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INDIVIDUAL PRACTICE PLANS



Practice Schedules Explained

In JPD, there has been an effort to maximize participation and minimize watching. As such, practices are subdivided into 10 segments. Each segment has a specific time interval. This time constraint should help to minimize talking and help the tempo of practice.

Due to the time constraints, a major effort should be made to organize your team. While order may be difficult to achieve from the start, it really helps the goals of JPD. Dividing your teams into squads of 4 based on weight and assigning spots minimizes setup time throughout the season and maximizes the time used for participation.

Coaching preparation, setup and organization of drills is as important or more important than the actual skills being taught.

Try to avoid any instance of talking. Eliminate the talking and *move, move, move!*



Individual Practice Plans

Practice A

Topic: Basic Offensive Skills

Segment	Time	Drill
1	10	Introduction
2	10	Stretching (Agilities)
3	10	Breakdown
4	10	Breakdown (RB/WR/OL/QB)
5	15	6 Point Progression
6	15	QB Receiving Snap
7	15	QB Receiving Snap/Seating Ball/ Hand Off/Toss
8	10	Throwing & Catching
9	10	Review Team Alignment/Formations (Off.)
10	15	Competition – Practice A vs. Practice B Flag Football 8 on 8 (Review)
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice B

Topic:

Basic Defensive Skills

Segment	Time	Drill
1	5	Introduction
2	10	Stretching (Agilities)
3	10	Breakdown
4	10	Breakdown (DB/LB/DL)
5	15	Form Tackling
6	15	Mirror
7	15	Scrape
8	10	Back Pedal
9	10	Ball Drills
10	10	Review Team Alignment/Formations (Def.)
11	10	Competition – Practice B vs. Practice A Flag Football 8 on 8 (Review)
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice C

Topic: Offensive & Defensive Skills

Segment	Time	Drill
1	10	Introduction
2	10	Stretching (Agilities)
3	10	Breakdown (RB/WR/OL/QB)
4	10	Breakdown (DB/LB/DL)
5	10	Form Tackling
6	10	6 Point Progression
7	10	Throwing & Catching
8	10	C/QB Exchange
9	10	Back Pedal
10	10	Review Defensive Formations Offensive Formations
11	20	Competition – Practice C vs. Practice C Flag Football 8 on 8 (Review)
Total time:	120 min.	



Individual Practice Plans

Practice D

Topic: Center/QB Skills (Run)

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	6 Point Progression
3	15	Stance, Start & Alignment (QB/TB/FB)
4	10	QB Receiving Snap
5	10	QB Receiving Snap/Seating Ball/ Handoff/Toss
6	10	Handoff/Toss
7	15	Competition #1
8	10	Center Skill (Run)
9	10	QB/C Exchange (Dive/Toss)
10	5	Review
11	15	Competition #2 and Review
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice E

Topic: Center/QB Skills (Pass)

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	6 Point Progression
3	10	Stance, Start & Alignment (QB/TB/FB)
4	10	QB Receiving Snap/Seating Ball/ Dropping for Pass
5	15	QB Skills for Pass (TB/FB)
6	5	Review
7	15	Competition #1
8	10	Center Skill (Pass)
9	10	QB/C Exchange/ Pass (TB/FB/WR)
10	5	Review
11	20	Competition #2 and Review
Total time:	120 min.	



Individual Practice Plans

Practice F

Topic: Center/QB Skills (Run/Pass)

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	6 Point Progression
3	10	Throwing and Catching
4	15	Receiving Handoff and Toss
5	15	QB/C Exchange (Run & Pass)
6	15	Center Skill (Run & Pass)
7	10	Review
8	35	Competition with Practice F and Review Review
Total time:	120 min.	



Individual Practice Plans

Practice G

Topic: Wide Receiver

Segment	Time	Drill
1	10	Stretching
2	10	Stance, Start & Alignment (WR)
3	10	6 Point Progression
4	15	Catching
5	15	Stalk Block
6	5	Review
7	15	Competition #1 with Practice H
8	10	Patterns (7 Yd In/Out)
9	10	Stop & Go
10	5	Review
11	15	Competition #2 with Practice H and Review
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice H

Topic: Defensive Backs

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Stance, Start & Alignment (DB/S)
3	10	Form Tackling
4	15	Catching
5	15	Back Pedal & Close
6	5	Review
7	15	Competition #1 with Practice G
8	10	Back Pedal & Break on WR
9	10	Ball Drills
10	5	Review
11	15	Competition #2 with Practice G and Review
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice I

Topic: Wide Receiver/Defensive Back

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Stance, Start & Alignment (WR)
3	10	Open Field Tackling
4	10	Stalk Block/Patterns
5	10	Stance, Start & Alignment (DB/S)
6	10	Back Pedal, Close & Break on WR
7	10	Review
8	50	Competition with Practice I and Review
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice J

Topic: Running Back

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Stance, Start & Alignment (TB/FB)
3	10	6 Point Progression
4	15	FB Block
5	15	Hand Off Drill (Toss/Dive)
6	5	Review
7	15	Competition #1 with Practice K
8	10	Dive Pass Play
9	10	Toss Pass Play
10	5	Review
11	15	Competition #2 with Practice K and Review
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice K

Topic: Linebacker

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Stance, Start & Alignment (LB)
3	10	Form Tackling
4	15	Shed Block
5	15	Defend Dive/Toss
6	5	Review
7	15	Competition #1 with Practice J
8	10	Defend FB Pass
9	10	Defend TB Pass
10	5	Review
11	15	Competition #2 with Practice J and Review
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice L

