



**PRACTICE SCHEDULE**  
**&**  
**SCRIPT EXAMPLES**




## Camp practice #1

Date: 2/20/2010			Erie Storm Practice 2010						
Training Camp									
vs. Reading Express									
Period	Time	Section	QB	WR	FB	OL	DL	LB	DB
1	10:00	Flex	Flex- Form Run						
2	10:15	Pat N Go	Pat N Go			One on Ones		Pat N Go	
3	10:25	Teach #1	Offensive Install				Teach		
4	10:35	Group #1	One on Ones		Pass Pro vs. Pressure				One on One
5	10:45	Group #2	Skelly 3 on 3		Inside Run				3 on 3
6	11:00	Teach #2	Offensive Teach				Defensive Teach		
7	11:15	Period #1	Red Zone Offense				vs. Erie Defense		
8	11:25	Period #2	Coming-Off Offense/ Backed Up				vs. Erie Defense		
9	11:40	S.T.	PAT/FG Intro						
10	11:45	Team	Open Field Script- Day One Install				Day One Install - Open Field		
<b>Special Teams</b>									


## Camp practice #2

Date: 2/21/10			Erie Storm Practice 2010						
Training Camp									
vs. Reading Express									
Period	Time	Section	QB	WR	FB	OL	DL	LB	DB
1	10:00	Flex	Flex- Form Run						
2	10:15	Pat N Go	Pat N Go			One on Ones		Pat N Go	
3	10:25	Teach #1	Offensive Install				Defensive Install		
4	10:35	Group #1	One on Ones		Pass Pro vs. Pressure				One on One
5	10:45	Group #2	Skelly 3 on 3		Inside Run				3 on 3
6	11:00	Teach #2	Offensive Teach				Defensive Teach		
7	11:15	Period #1	Screens/Run Game				Vs. Erie Defense		
8	11:25	Period #2	Redzone + 12 and In				Vs. Erie Defense		
9	11:40	S.T.	Onside Kick - Surprise Onside						
10	11:45	Team	Team Script				Team Script		
<b>Special Teams</b>									
Surprise Onside									

### Camp practice #3

Date:2/22/10			<b>Erie Storm Practice 2010</b>						
Training Camp									
vs. Reading Express									
Period	Time	Section	QB	WR	FB	OL	DL	LB	DB
1	10:00	Flex	Flex- Form Run						
2	10:15	Pat N Go	Pat N Go			One on Ones		Pat N Go	
3	10:25	Teach #1	RedZone Pass				Cover 5		
4	10:35	Group #1	One on Ones		Pass Pro vs. Pressure				One on One
5	10:45	Group #2	Skelly 3 on 3		Inside Run				3 on 3
6	11:00	Teach #2	1- minute offense				Star Install		
7	11:15	Period #1	Screens/Run Game				Vs. Erie Defense		
8	11:25	Period #2	RedZone Pass				Vs. Erie Defense		
9	11:40	S.T.	PAT/ FG						
10	11:45	Team	Team Script- One Minute Offense				Team Script		

### Camp practice #4

Date:2/23/10			<b>Erie Storm Practice 2010</b>						
Training Camp									
vs. Reading Express									
Period	Time	Section	QB	WR	FB	OL	DL	LB	DB
1	10:00	Flex	Flex- Form Run						
2	10:15	Pat N Go	Pat N Go			One on Ones		Pat N Go	
3	10:25	Teach #1	Screens Review				Blitz/stunt Review		
4	10:35	Group #1	One on Ones		Pass Pro vs. Pressure				One on One
5	10:45	Group #2	Skelly 3 on 3		Inside Run				3 on 3
6	11:00	Teach #2	Screens/Run Game				Vs. Erie Defense		
7	11:15	Period #1	Redzone Pass				Vs. Erie Defense		
8	11:25	Period #2	Contingency Offense- one minute timing				Vs. Erie Defense		
9	11:40	S.T.	Kick Return						
10	11:45	Team	Team Script- Backed Up/ Redzone				Team Script		
<b>Special Teams</b>									
Kick Return									


## Camp practice #5

Date: 2/24/10			<h3 style="margin: 0;">Erie Storm Practice 2010</h3>						
Training Camp									
vs. Reading Express									
Period	Time	Section	QB	WR	FB	OL	DL	LB	DB
1	10:00	Flex	Flex- Form Run						
2	10:15	Pat N Go	Pat N Go			One on Ones		Pat N Go	
3	10:25	Teach #1	Special Situations- Contingency				Redzone Coverages		
4	10:35	Group #1	One on Ones		Pass Pro vs. Pressure				One on One
5	10:45	Group #2	Skelly 3 on 3		Inside Run				3 on 3
6	11:00	Period #1	Middle of Field				Vs. Erie Defense		
7	11:15	Period #2	Backed Up				Vs. Erie Defense		
8	11:25	Period #3	Redzone				Vs. Erie Defense		
9	11:40	S.T.	Kick Coverage						
10	11:45	Team	Team Script- vs. sticks				Team Script		
			<b>Special Teams</b>						
			Kick Coverage						


