



Classroom instruction.



PAT/FG practice. Michelle Breden snaps to Jenn O'Connor, holding for Riss Nardelli, as kicking coach and ATC Cliff Ashley looks on.



Coach Callahan and his "Meat"



Coco and Maia going through line agility drills with Lizwe Nondabula, Lesley Lopes, Tricia Riorday, Kelly Hebert, Michelle Breden, T Brown, Aimee Gauvin, Riss Nardelli and Nancy O'Loughlin waiting their turn



Double team drills..T Brown and Kate Schoenen take on Tricia Riordan.



The practical application of the double team drill—during Team O, with Maia Goodall and Lisa Close sealing Lizwe.



Team O.



More Team O.



Alex Montone opening to hand the ball off during Team O.



A nice shot of the pocket during Team O. Maia, Coco, Michelle, Nancy and T Brown providing the blocking up front, with Steph moving in to pick up a blitz from the left side as Alex drops back to pass.



Michelle and Nancy double teaming Aimee with T Brown shoving Riss to the outside while Kate goes out on a pass rout.



Alex dropping back to pass with Coco causing fits for Michelle and Kelly. Aimee gets low on T Brown./ Riss and Tricia battle for the edge and Steph stays in for pass protection in the back field.