Topic: Running Back/Linebacker

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Stance, Start & Alignment (QB/TB/FB)
3	10	6 Point Progression
4	10	Form Tackling
5	10	Lateral Butt
6	10	Toss – Toss Pass (Rt/Lft) Dive – Dive Pass (Rt/Lft)
7	10	Stance, Start & Alignment (LB)
8	10	Defending Dive – Dive Pass (Rt/Lft) Toss – Toss Pass (Rt/Lft)
9	10	Review
10	30	Competition with Practice L and Review
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice M

Topic: Offensive Line

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Stance, Start & Alignment (OL)
3	10	6 Point Progression
4	15	Reach Step/Reach Block
5	15	Pass Block (Rt and Lft) (1st Step)
6	5	Review
7	15	Competition #1 with Practice N
8	10	Drive Block
9	10	Pass Block (Rt/Lft)
10	5	Review
11	15	Competition #2 with Practice N and Review
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice N

Topic: Defensive Line

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Stance, Start & Alignment (DL)
3	10	Form Tackling
4	15	Mirror
5	15	Read & Mirror (Pass/Run)
6	5	Read & Bench
7	15	Competition #1 with Practice M
8	10	Read to Bench
9	10	Pass Rush (Rip/Swim)
10	5	Review
11	15	Competition #2 with Practice M and Review
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice O

Topic: Offensive Line/Defensive Line

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Stance, Start & Alignment (OL)
3	10	6 Point Progression
4	15	Reach Block/Pass Block
5	10	Form Tackling
6	10	Stance, Start & Alignment (DL)
7	15	Read & Bench or Pass Rush
8	10	Review
9	30	Competition with Practice O and Review
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice P

Topic: QB/OL/RB

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Offensive Stance, Start & Alignment (From a Huddle)
3	10	Reach Block
4	15	Block for Dive With C & QB
5	15	Stance, Start & Alignment (DL)
6	5	Review
7	15	Competition #1 with Practice Q
8	10	QB/C Exchange (Dive/Toss)
9	10	Dive/Toss
10	5	Review/Organization
11	15	Competition #2 with Practice Q
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice Q

Topic: Defensive Line/Linebacker

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Defensive Stance, Start & Alignment (From a Huddle)
3	10	Form Tackling
4	15	Tackling Circuit
5	15	Mirror Drill (From a Huddle)
6	5	Review
7	15	Competition #1 with Practice P
8	10	Read & Bench (From a Huddle)
9	10	Defending Dive/Toss
10	5	Review/Organization
11	15	Competition #2 with Practice P
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice R

Topic: (QB/OL/RB)/(DL/LB)

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Offensive Stance, Start & Alignment (From a Huddle)
3	10	Reach Block (From a Huddle)
4	10	Block for Dive/Toss
5	10	Defensive Stance, Start & Alignment (From a Huddle)
6	10	Read & Bench (Mirror)
7	10	Review/Organization
8	50	Competition with Practice R
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice S

Topic: QB/OL/WR

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Offensive Stance, Start & Alignment (From a Huddle)
3	10	6 Point Progression
4	15	Out Pass/In Pass
5	15	Passing (Live Blocking) (From a Huddle)
6	5	Review
7	15	Competition #1 with Practice T
8	10	Catching
9	10	Stop & Go Pass
10	5	Review/Organization
11	15	Competition #2 with Practice T
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice T Topic: DL/DB/S

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Defensive Stance, Start & Alignment (From a Huddle)
3	10	Form Tackling
4	15	Back Pedal and Break on WR
5	15	Pass Rush (Rip/Swim) (Live From a Huddle)
6	5	Review
7	15	Competition #1 with Practice S
8	10	Ball Drills
9	10	Group Reads – Defending the Pass
10	5	Review/Organization
11	15	Competition #2 with Practice S
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice U

Topic: (QB/OL/WR)/(DL/DB/S)

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	6 Point Progression/Form Tackling
3	10	Offensive Stance, Start & Alignment (From a Huddle)
4	10	Pass Patterns (Out/In/Stop & Go)
5	10	Defensive Stance, Start & Alignment (From a Huddle)
6	10	Group Reads (Defending the Pass)
7	10	Review /Organization
8	50	Competition with Practice U
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice V

Topic: Team (Offense)

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Team Formation - Stance, Start & Alignment (From a Huddle)
3	10	6 Point Progression
4	15	Offensive Blocking (Reach/Drive/Stalk)
5	15	Team Blocking for Runs
6	5	Review
7	15	Competition#1 with Practice W (Running Plays)
8	10	Team Pass Blocking
9	10	Team Pass Patterns
10	5	Review
11	15	Competition #2 with Practice W
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice W

Topic: Team Defense

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Team Formation (From a Huddle)
3	10	Form Tackling
4	15	Read & Bench, Play Off Stalk Block
5	15	Defensive Recognition, Keys & Responsibilities vs. Runs
6	5	Review
7	15	Competition #1 with Practice V (Running Plays)
8	10	Team Pass Rush
9	10	Team Defense vs. Pass Patterns (DB/LB/S)
10	5	Review
11	15	Competition #2 with Practice V
Total time:	<i>120 min.</i>	



Individual Practice Plans

Practice X

Topic: Final Day/Team

Segment	Time	Drill
1	10	Stretching (Agilities)
2	10	Set Up Groups (Small, Medium, Large)
3	10	Offensive Review
4	10	Defensive Review
5	80	GAMES
Total time:	<i>120 min.</i>	



INDEX OF ALL SKILLS



Introduction

- Introduce or reintroduce yourself and assistants
- Take attendance
- Be organized
 - a) Subdivide team into units of 4 based on weight
 - b) Identify units with names or codes (colors, letters, etc.)
- Teach JPD rules and team rules
 - a) No talking while a coach is talking
 - b) Always exhibit good sportsmanship and fair play
- Identify *Life Skill* for the current week

Stretching (Agilities)

- Exercises prepare players for practice
- Exercises are dynamic, not static
- Examples of agilities:
 - a) Jumping Jacks done as a team
 - b) High knee running done by unit
 - c) Side to Side Shuffle done by unit

Note: It is necessary to work at building order by stressing that units work together.