## Camp practice #6

Date: 2/25/10			<h3 style="margin: 0;">Erie Storm Practice 2010</h3>						
Training Camp									
vs. Reading Express									
Period	Time	Section	QB	WR	FB	OL	DL	LB	DB
1	10:00	Flex	Flex- Form Run						
2	10:15	Pat N Go	Pat N Go			One on Ones		Pat N Go	
3	10:25	Teach #1	Review				Coming off - Coverages		
4	10:35	Group #1	One on Ones		Pass Pro vs. Pressure				One on One
5	10:45	Group #2	Skelly 3 on 3		Inside Run				3 on 3
6	11:00	Period #1	Contingency- lead with one minute				Vs. Erie Defense		
7	11:15	Period #2	Contingency- one minute offense behind				Vs. Erie Defense		
8	11:25	Period #3	Redzone Pass/Run				Vs. Erie Defense		
9	11:40	S.T.	Racer PAT						
10	11:45	Team	Team Script- vs. sticks				Team Script		
			<b>Special Teams</b>						
			Racer PAT						


## Camp practice #7

Date: 2/26/10			<b>Erie Storm Practice 2010</b>								
Training Camp											
vs. Reading Express											
Period	Time	Section	QB	WR	FB	OL	DL	LB	DB		
1	10:00	Flex	Flex- Form Run								
2	10:15	Pat N Go	Pat N Go			One on Ones		Pat N Go			
3	10:25	Teach #1	Reading Pass Coverages				Reading top 5 concepts				
4	10:35	Group #1	One on Ones		Pass Pro vs. Pressure				One on One		
5	10:45	Group #2	Skelly 3 on 3		Inside Run				3 on 3		
6	11:00	Period #1	Short Yardage Run				Vs. Erie Defense				
7	11:15	Period #2	3rd and Long				Vs. Erie Defense				
8	11:25	Period #3	Redzone Pass/Run				Vs. Erie Defense				
9	11:40	S.T.	Onside Kick								
10	11:45	Team	Redzone Script				Team Script				
			<b>Special Teams</b>								
			Onside Kick								


## Camp practice #8

Date: 2/27/10			<b>Erie Storm Practice 2010</b>								
Training Camp											
vs. Reading Express											
Period	Time	Section	QB	WR	FB	OL	DL	LB	DB		
1	10:00	Flex	Flex- Form Run								
2	10:15	Pat N Go	Pat N Go			One on Ones		Pat N Go			
3	10:25	Teach #1	2-pt Conversion Plays				Review				
4	10:35	Group #1	One on Ones		Pass Pro vs. Pressure				One on One		
5	10:45	Group #2	Skelly 3 on 3		Inside Run				3 on 3		
6	11:00	Period #1	Short Yardage Run				Vs. Erie Defense				
7	11:15	Period #2	3rd and Long				Vs. Erie Defense				
8	11:25	Period #3	2-pt Conversion Script				Vs. Erie Defense				
9	11:40	S.T.	Hands Team								
10	11:45	Team	Openfield Script vs. Sticks				Team Script				
			<b>Special Teams</b>								
			Hands Team								


## Camp practice #9

Date: 2/28/2010			<b>Erie Storm Practice 2010</b>						
Training Camp									
vs. Reading Express									
Period	Time	Section	QB	WR	FB	OL	DL	LB	DB
1	10:00	Flex	Flex- Form Run						
2	10:15	Pat N Go	Pat N Go			One on Ones		Pat N Go	
3	10:25	Teach #1	Offensive Install				Teach		
4	10:35	Group #1	One on Ones		Pass Pro vs. Pressure				One on One
5	10:45	Group #2	Skelly 3 on 3		Inside Run				3 on 3
6	11:00	Teach #2	Offensive Teach				Defensive Teach		
7	11:15	Period #1	Red Zone Offense				vs. Erie Defense		
8	11:25	Period #2	Coming-Off Offense/ Backed Up				vs. Erie Defense		
9	11:40	S.T.	PAT/FG						
10	11:45	Team	Open Field Script-vs. sticks				Defensive Script		

