

## OVERTIME

Streak  
Burst  
Post  
Dig  
Comeback  
Hitch  
Post Curl  
Slant  
Sluggo  
Under