Breakdown Position

- This segment is to be done as a team
- Players are to be taught to stand in the breakdown position. From this fundamental position all positions are derived and all blocking and tackling comes from maintaining this position.
- Explain the importance of the position as the starting point for all other positions on the field.
- Teach players to respond to the BREAKDOWN command
 - a) Upon hearing the command, all players should stop talking, face the coach and “breakdown”
- Important coaching points for the breakdown position:
 - a) Feet are parallel and shoulder width apart
 - b) Do NOT allow toes to point out or in
 - c) Knees and hips are slightly bent
 - d) The back is arched creating a BIG chest and player should lean slightly forward
 - e) Hands are resting on thighs and the middle fingers point to the knees



Offensive Stances

- To be done as a team
- Relate the breakdown position to various offensive positions
- As you teach the various positions as a team, always begin in the breakdown position and make corrections to bad stances

Tailback - Normal

- Uses the basic breakdown position with no changes

Quarterback - Narrow with hands out

- Starts from the breakdown position
- The feet move to a more narrow position
- Hands are "placed on a table," palms down and thumbs touching at the height of the hips

Receiver - Narrow with an outside stagger

- Starts from the breakdown position
- The feet move to a more narrow position
- Outside foot slides back to create a slight stagger
 - a) The toe of the outside foot cannot pass the heel of the inside
 - b) Teach the concept of outside and inside in relation to the ball
- Hands are allowed to dangle
- Head is looking **inside** at the ball

Fullback - Balanced 3-point stance (2 feet & 1 hand on the ground)

- Starts from the breakdown position
- Roll up to a 4-point stance (2 feet & 2 hands on the ground)
 - c) Feet remain in place
 - d) Start to lean forward until falling
 - e) Put out both hands to land
 - Balanced weight between hands and feet
 - Hands should be shoulder width as well as feet
 - Do NOT allow feet to point out or in
- Lift one arm and rest forearm on the thigh
- Head should be looking up

Offensive Line – Balanced 3-point

- Same as fullback



Offensive TB/FB Stance Alignment

- Period designed to reinforce and correct breakdown positions
- Use time to explain the role of the running backs
 - a) Run the ball, fake as if carrying the ball, release on passes

STANCE

- Progress to running back stance (already taught in Practice A)
 - d) Tailback: Basic breakdown position
 - e) Fullback: Basic 3-Point stance

START

- Working in units, players learn the first step of a running back
 - a) Full back: Review dive to right and left
 - b) Tailback: Teach toss to right and left

ALIGNMENT

- Working in pairs, the players learn the alignment of the fullback and tailback
 - a) Have bags to in place to simulate a center and two guards on either side, use cones as landmarks for running backs
 - b) The first two running backs jog up to the line and align their proper distances from the center
 - Both positions are directly behind the center
 - FB: 3 yards from the line of scrimmage
 - TB: 5 yards from the line of scrimmage



Receivers Stance

- Period designed to reinforce and correct breakdown positions
- Use time to explain the role of the receiver
 - a) Run patterns and catch the ball
 - b) Block on running plays

STANCE

- Progress to the receiver stance (already taught in Practice A)
 - a) Narrow stance with outside foot stagger
 - b) Hands dangling or at the ready position
 - c) Head facing in to ball

START

- Working in units, players learn the first step of a wide receiver
 - a) Key the ball movement, not sound
 - b) With the inside foot, drive hard and step forward with the outside foot
 - Correct any drop steps
 - Have receiver take ONLY one step
 - c) After all units have gone, QB (Ball) moves to the other side of the lines forcing the stance to switch (outside foot stagger)
 - d) Following success, the receivers may be made to sprint 5 yards out of the stance
 - Be sure to alternate the relationship to the ball

ALIGNMENT

- Working in pairs, the players learn the alignment of a wide receiver
 - a) Have bags to in place to simulate a center and two guards on either side, use cones 5 yards from the guard as landmarks
 - Up to 6 sets, one for each unit
 - Ball in front of center
 - b) The first two receivers walk up to the line and align at 5 yards from the guards on the line of scrimmage in their receiver stance
 - Make corrections
 - c) A coach simulates a snap to start a 5 yard sprint
 - d) The next two members of the unit line up
 - e) Repeat as time allows



Offensive Line Stance

- Period designed to reinforce and correct breakdown positions
- Use time to explain the role of the offensive linemen
 - a) Block defensive players to allow teammates to:
 - Run the ball
 - Pass the ball

STANCE

- Progress to the offensive lineman stance (already taught in Practice A)
 - a) Balanced 3-Point stance

START

- Working in units, players learn different first steps of offensive linemen
 - a) Reach step
 - A 1-foot step at 45° to the right or left, keeping the weight centered over the thigh
 - b) Pass step
 - A short 6-inch step backwards replacing the heel with the toe
 - Arch your back and create a big chest posture
 - Keep the level of your body low
 - Practice to the right and the left

ALIGNMENT

- Working in units, the players learn the alignment of the offensive linemen and the QB
 - a) Have bags to in place to simulate a defensive line
 - Up to 6 sets, one for each unit
 - Ball in front of center
 - b) The three linemen jog up to the line and align their proper distances from the Center
 - Center is directly over the ball with hands outstretched to the side
 - The guard to either side is next to the Center also with outstretched hands
 - QB stands directly behind the Center
 - c) Repeat drill so each player is drilled at each position