## Camp practice #10

Date: 3/1/2010			<b>Erie Storm Practice 2010</b>						
Training Camp									
vs. Reading Express									
Period	Time	Section	QB	WR	FB	OL	DL	LB	DB
1	10:00	Flex	Flex- Form Run						
2	10:15	Pat N Go	Pat N Go			One on Ones		Pat N Go	
3	10:25	Teach #1	Offensive Install				Teach		
4	10:35	Group #1	One on Ones		Pass Pro vs. Pressure				One on One
5	10:45	Group #2	Skelly 3 on 3		Inside Run				3 on 3
6	11:00	Teach #2	Offensive Teach				Defensive Teach		
7	11:15	Teach #3	Contingency Offense- Review Situationals				Defensive Teach		
8	11:25	Period #1	Coming-Off Offense/ Backed Up				vs. Erie Defense		
9	11:40	S.T.	PAT/FG - Surprise Onside Kick						
10	11:45	Team	Open Field Script-vs. sticks				Defensive Script		

# Camp installation schedule overview

Erie Storm Installation		2010	
Day	Offense	Defense	Special Teams
#1 2/20/10	Quick Game - Honda, Baum, Smash, Short Storm Base Pass- POCO, Storm, Mesh Screen- Nevada Run- 32/33 Positive Yards, 12/13 Veer, 10 Wedge	Defensive Install	PAT/FG Onside Kick
#2 2/21/10	Quick Game- Rub, X-Press Base Pass- 999, Pig, Tree, Divide Red Zone Pass- Wall, Claw Screen- Vegas	Defensive Install	PAT/FG Onside Kick Kickoff Return
#3 2/22/10	Quick Game- Pinto Base Pass- PO-GO, Level, Calad Rouse, Pony Solo Screen- X-Delay Screen, Sucker Screens Run- 18/19 Sweep, 118/119, 12/121a, 25/29 Toss, 128/129 Boot	Defensive Install	Onside Kick
#4 2/23/10	Review Install- Situational	Defensive Install	PAT/FG Racer PAT/FG Return
#5 2/24/10	Review Install- Situational	Defensive Install	Kickoff Return
#6 2/28/10	Gameplan Reading	Gameplan Reading	Onside Kick
#7 3/1/10	Gameplan Reading	Gameplan Reading	PAT/FG Onside Kick
#9 3/3/10	Gameplan Reading	Gameplan Reading	PAT/FG Racer FG PAT/FG Return
#10 3/4/10	Gameplan Reading	Gameplan Reading	Kickoff Kick Return Hands Team



Erie Explosion Offensive Groups										
Group #1	QB		X		Y		Z	FB	LG	C
Group #2	QB		X		Y		Z	FB	LG	C
Group #3	QB		X		Y		Z	FB	LG	C
Erie Explosion Defensive Groups										
Group #1	LE		N		RE		M	J	S	FC
Group #2	LE		N		RE		M	J	S	FC
Group #3	LE		N		RE		M	J	S	FC



# Game Itinerary Examples



# ERIE STORM Game Day Itinerary @ Richmond Raiders Friday April 30, 2010

Thursday 4/29/2010

5:00pm

Bus Departs for Richmond, VA

Check into Hotel

11:30 am

Bus Departs Hotel for Arena

1:20-1:50 pm

Walk-Thru At Arena

1:00-1:50 pm

Home Team Pre-Game Meal

2:00-2:50 pm

Visiting Team Pre-Game Meal

3:30-4:30 pm

Visiting Team Taping (If using home team trainer)

4:30-5:30 pm

Home Team Taping

**5:00-5:30 pm**

**Kickers/Specialists - BOTH teams split field**

5:05 pm

Both Teams give 20-Man Certification Roster to Game Officials and Head of Stats

5:35 pm

90 Minute Game Clock Count-Down Begins

**5:30-5:55 pm**

**Erie Team Full Field Warm-Up**

**5:55-6:10 pm**

**BOTH Teams split field**

**6:10-6:35 pm**

**Richmond Team Full Field Warm-up**

6:46 pm

Introduce Away Team

6:48 pm

Introduce Home Team

7:03 pm

Coin Toss

7:05 pm

Kick Off



## ERIE STORM Game Day Itinerary Vs. Baltimore Mariners Sunday June 13, 2010

10:00 am	Arena Open
10:00 am	Locker Rooms Available
10:00-11:00am	Pregame Meal
11:30-12:30 pm	Visiting/Home Team Taping
<b>12:00-12:30 pm</b>	<b>Kickers/Specialists - BOTH teams split field</b>
12:05 pm	Both Teams give 20-Man Certification Roster to Game Officials and Head of Stats
12:35 pm	90 Minute Game Clock Count-Down Begins
<b>12:30-12:55 pm</b>	<b>Baltimore Team Full Field Warm-Up</b>
<b>12:55-1:10 pm</b>	<b>BOTH Teams split field</b>
<b>1:10-1:35 pm</b>	<b>Erie Full Field Warm-up</b>
1:46 pm	Introduce Away Team
1:48 pm	Introduce Home Team
2:03 pm	Coin Toss
2:05 pm	Kick Off