

2016 Combine Schedule

August 13, 2016

Opening Remarks-Owners, GM Bullet Fenske

First Half-Divide into 4 groups:

- A**-OL/DL/LBs
- B**-Sec/WRs
- C**-Backs/TE
- D**-QBs

Each group will rotate through each drill as follows:

1. 40 Yrd Dash (B)
2. 225 or 185 Bench Press (A)
3. Pro Shuttle Run (D)
4. Broad Jump (C)

Halftime-(10mins) Coach Porchia to address prospects during water break

3rd Quarter-Defensive Drills remarks from Coach Brown

	Defensive Line	Linebackers	Secondary
1.	L-Drill	W Coverage Drill	Flip Hip drill
2.	Rings	Pursuit angles	W drill
3.	10 Yard get off	4 bag agility	Back pedal, weave, 90, catch
4.	Swat Rip	45 deg. drop and catch	Back pedal, forward, sprint catch

4th Quarter-Offensive Drills-quick water break-remarks from Coach Watson

	OL	RBs	QBs	TEs	WRs
1.	COD Wave Drill	COD Pitch	Pocket Drill	10 yard get off	1 on 1 release
2.	Mirror Drill	Off Tackle react	Option Pitch		Gauntlet
3.	Z Drill	Routes			
4.	Long pull				

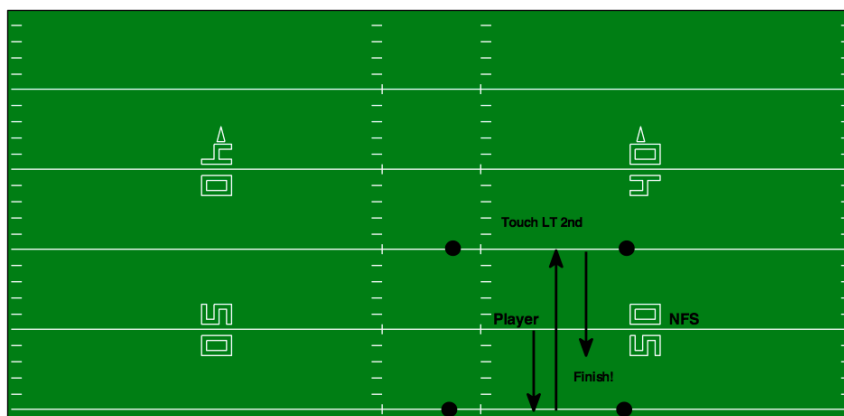
Routes

1. Fade
2. Deep out
3. Out
4. Bubble

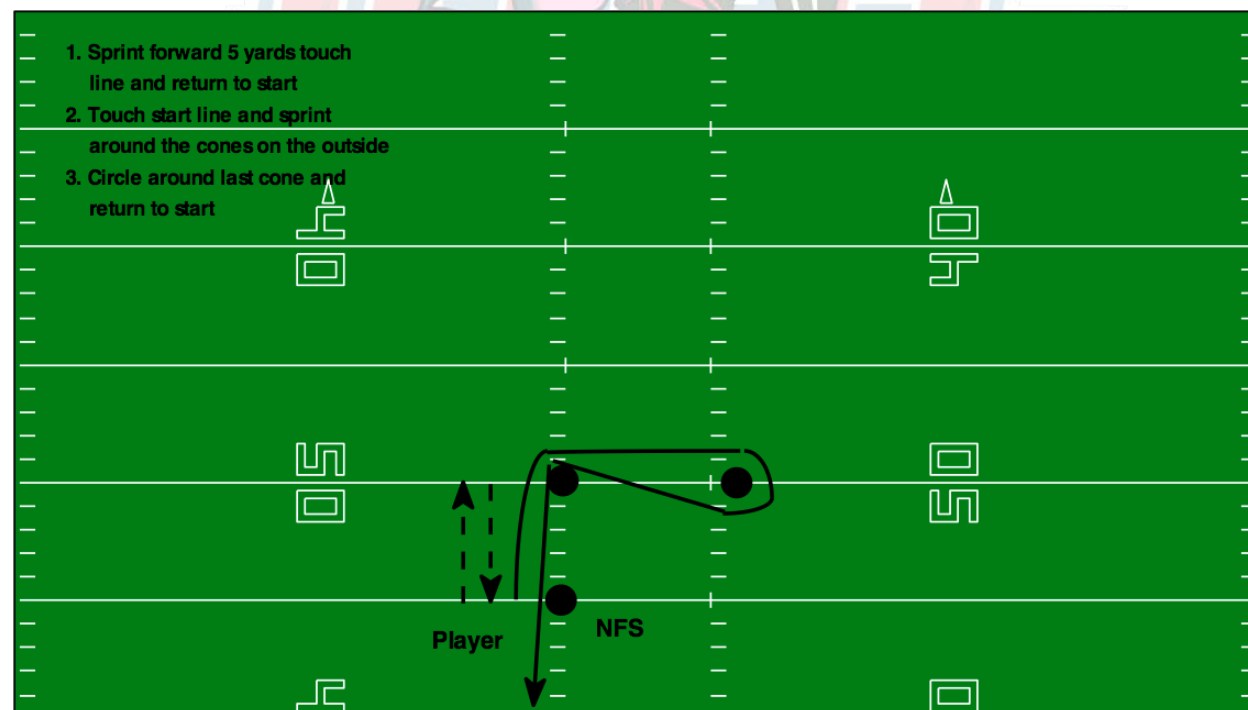
Wrap up-Owners to discuss the business side.