Huddle to Offensive Formation

- Use time to explain the focus of the practice
 - a) Huddle demeanor
 - b) How to break the huddle and go to line of scrimmage and line up correctly

ALIGNMENT

- Working in units, the players review the alignment of:
 - a) The offensive linemen with QB
 - b) The running backs with QB and Center
 - c) Have bags in place to simulate a defensive line
 - QB and LineS
 - Begin from huddle
 - Offensive line stands with back to ball 5 yards away, Center calls the huddle with hands over head, QB faces Center
 - The three linemen jog up to the line and align their proper distances from the Center
 - Make corrections in stance and alignment
 - Repeat drill so each player is drilled at each position
 - QB, Center and Running Backs
 - Begin from huddle
 - Center calls the huddle with hands over head, QB faces Center and FB and TB are on either side of QB facing line
 - On break, all four players jog to line and line up
 - Make corrections in stance and alignment
 - Repeat drill so each player is drilled at each position



Defensive Stances

- To be done as a team
- Relate the breakdown position to various defensive positions
- As you teach the various positions as a team, always begin in the breakdown position and make corrections to bad stances
- All defensive drills and play starts with the ball movement or player movement in front of you. No drills should be run from sound.

Defensive Back – *Narrow with an outside stagger*

- Starts from the breakdown position
- The feet move to a more narrow position
- Outside foot slides back to create a slight stagger
 - a) The toe of the **outside** foot cannot pass the heel of the inside
 - b) Teach the concept of outside and inside in relation to the ball
- Hands are allowed to dangle
- Shoulder should be over the front foot
- Head is looking **inside** at the ball

Defensive Line - *Balanced 3-point (2 feet & 1 hand on the ground)*

- Starts from the breakdown position
- Roll up to a 4-point stance
 - a) Feet remain in place
 - b) Start to lean forward until falling
 - c) Put out both hands to land
 - Balanced weight between hands and feet
 - Hands should be shoulder width as well as feet
 - Do NOT allow feet to point out or in
- Lift one arm and rest forearm on the thigh
- Head should be looking up

Linebacker – *Breakdown with an outside toe to an inside heel*

- Starts from the breakdown position
- Outside foot slides back to create a slight stagger
 - a) The toe of the **outside** foot cannot pass the heel of the inside
 - b) Teach the concept of when the ball is outside and inside
- Hands are allowed to dangle
- Head is looking through the line key opposite you



Defensive Back Stance

- Should be done as units
- Period designed to reinforce and correct breakdown positions
- Use time to explain the role of the Defensive Back
 - a) Defend against receivers trying to catch the ball
 - b) Avoid blocks and make tackles on running plays

STANCE

- Progress to the defensive back stance (already taught in Practice B)
 - a) Narrow stance with outside foot stagger
 - b) Hands dangling or at the ready position
 - c) Head keys the receiver

START

- Backpedal
 - a) Key the movement of the receiver, not sound
 - b) Starts from the breakdown position
 - c) The first step is a push step
 - Practice first jab step
 - Progress to a 5 yard back pedal – which should take a player 4 steps

ALIGNMENT

- Working in units, the players learn the alignment of a defensive back
 - a) Have bags to in place to simulate a Center and 2 guards on either side
 - Up to 6 sets of bags or cones, one for each unit
 - Ball in front of center
 - b) The first two members of a unit are the receivers
 - Jog up to the line
 - Align at 5 yards from the guards on the line of scrimmage in their receiver stance
 - c) The last two members of a unit are the defensive backs
 - Jog out and line up at 7 yards depth
 - Be head up on the receivers
 - Make corrections
 - d) Switch roles within each unit



Linebacker Stance

- Should be done as units
- Period designed to reinforce and correct breakdown positions
- Use time to explain the role of the Linebacker
 - a) Learn to avoid and defeat blockers
 - b) Tackle running backs if they are carrying the ball
 - c) Cover the running backs if they run patterns and try to catch the ball

STANCE

- Progress to the linebacker stance (already taught in Practice B)
 - a) Breakdown stance with outside foot stagger
 - b) Hands dangling or at the ready position
 - c) Your eyes key the fullback

START

- Read step
 - a) Starts from the breakdown position
 - b) Key the movement of the fullback, not sound
 - c) The first step is short step with the outside foot to bring it even and parallel with the front foot
 - Practice read step

ALIGNMENT

- Working in units, the players learn the alignment of a linebacker
 - a) Have bags to in place to simulate a Center and 2 guards on either side
 - Up to 6 sets of bags or cones, one for each unit
 - Ball in front of center
 - b) The first two members of a unit are the linebackers
 - Jog out and line up at 4 yards deep – use cones for landmarks
 - Be head up on the guards
 - Make corrections
 - c) Switch roles within each unit



Defensive Line Stance

- Should be done as units
- Period designed to reinforce and correct breakdown positions
- Use time to explain the role of the Defensive Lineman
 - a) Read the offensive linemen to key which direction the ball is going and try to make tackles
 - b) Defeat block and get to the ball at the proper angle
 - c) If pass, pressure the QB
 - d) If ball is thrown turn and pursue the ball

STANCE

- Progress to the defensive line stance (already taught in Practice B)
 - a) Balanced 3-Point stance

START

- Mirror
 - a) Key the movement of the offensive lineman, not sound
 - b) The first step is a step in the same direction as the offensive lineman that he is lined up on
 - c) Hands should extend to the offensive linemen

ALIGNMENT

- Working in units, the players learn the alignment of a defensive lineman
 - a) Have bags to in place to simulate a Center and 2 guards on either side
 - Up to 6 sets of bags or cones, one for each unit
 - Ball in front of center
 - b) The first three members are the defensive linemen unit
 - Jog up to the line of scrimmage
 - Align in their stance
 - c) Switch roles within each unit so every member plays all three down lineman positions



