

JUNE 2018

BULLDOG SUMMER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 VSU FOOTBALL CAMP	7	8	9
10	11 LIFT @9 Power/Kick 30 Pass tree	12 agility Strong/weak Cover 2	13 Lift @9 Power/kick- 30 Pass tree	14 Glascok 7on7 @6 No linemen	15	16
17	18 Lift @9 Belly/Sally Pass tree	19 agility Fan/pinch Cover 2/4	20 Lift @9 Belly/sally Pass tree	21 Briarwood @6 Away linemen	22	23
24	25 Lift @9 Speed/read Pass tree	26 Warren Home @ 10	27 Lift @9 Speed/read Pass tree	28 JOCO 7 on 7 linemen	29	30

JULY 2018

BULLDOG SUMMER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
← DEAD WEEK →						
8	9 Lift @9 Offensive sets 20, trips, pro, ace (screen)	10 Agility Defensive set Slants, Okla, ind 0,1,2,4	11 Lift @9 Offensive sets 20, trips, pro, ace (screen)	12 Lift @2 Glascok Home @6	13	14
15	16 Lift@9 Offense set	17 Evans Away Padded \$100	18 Lift @9 Offensive sets 20, trips, pro, ace (screen)	19 Warren Away @ 10	20	21
22	23	24	25	26	27	28
RICHARD SMITH CAMP						
29	30	31				