Shuttle Run

1. While facing the Drill Director, player starts in a 3-point stance with legs straddling the line equally.
2. Player must have hand squarely on the start line and hold the position for 2 seconds
3. After player hears, "You can go" from Director he may start drill.
4. Player will run to the right line 5 yards away and touch the line with right hand. Player will then sprint 10 yards to the left and touch the line with left hand.
5. After the last line touch, player will sprint through the finish line, which is the starting point of the drill.
6. All players will complete one run to the right and one run to the left. (*2 attempts*)
7. **Down hand is same as running direction. Left hand to the Left – Right hand to the Right.**
8. It is the responsibility of the player not to slip and adjust to the surface.



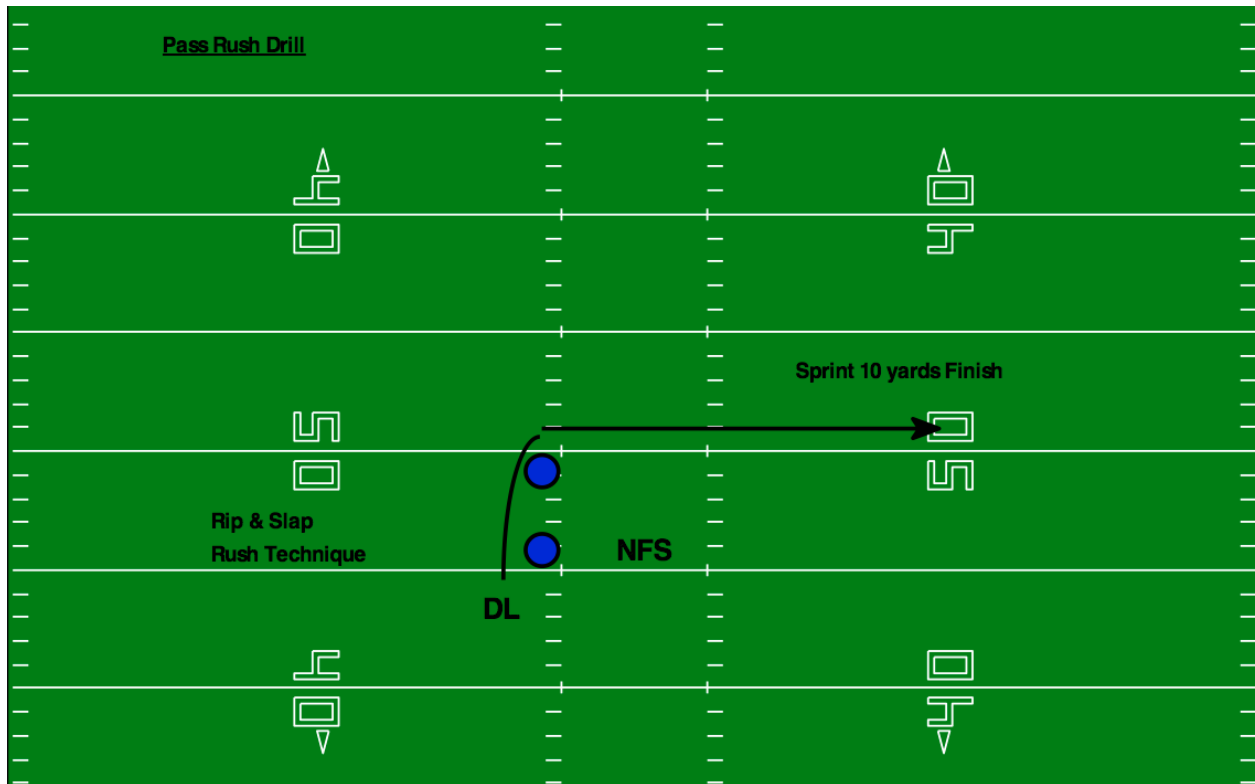
"L" Drill



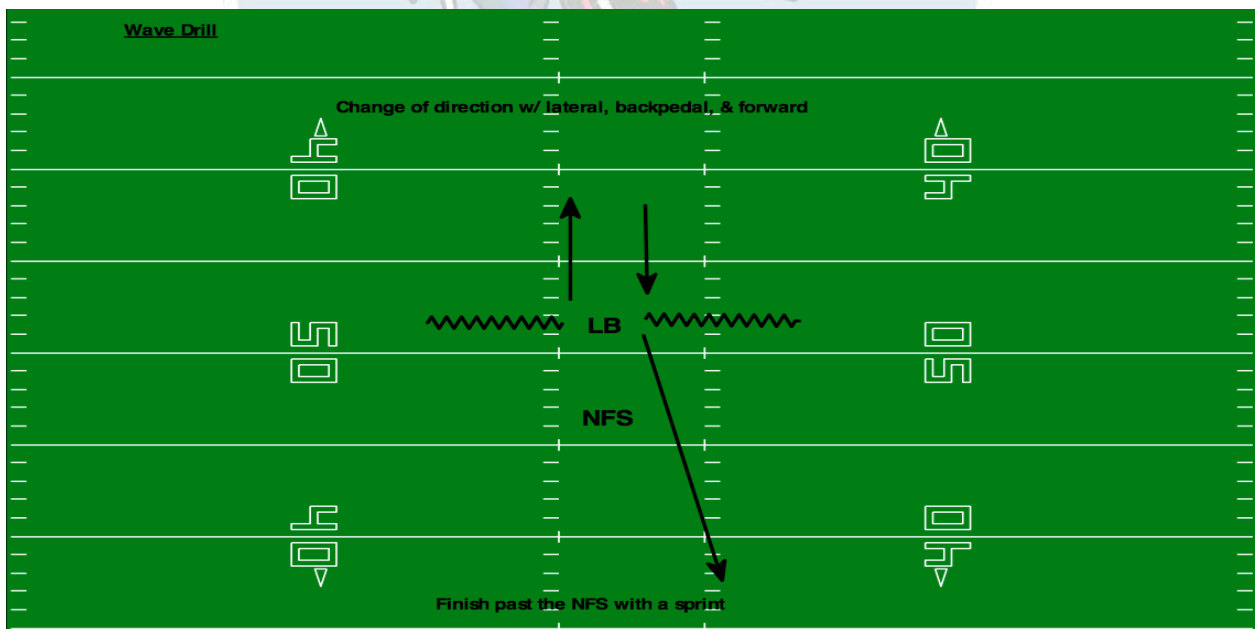
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August 13, 2016