Huddle to Defensive Formation

- Work in double units (5)
- Use time to explain the focus of the practice
 - a) Review roles of defensive linemen on running plays
 - b) Review roles of linebackers on running plays

ALIGNMENT

- Working in units, the players review the alignment of:
 - a) The defensive linemen
 - b) The linebackers
 - c) Have bags in place to simulate an offensive line
 - Defensive line and linebackers begin in the huddle
 - Begin from huddle
 - Defensive line stands facing the ball 1 yard away, nose guard calls the huddle with hands over head
 - Other two linemen stand at the nose guard's shoulders facing the same way
 - The linebackers stand facing the linemen
 - One linebacker calls the defense (3-2, 3-2, ready...)
 - All respond break
 - d) The three linemen turn up to the line and align their proper alignments on the offensive linemen
 - e) The linebackers also line up correctly



OFFENSIVE TECHNIQUES

6 Point Progression

- Teach all players to stand in the breakdown position
- Use a volunteer to demonstrate the 6 point position
- Position
 - a) From breakdown position the players will lower down to their knees, hands still on their thighs
 - Toes should be pointed forward, not back
 - Feet should not change their width
 - Feet should remain parallel
 - b) Have players sit back on their heels then allow the shoulders to fall forward
 - Land on hands, fingers pointing forward
 - Hands shoulder width apart
 - c) Arch back and face forward
- Explosion for distance
 - a) On a whistle, from the 6 point position, the player will be asked to push off his toes and explode forward
 - b) His body should travel horizontal to the ground, and he should land flat on his belly with his shoulders up off the ground (arched back)
 - Hands should be out in front
 - Head should be up with eyes looking to the sky
 - c) Reset and repeat
- Explosion into a padded bag
 - a) Align one tackling dummy in front of each unit line six inches from the face of the first on line
 - b) Before the whistle, the first player in each unit will be told what shoulder they are blocking with
 - c) Tell each player to hold their finish position to be corrected
 - d) On a whistle, from the 6 point position, the player will be asked to push off his toes and explode forward
 - e) As the face mask makes contact with the bag, the player slides his head to the side, never losing contact with the bag
 - This should expose the shoulder with which they are blocking
 - The head and eyes should fight to point up
 - The head should squeeze against the bag so there is no space between the bag and the pads
- Explosion into a partner
 - a) Same as explosion into a bag
 - b) Players work in pairs, one delivers the blow, the other receives



Throwing a Football

- To be introduced to whole team and broken out into units
- Let team know they are practicing a Quarterback (QB) technique
- Each person in each unit should have 1 ball at his feet
- The coach and a volunteer should demonstrate the techniques of throwing a pass
 - a) Start from the narrow breakdown position of a QB
 - The ball should be held with two hands
 - Throwing hand with fingers on the laces (slightly off center to the back of the ball)
 - Point of ball tucked into belly button
 - b) On command “set,” the ball should be brought to the throwing ready position, as follows:
 - Two hands still on ball
 - Ball is raised to behind the ear of the throwing arm
 - Feet should adjust the position of the body to point the opposite shoulder toward the target
 - Foot on throwing arm side should step back
 - Foot front should square in relation to the rear foot, facing the target
 - c) On command “throw,” the ball should be thrown to the target
 - The non-throwing hand should leave the ball and point to the target as the non-throwing foot steps and points to the target
 - The ball is then thrown with the throwing arm following through to end up pointing at the target
 - The non-throwing hand pulls the throwing hand through the throwing motion
 - d) As a team, practice the throwing stance
 - Ideally, one coach/volunteer will work with each unit
 - Coach stands 5 yards in front of player in his QB breakdown position with ball in belly
 - Gives command “set” then “throw” at which point the player throws the coach the ball and retreats to the end of the line
 - Correct any mistakes
 - Coach should repeat with the next player until all in the unit/team have done it
 - e) Repeat the drill to targets in different angles to the QB starting position
 - Force players to turn properly to each target
 - Do NOT let errors in stance or throwing technique slide
 - f) If time permits, allow the players to work in pairs throwing and catching with proper form
 - Emphasize one point of the throwing motion with each throw between the partners



Catching a Football

- To be done in units
- Let team know they are practicing a Receiver (Rec) technique
- The first person in each unit should have 1 ball
- The coach and a volunteer should demonstrate the techniques of catching a football
 - a) Start from the breakdown position
 - b) A target is made for the QB to throw the ball
 - The hands of the receiver should be pushed away from the body
 - The thumbs and forefingers should be touching creating a window at chest height
 - Emphasize spreading fingers comfortably
 - Adjust hands and body to view the ball through the window
 - As ball approaches, adjust hands and body to allow the ball to enter the window
 - Give gently with the ball while squeezing fingers around the ball
 - With your eyes on the football tuck it away in an armpit and cover point with hand
 - Discourage any use of the body
 - c) As a team, practice the window stance
 - Repeat
 - d) Ideally, one coach/volunteer will work with each unit
 - Coach stands 5 yards to the side of the first player of a unit line, and has a ball
 - Receiver stands in his receiver stance
 - On the coaches' command, the "catch" player turns to the QB and assumes the window position
 - Coach throws the ball to the receiver
 - Correct mistakes
 - Repeat with the next player in line until all in the unit/team have done it
 - Repeat from the other side (new stance)

