

Saturday, August 15, 2009
Practice #9
Notre Dame Stadium
Full Pads

<u>Time</u>	<u>Drill</u>	<u>Length</u>
9:00	Special Teams Walk-Thru (Punt Return) Quarterback/Center Exchange	10 min.
9:10	Offense and Defense Walk-Thru	10 min.
9:20	Run and Stretch	12 min.
9:32	Bags	3 min.
9:35	Individual 1	8 min.
9:43	Individual 2	8 min.
9:51	Individual 3	8 min.
9:59	Irish Eyes Wide Receiver vs. Defensive Backs – 1 on 1	8 min.
10:07	Team – Run (16 Plays)	12 min.
10:19	7 on 7 (16 Plays) Offensive Line vs. Defensive Line – 1 on 1	12 min.
10:31	Break	3 min.
10:34	Special Teams (Punt Return)	10 min.
10:44	Break	2 min.
10:46	Separate	8 min.
10:54	Team (24 plays)	18 min.
11:12	Field Goal vs. Field Goal Block	5 min.
11:17	Running (TBD) Post-Stretch/All Up	TBD