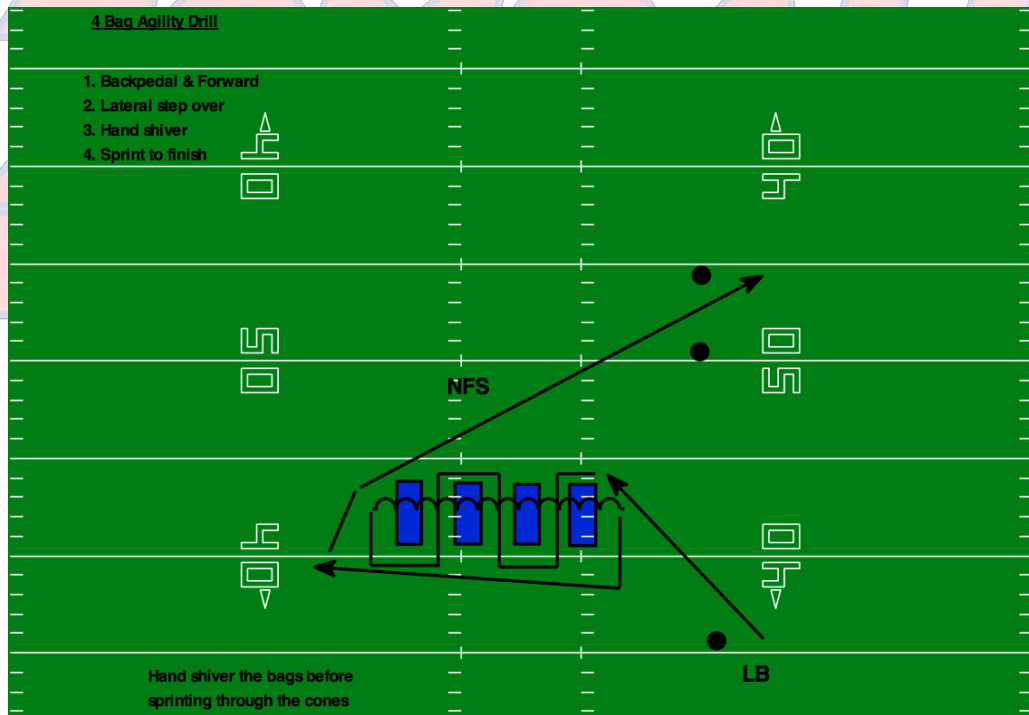
Swat/Rip



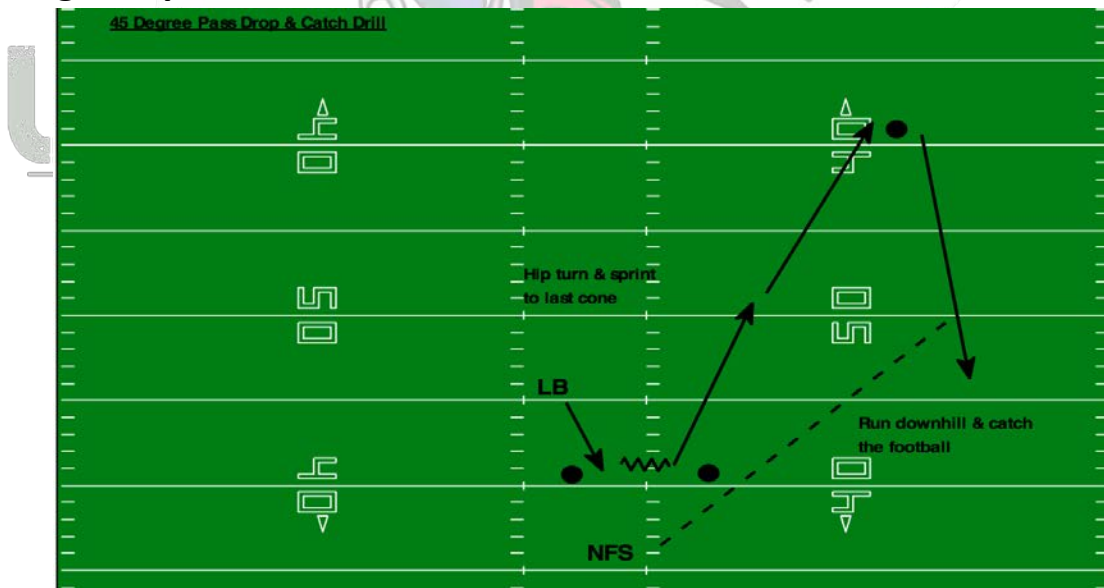
LB Wave Drill



4 Bag Agility



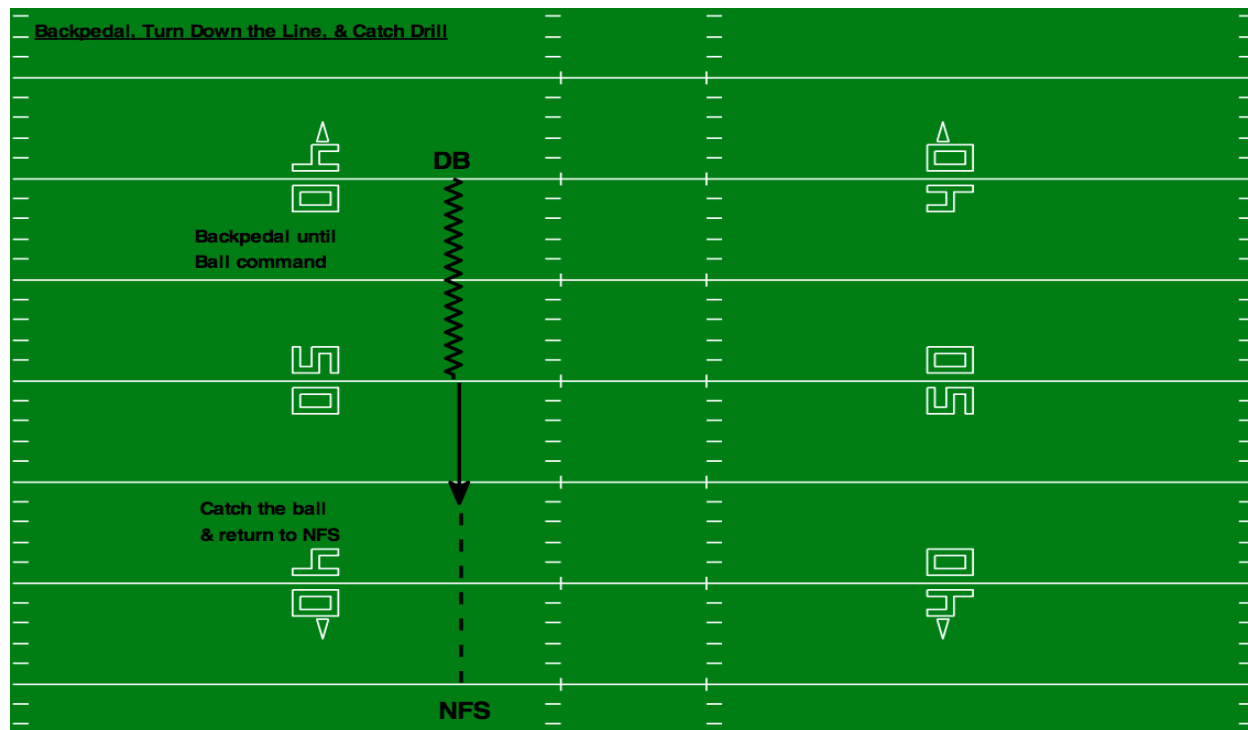