Throwing and Catching

- To be done as a team in pairs
- Begin with all players in a breakdown position with a ball directly out front
 - a) Have the 1st and 3rd player in each line unit turn to face the 2nd and 4th player
 - Have 1st person pick up the ball with two hands with his fingers on the laces
 - Facing the target (his partner), he must turn so his throwing arm is away from his target
 - Coaching point: This points the non-throwing shoulder and the corresponding foot at the target
 - On the 1st whistle, all QBs turn and raise the ball with both hands to just behind the throwing ear
 - On the 2nd whistle, all QBs take non-throwing hand off the ball and point it at the target
 - On the 3rd whistle, all QBs throw the football to the partner
 - Coaching point: Partners should be broken down with a window stance as a target for the QB to throw
- Switch roles and repeat as time allows



Quarterback Receiving the Snap

- To be done in units in pairs
- Let team know they are learning a QB skill
 - Begin with the 1st and 3rd members of each unit standing in the QB breakdown stance
 - QB breakdown stance:
 - Elbows bent
 - Hands along imaginary Center's thighs
 - Thumbs straight out from the belly button
 - a) The 2nd and 4th members walk up in front of the QBs and take the ball
 - b) The ball should be held at the height of the QB's hands but at a distance of 4 inches out
 - c) On 1st "set" the QB **PUSHES** his hands out and grabs the ball
 - d) On 2nd "set" the QB **PULLS** the ball from the center and puts the point of the ball into his belly button
 - As skills increase, have QBs hold their position, so that the coach can check QB's hand position and ball position
 - Make sure QB's weight is slightly to the inside of both feet so they may push off and open up
 - e) As skills increase, have QBs turn out and face the sideline as they plug the ball into their belly
 - Be sure the head and shoulders of the QB do not rise during the turn
- Switch roles and repeat as time allows



Center/QB Exchange

- To be done in units
- Explain the importance of the C/QB exchange to the team
- Begin with all players in a breakdown position with a ball directly out in front
 - a) On command, center reached forward (flat back) and grabs ball
 - Center places index finger down the front of the ball with the top point of the ball pointing at the center's nose
 - Laces should be pointed to the side of the QB's throwing hand
 - b) Next player breaks down in QB stance (refer to QB receiving snap section)
 - Center stances will vary
 - QB must adjust to height by bending ankles and knees, not at the waist
 - c) On command, center snaps the ball to the QB
 - Both Center and QB hold the ball for coaches to evaluate hand and ball position
 - Coaching point: Progress to QB seating ball etc. (refer to QB receiving snap section)



Dropping for Pass

- To be done in units as pairs
- This drill is an extension of the QB/C exchange drill
 - a) The partners continue to exchange snaps, opening to his throwing hand side
 - b) On the 2nd whistle, the QB opens towards the arm with which he throws
 - c) On the 3rd whistle the QB drops for pass
 - Takes a five step drop
 1. Open
 2. Crossover
 3. Reach
 4. Crossover
 5. Plant
 - Keep level of the shoulders and head consistently low through Steps 1-3
 - The resulting stance is a breakdown stance with feet facing the target and chest facing the sideline
 - The throwing arm is furthest from the line of scrimmage
 - On Step 5, the ball is elevated with both hands and is held at the level of the ear just above the throwing arm
- Switch roles and repeat as time allows



C/QB Executing Toss

- To be done as a team in pairs
- Explain the importance of the C/QB exchange to the team
- Begin with all players in a breakdown position with the ball directly out in front
 - a) The 2nd and 4th player walk up directly behind the 1st and 3rd player of each unit line and assume the position of QB
 - b) Each Center roll up into a 3-point stance, hand right next to the football
 - c) Center grasps ball with the down hand with his thumb on the laces
 - d) QB stands in the QB breakdown position with BOTH hands extended
 - Starts from the breakdown position
 - The feet move to a more narrow position
 - BOTH hands are extended slightly from the body
 - Elbows are slightly bent
 - Palms are down
 - e) QB steps forward in the position and slides the hands up against the inside of the inner thigh of the center
 - f) On the 1st whistle the center snaps the ball and holds it up against the hands of the QB
 - Check to see that the ball is in the correct location of all pairs
 - g) On the 2nd whistle the QB pushes his hands forward to grab the ball from the center
 - h) On the 3rd whistle the QB pulls the ball out and “plugs” the ball into his belly button (seats the ball)
 - As the QB seats the ball he opens opposite the direction of the toss call and pivots on the back foot to face away from the line of scrimmage (reverse pivot)
 - Pivot on right foot for a toss right and the left foot for a toss left
 - After reps, have QB extend the ball from his body with both hands in a tossing motion to simulate a pitch, emphasizing that the swing foot not faces the target
- Switch roles and repeat as time allows



C/QB Executing Pass

- To be done as a team in pairs
- Explain the importance of the C/QB exchange to the team
- Begin with all players in a breakdown position with the ball directly out in front
 - a) The 2nd and 4th player walk up directly behind the 1st and 3rd player of each unit line and assume the position of QB
 - b) Each Center roll up into a 3-point stance, hand right next to the football
 - c) Center grasps ball with the down hand with his thumb on the laces
 - d) QB stands in the QB breakdown position with BOTH hands extended
 - Starts from the breakdown position
 - The feet move to a more narrow position
 - BOTH hands are extended slightly from the body
 - Elbows are slightly bent
 - Palms are down
 - e) QB steps forward in the position and slides the hands up against the inside of the inner thigh of the center
 - f) On the 1st whistle the center snaps the ball and holds it up against the hands of the QB
 - Check to see that the ball is in the correct location of all pairs
 - g) On the 2nd whistle the QB pushes his hands forward to grab the ball from the center
 - h) On the 3rd whistle the QB pulls the ball out and “plugs” the ball into his belly button (seats the ball)
 - As the QB seats the ball he opens to the direction of his throwing arm (facing the sideline)
 - Next steps are crossover steps and regular until 5 steps are taken
 - As he drops, the ball should be raised to above the throwing shoulder behind the ear
- Switch roles and repeat as time allows



