



Classroom instruction with Coach Fernald.



Maia and Coco hitting the bags.



O skills vs. D skills



Kelly and Aimee hitting the bags.



Hulk defending Vinny on a pass route.



Alex on a keeper w/ T Brown, Tricia Riordan and Kate opening a big hole.



LBs!!! Charlene and Erica, with the Meat in the background.



Run right with Lizwe moving her feet well and sealing off the back side (specifically, Andrea)!



Kelly and T Brown hitting the bags.



Run up the middle with Kate, Tricia, T Brown, Maia and Coco blocking, Erica leading the way and Steph carrying the ball.



Andrea closing on Steph with Julie coming to help.



Run up the middle with great blocking.



Run left with a big hole created by Coco, Maia and Lizwe.



Coach Fernald working with the O.



Coach Callahan working with the D.