45 deg. Drop and catch



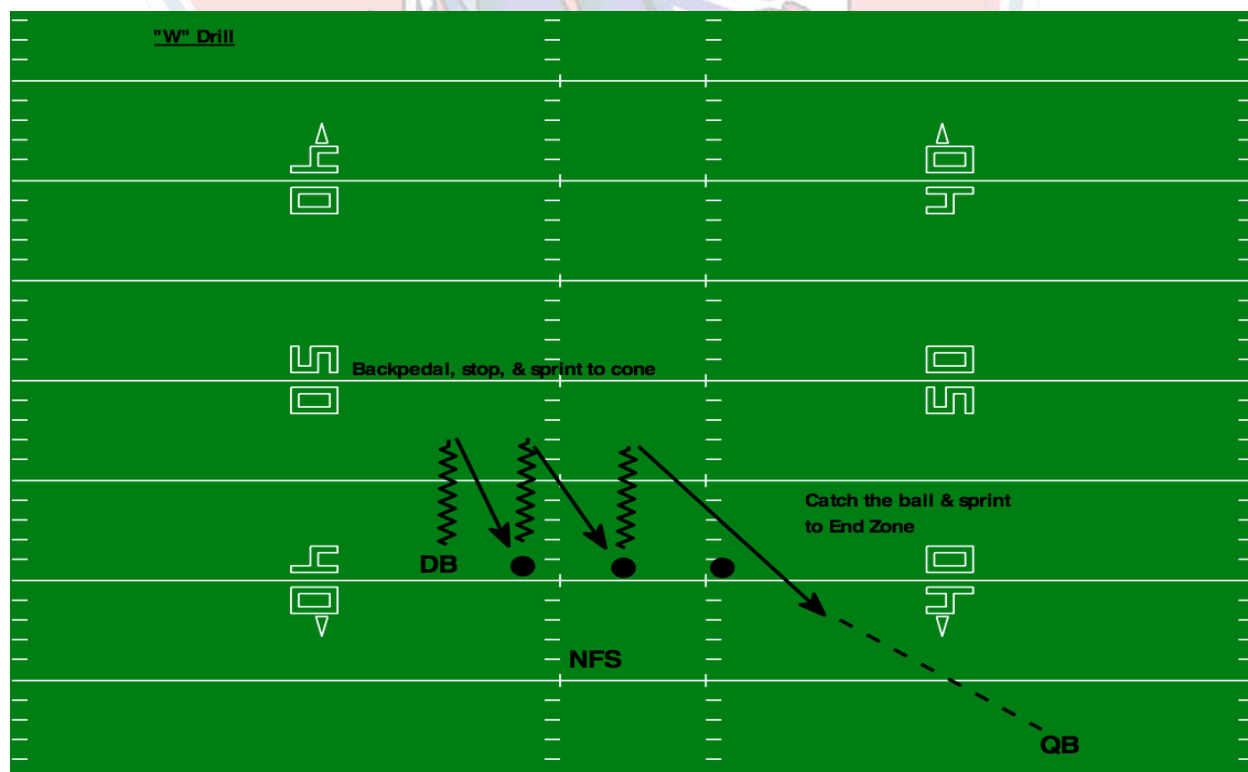
Flip Hip

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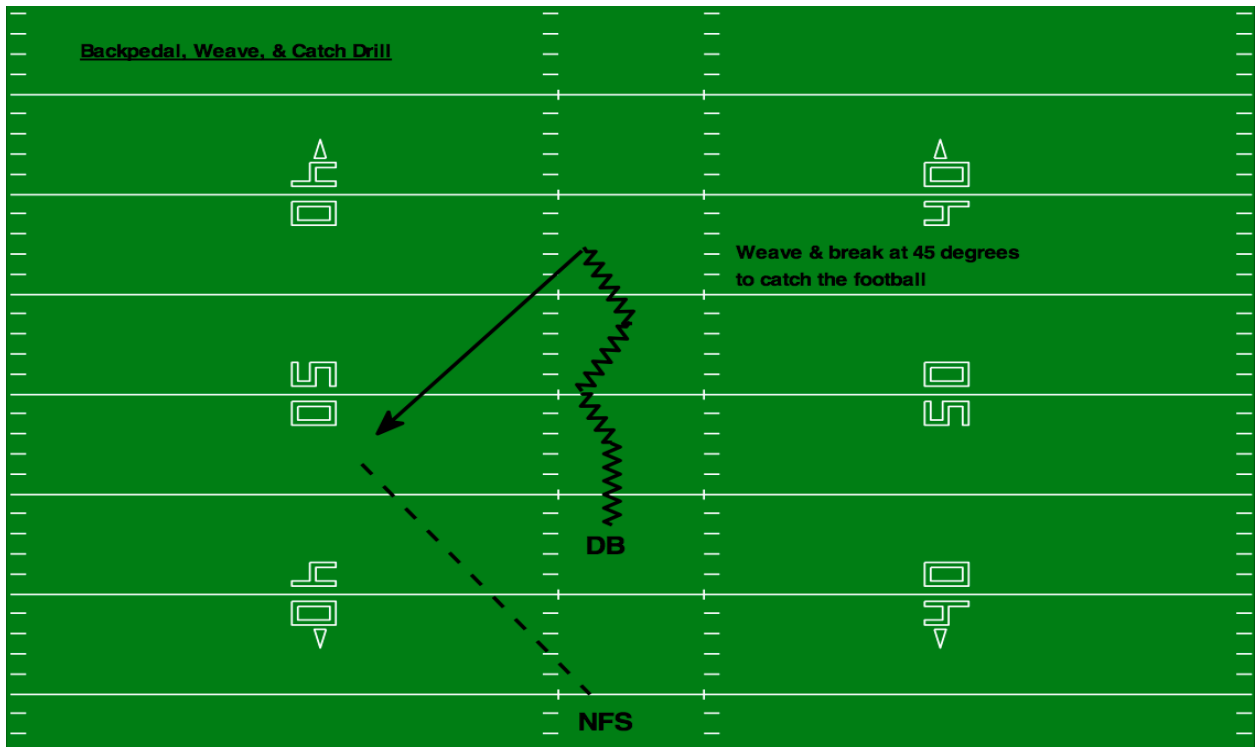
Sec. W Drill