C/QB Executing Dive

- To be done as a team in pairs
- Explain the importance of the C/QB exchange to the team
- Begin with all players in a breakdown position with the ball directly out in front
 - a) The 2nd and 4th player walk up directly behind the 1st and 3rd player of each unit line and assume the position of QB
 - b) Each Center roll up into a 3-point stance, hand right next to the football
 - c) Center grasps ball with the down hand with his thumb on the laces
 - d) QB stands in the QB breakdown position with BOTH hands extended
 - Starts from the breakdown position
 - The feet move to a more narrow position
 - BOTH hands are extended slightly from the body
 - Elbows are slightly bent
 - Palms are down
 - e) QB steps forward in the position and slides the hands up against the inside of the inner thigh of the center
 - f) On the 1st whistle the center snaps the ball and holds it up against the hands of the QB
 - Check to see that the ball is in the correct location of all pairs
 - g) On the 2nd whistle the QB pushes his hands forward to grab the ball from the center
 - h) On the 3rd whistle the QB pulls the ball out and “plugs” the ball into his belly button (seats the ball)
 - As the QB seats the ball he opens with the near foot and stays inside the landmark for the dive (cone)
 - After reps, have QB extend the ball from his body with his hand closest to the line of scrimmage simulating a handoff
- Switch roles and repeat as time allows



C/QB Passing to FB/TB

- To be done as a team in units
 - a) QB takes his 5 step drop
 - b) FB releases through the gap to a depth of 3 yards and then works out to the flat
 - c) TB flares out toward sideline for pass but does not cross line of scrimmage
 - d) Backs go in opposite directions
 - e) On whistle, QB throws the ball to one of the backs
- Make corrections
- Rotate and repeat so each player plays all 4 positions



Center Skills

- To be done as a team
- Explain the importance of the C/QB exchange to the team
- Begin with all players in a breakdown position with a ball directly out in front
 - a) On command, Center reaches forward (flat back) and grabs ball
 - Index finger down the front of the ball with top point of the ball pointing at Center's nose, laces pointed to the side of QB's throwing hand
 - b) Teach the snap technique
- Use 2 whistles to switch from position A to position B
 - a) Position A: the ball on the ground
 - b) Position B: the ball up through the legs pressed against the butt
- Next whistle should return the ball to the starting point
 - a) Be sure to check the position of every player at each stage of the snap
- Switch roles and repeat as time allows



Reach Step

- To be done as a team
- Let team know they are learning an offensive line technique
- Begin with all players standing in a breakdown position
 - a) Roll to 4-point stance
 - b) Lift one arm and rest forearm on the thigh
 - c) Begin with a reach step to the right
 - Only right foot moves, not the left
 - The right heel oversteps the right toes by 1 foot
 - The foot angle should change from parallel to pointing at 45°
 - Shift center of gravity so chest is over knee of right leg
 - Head should be focused forward
 - Right arm is thrown back
 - d) Follow with reach steps to the left
- Alternate and repeat as time permits, always beginning from breakdown and roll up



Reach Block

- To be done as a team in pairs
- Explain the importance of blocking to the team concept of football
- The reach block is the technique used by offensive linemen for all running plays to block defensive players and keep them from the ball
- Begin with the players in their unit lines
- Teach the concept of the reach block in four phases
 - a) Stance
 - Begin with offensive linemen stance and alignment
 - b) First Step
 - Review reach step
 - c) Second Step
 - Bring back foot past the reach step but maintain shoulder width
 - d) Block Technique
 - Have the feet in a wide base
 - Be sure to keep shoulders and body low
 - Aim face at the shoulder of the defender to the side of the reach block call (right or left)
 - Drive feet and move the defender
- Run the drill in units
 - a) Have three dummies to simulate the defensive line
 - b) Last member of the unit is the QB and calls “set” on coach’s signal
 - c) First three unit members are the offensive linemen and align
 - d) Coach calls out the direction of the reach step (right or left)
 - e) On QB’s call “set” all three linemen take first step
 - f) On second step all three linemen take second step to a balanced parallel stance with proper head placement on the dummy, feet should be chopping
 - g) On third set, linemen drive the bag down the field
- Repeat, switching roles, and switching left and right, as time allows



Blocking for Toss

- To be done in units
- Explain the importance of blocking to the team concept of football
- The reach block is the technique used by offensive linemen for all running plays to block defensive players and keep them from the ball
- Run the drill as units
 - a) Have three dummies to simulate the defensive line
 - b) Players begin in a huddle
 - Center calls “huddle” with hands over head and back to the ball
 - 5 yards away from the ball
 - Each guard stands to the side of the Center, also with backs to ball
 - QB faces the Center and line of scrimmage
 - c) Once in huddle, the QB for that play calls the play twice
 - “Toss right on SET, toss right on SET, ready....”
 - All players respond “BREAK” and clap
 - All players run to the line and align in their offensive linemen alignments
 - d) Once at line and all linemen are set properly (make corrections) QB calls “set”
 - Center snaps QB the ball
 - On snap, all linemen take a reach step in the direction of the toss
 - Step 1 followed by back foot to Step 2
 - Players always step towards the hole and attempt to shield the defender from the hole where ball is run
 - QB seats the ball and reverses out toward toss direction
 - e) On second “set” all three linemen take second step and engage the bag
 - f) On third “set” all three linemen drive the dummies up the field
- Repeat, switching roles, and switching left and right, as time allows



