

PLEASANT HILL VS. AMERICAN CANYON SCRIMMAGE SCHEDULE

- * JAMBOREE FORMAT
- * NO BLITZING OR STUNTING
- * QUICK WHISTLES ON QB'S AND VULNERABLE PLAYERS
- * NO SPECIAL TEAMS (PAT OPTIONAL IF AGREED UPON BY BOTH COACHES)
- * BALL STARTS ON THE 40 YARD LINE
- * 4 DOWNS TO GAIN 10 YARDS OR BALL IS RESET ONTO THE 40 YARD LINE
- * TURNOVERS RESULT IN THE BALL BEING RESET ON THE 40 YARD LINE
- * MAKE SURE THERE IS A COACH ON THE SIDELINES AT ALL TIMES TO CONTROL PLAYERS THAT ARE NOT IN ON THE SESSION
- * COACHING THE PLAYERS IS THE GOAL OF THIS SCRIMMAGE, BUT TRY NOT TO STOP THE FLOW OF THE OPPOSING TEAM

9:30-11:30 SCOUTS, JR. PEE WEE DIVISIONS BOTH TEAM WILL BE ON THE FOOTBALL FIELD

SCHEDULE :

9:30- 10:00	TEAM STRETCHING- WARMUP
10:00-10:10	PHLYF OFFENSE
10:10-10:20	ACYF OFFENSE
10:20-10:30	PHLYF OFFENSE
10:30-10:40	ACYF OFFENSE
10:40-10:50	TEAM SESSION/ WATER
10:50-11:00	PHLYF OFFENSE
11:00-11:10	ACYF OFFENSE
11:10-11:20	PHLYF OFFENSE
11:20-11:30	ACYF OFFENSE

11:30-12:00 PEE WEE AND JR. MIDGETS DIVISIONS BOTH TEAM WILL BE ON THE FOOTBALL FIELD

SCHEDULE:

11:30- 12:00	TEAM STRETCHING- WARMUP
12:00-12:10	PHLYF OFFENSE
12:10-12:20	ACYF OFFENSE
12:20-12:30	PHLYF OFFENSE
12:30-12:40	ACYF OFFENSE
12:40-12:50	TEAM SESSION/ WATER
12:50-1:00	PHLYF OFFENSE
1:00-1:10	ACYF OFFENSE
1:10-1:20	PHLYF OFFENSE
1:20-1:30	ACYF OFFENSE