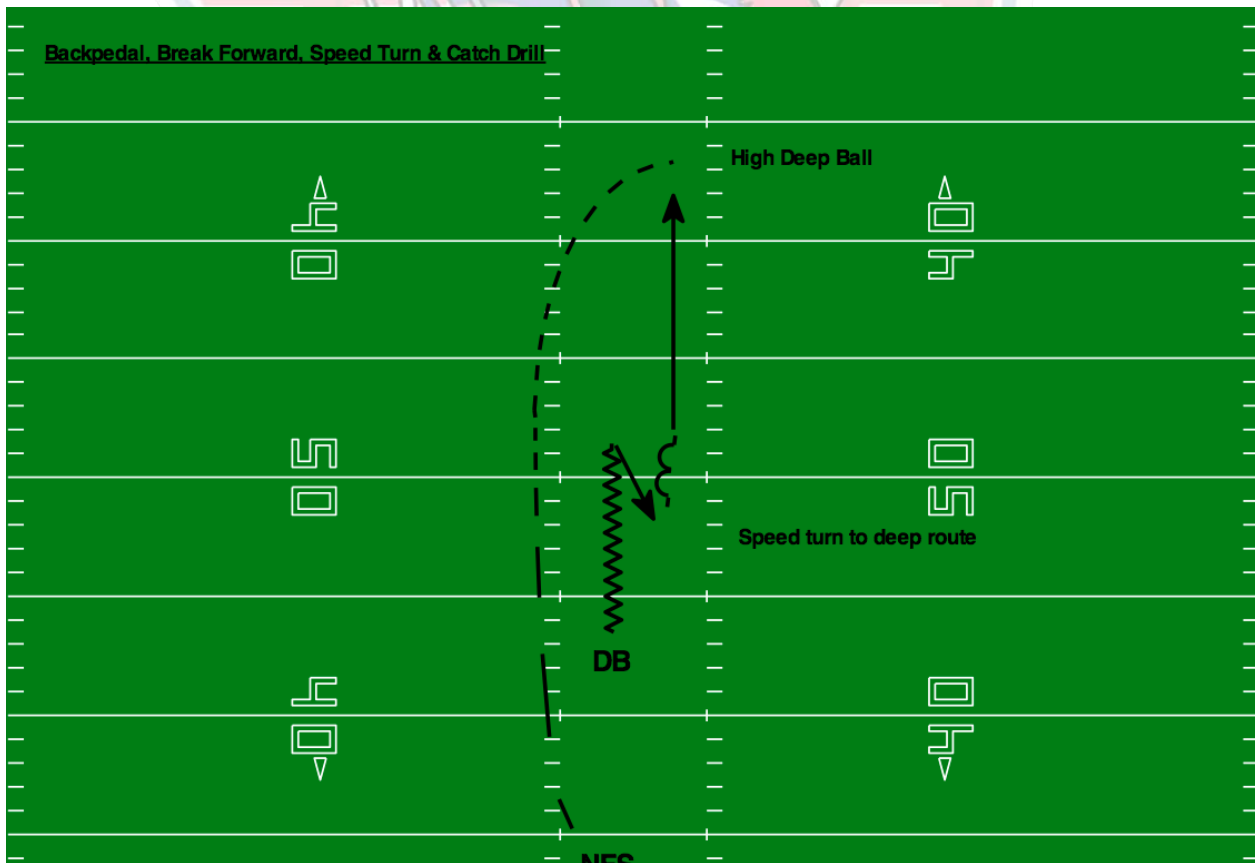
Back pedal weave 90

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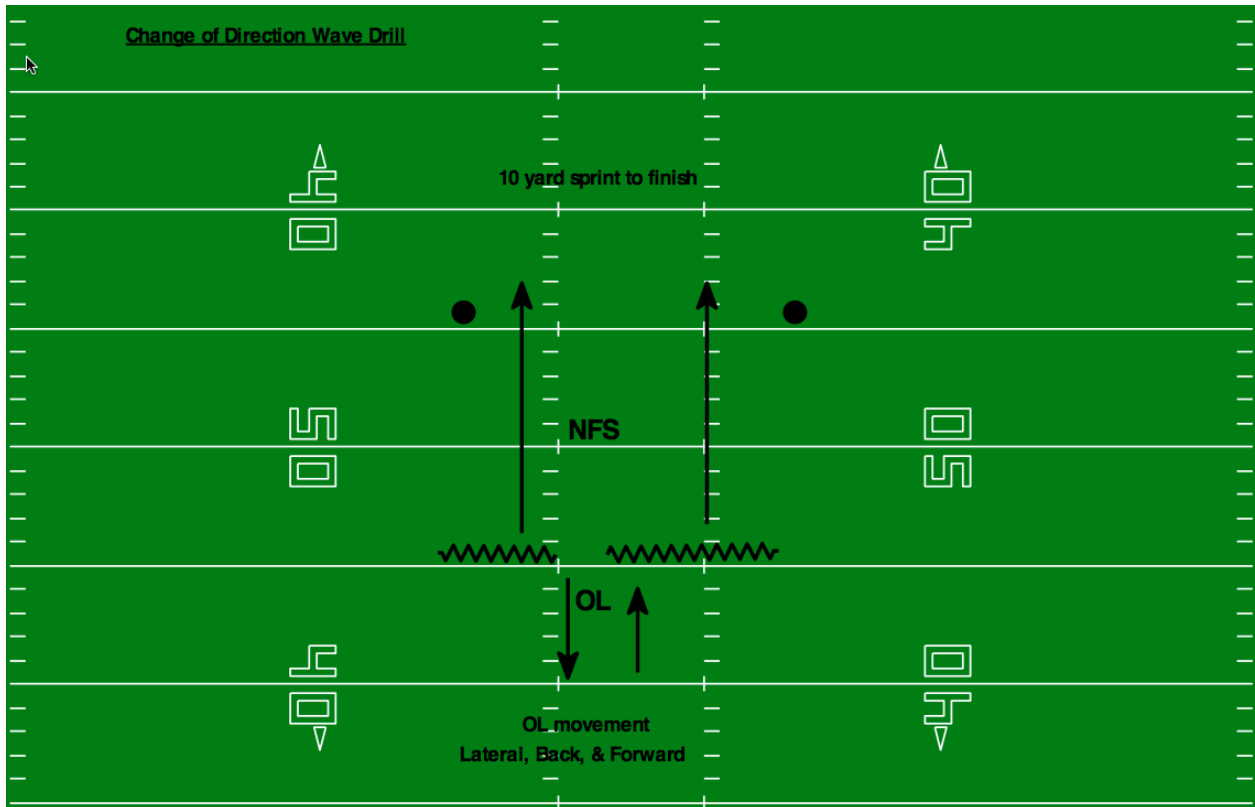
Backpedal forward sprint catch



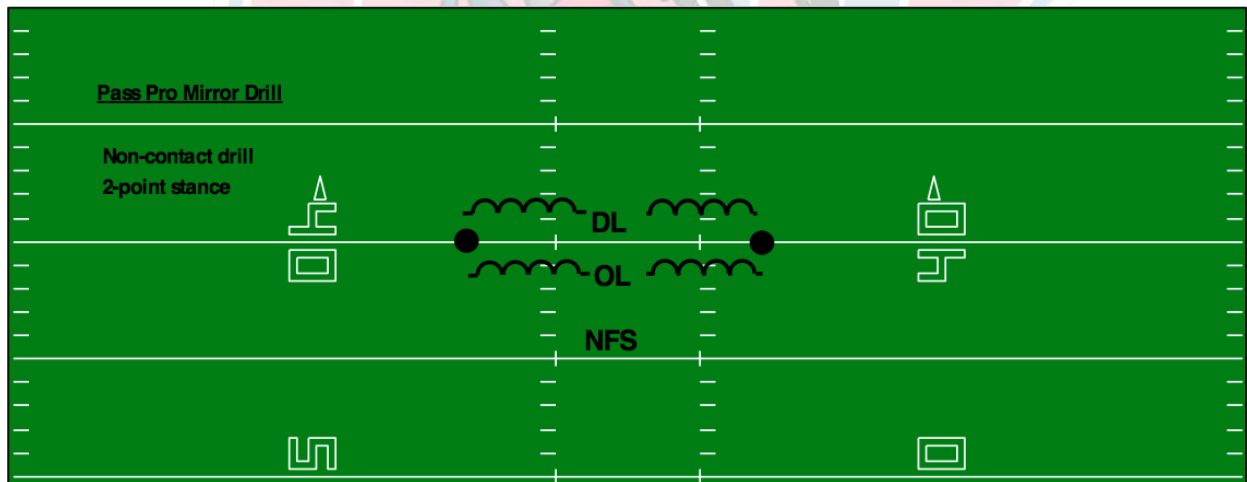
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OL COD Wave



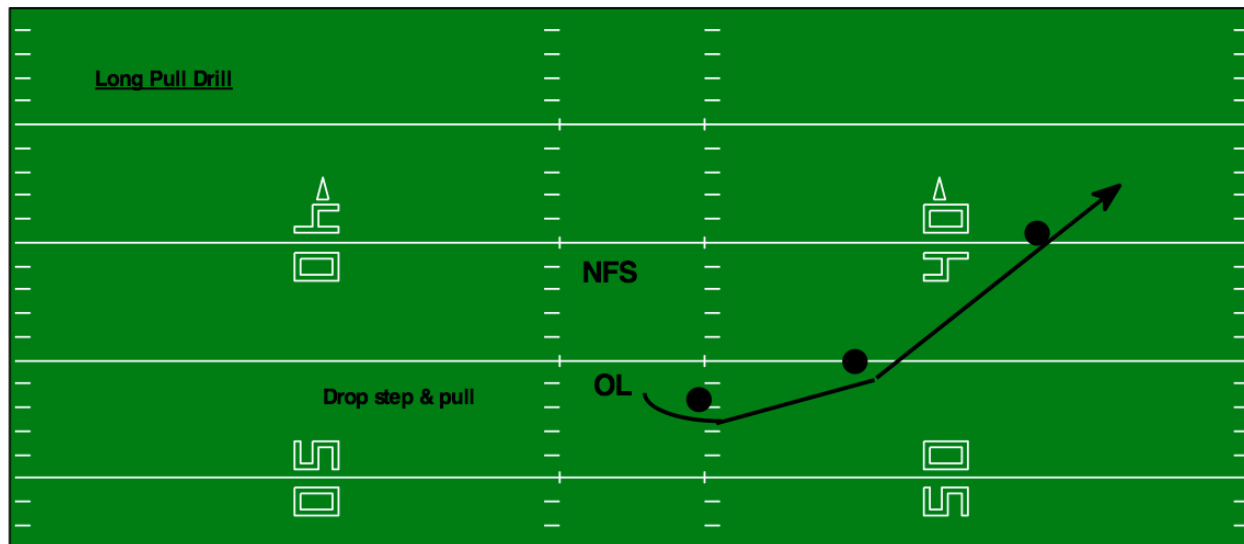
Pass Pro Mirror



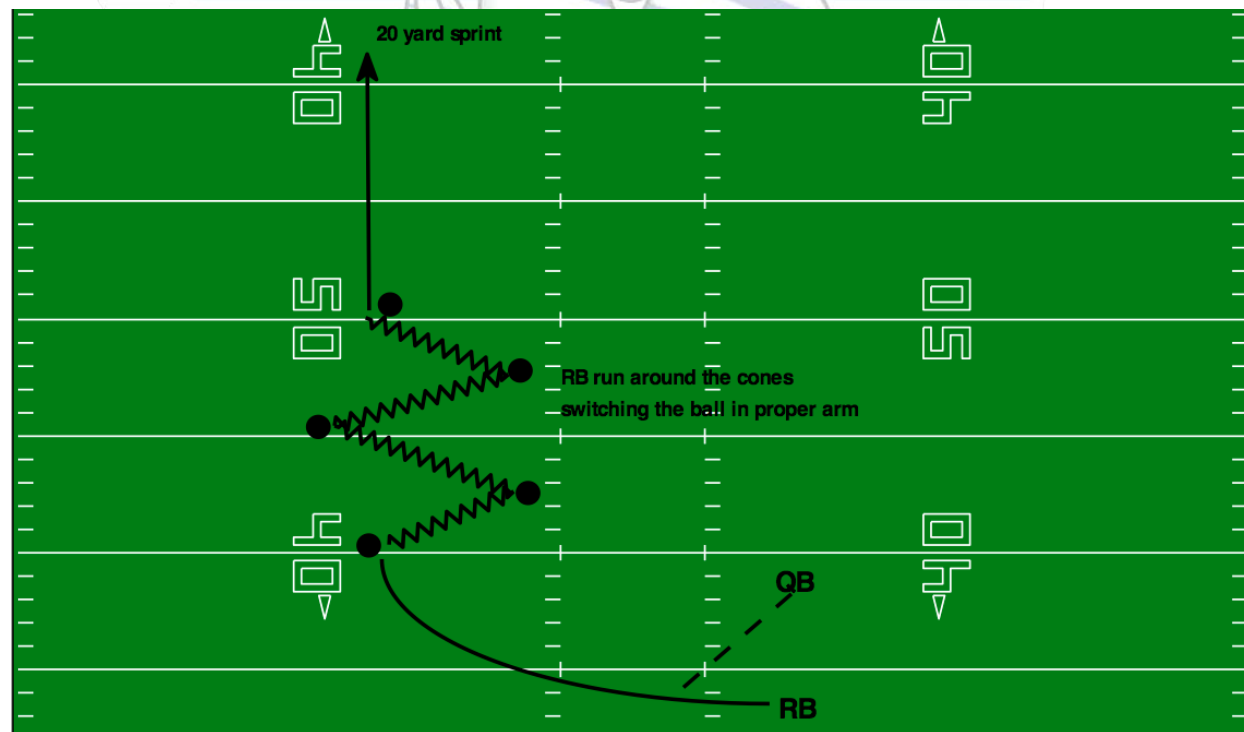
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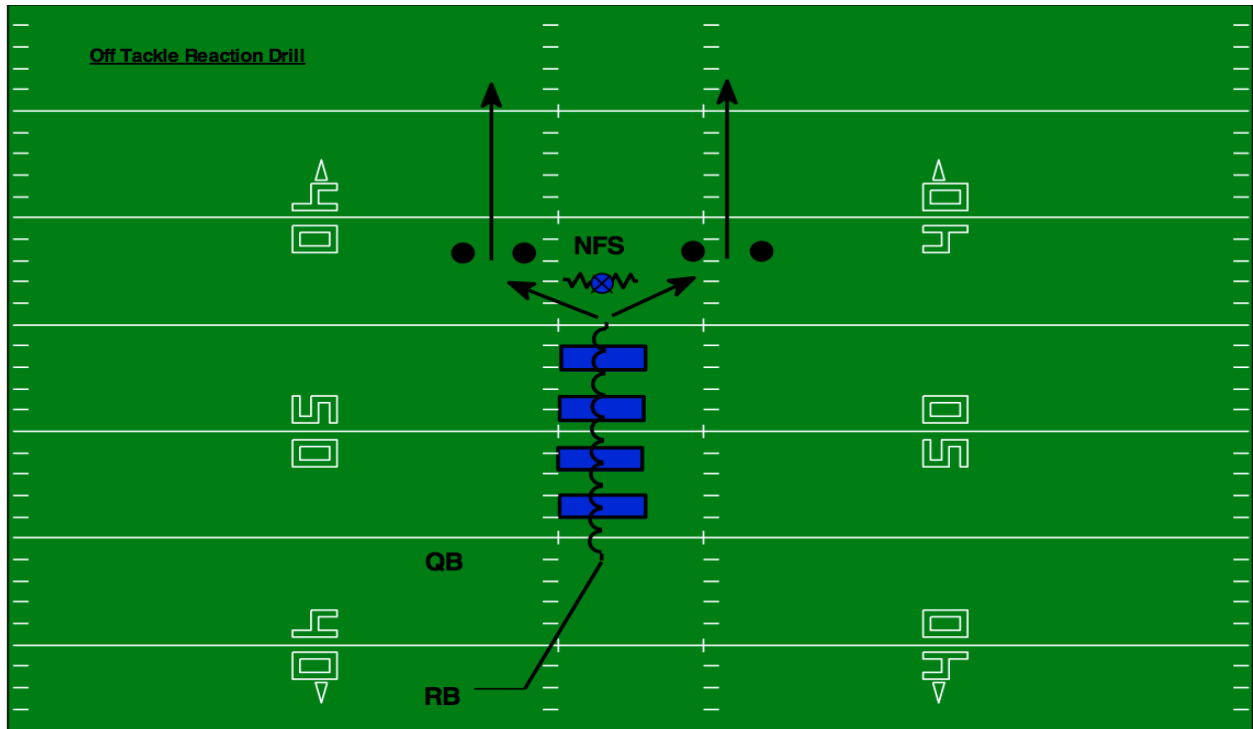
Long Pull



RB COD



Off Tackle React



QB Pocket Movement



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Roster Counts by Position

Offense (26)

Offensive Linemen	10	>6'0", >250lbs
Running Backs	4	<4.7
Quarterbacks	3	>6'0"
Tight Ends	3	6'2", >230
X Receiver	3	>6'0", <4.7
Z Receiver	3	<4.7

Defense (29)

Defensive Linemen	10	Athletes, >220
Linebacker	8	>6'0", <5.0, <250lbs
Cornerbacks	5	<4.7, >5'10", savvy
Free Safety	3	<4.7, savvy
Strong Safety	3	<4.7, savvy

Specialists

Place Kicker

Punter

Deep snapper