Drive Block

- To be done in units
- Explain the importance of blocking to the team concept of football
- The drive block is the technique used by offensive linemen for all running plays to block defensive players and keep them from the ball
- Run the drill as units
 - a) Have three dummies to simulate the defensive line
 - b) Players begin in a huddle
 - Center calls “huddle” with hands over head and back to the ball
 - 5 yards away from the ball
 - Each guard stands to the side of the Center, also with backs to ball
 - QB faces the Center and line of scrimmage
 - c) Once in huddle, the QB for that play calls the play twice
 - “Dive right on SET, dive right on SET, ready....”
 - All players respond “BREAK” and clap
 - All players run to the line and align in their offensive linemen alignments
 - d) Once at line and all linemen are set properly (make corrections) QB calls “set”
 - Center snaps QB the ball
 - All three linemen engage the bag by short directional step followed by a power step and corresponding shoulder
 - Keep a wide base and head up to attempt to get movement on the bag
 - Players always step towards the hole and attempt to shield the defender from the hole where ball is run
 - QB seats the ball in belly and turns to the dive hole
 - e) On second “set” all three linemen take second step and engage the bag
 - f) On third “set” all three linemen drive the dummies up the field
 - Heads up
 - Roll hips into bag
- Repeat, switching roles, and switching left and right, as time allows



Reach Block (From Huddle)

- To be done in units
- Explain the importance of blocking to the team concept of football
- The reach block is the technique used by offensive linemen for all running plays to block defensive players and keep them from the ball
- Run the drill as units
 - a) Have three dummies to simulate the defensive line
 - b) Players begin in a huddle
 - Center calls “huddle” with hands over head and back to the ball
 - 5 yards away from the ball
 - Each guard stands to the side of the Center, also with backs to ball
 - QB faces the Center and line of scrimmage
 - c) Once in huddle, the QB for that play calls the play twice
 - “Dive right on SET, dive right on SET, ready....”
 - All players respond “BREAK” and clap
 - All players run to the line and align in their offensive linemen alignments
 - d) Once at line and all linemen are set properly (make corrections) QB calls “set”
 - Center snaps QB the ball
 - On snap, all linemen take correct step for play called
 - e) On second “set” all three linemen begin to move feet
 - f) On third “set” all three linemen simulate mirror blocking a player
- Repeat, switching roles, and switching left and right, as time allows



Pass Blocking

- To be done in units as pairs
- Explain the importance of blocking to the team concept of football
- The pass block is the technique used by offensive linemen for all passing plays to block defensive players and keep them from the QB so he may throw the ball
- Begin with the players in their unit lines
- Teach the concept of the pass block in three phases
 - a) Stance
 - Begin with offensive linemen stance and alignment
 - Emphasize that there is no change in stance
 - b) First Step
 - Short drop step with the outside foot then mirror defender
 - c) Block Technique
 - Have the feet in a wide base
 - Be sure to keep shoulders and body low
 - Chop feet and mirror the defender, keep body in front of defender
- Run the drill in pairs
 - a) First member of the unit is the offensive lineman
 - b) Second member is the defender who lines up 1 yard away but head up on the lineman
 - c) Coach calls out the direction of the reach step (right or left)
 - d) On coach's call "set" the lineman takes his first step, defender waits
 - e) On second "set" the defensive lineman scrambles back and forth in a short radius
 - f) The offensive lineman attempts to stay in front of the defender by shuffling his feet
- Repeat, switching roles, and switching left and right, as time allows



Blocking From Fullback Position

- To be done in units as pairs
- Explain the importance of blocking to the team concept of football
 - a) The FB can lead on a LB or kickout the last man on the line of scrimmage
 - b) He can set for pass blocking
- The kick block is the technique used by fullbacks to block the last defenders on the line of scrimmage
- Begin with the players in their unit lines
- Teach the concept of the kick out block in three phases
 - a) Path
 - Begin with fullback stance and alignment
 - On snap the fullback takes a crossover step with opposite foot to the side of the block
 - Aim for the outside foot of the last man on the line of scrimmage (guard)
 - b) Assignment
 - Blocks first man outside the guard
 - c) Block Technique
 - Have the feet in a wide base
 - Be sure to keep shoulders and body low
 - Aim outside shoulder at inside shoulder of defender
 - Drive feet and move the defender
- Run the drill in units as pairs
 - a) Have three bags to simulate the offensive line
 - b) First member of the unit is the fullback
 - c) Second member of unit is the defender
 - d) After one rep, the next two unit members step up to go
- Repeat, switching roles, and switching left and right, as time allows



Handoffs and Tosses

- To be done in units as pairs
- Let team know they are practicing a running back technique (FB)
 - a) First person in each unit should have 1 ball
 - b) Coach and a volunteer should review the techniques of giving and receiving a handoff
 - c) As a team, practice the handoff stance from right and left (repeat)
 - d) Ideally one coach/volunteer will work with each unit
 - First player in each unit line stand 3 yards in front of next player
 - First player should be in a QB stance with ball in both hands
 - Second player is in the FB stance
 - Coach gives direction of hand off (right or left)
 - On “set” both players open to the direction and execute a handoff
 - Second group may work simultaneously
 - Repeat with players switching roles
 - Repeat in both directions
- Let team know they are practicing a running back technique (TB)
 - a) First person in each unit should have 1 ball
 - b) Coach and a volunteer should review the techniques of giving and receiving a handoff
 - c) As a team, practice the pitch steps to right and left (repeat)
 - First player in each unit line stand 5 yards in front of next player
 - First player should be in a QB stance with ball in both hands
 - Second player is in the TB stance
 - Coach gives direction of pitch (right or left)
 - On “set” both players execute a pitch in the direction of the play
 - TB crossover
 - QB reverse and lob (see page 46)
 - Second group may work simultaneously
 - Repeat with players switching roles
 - Repeat in both directions



Stalk Blocks

- To be done in units as pairs
- Explain the importance of blocking to the team concept of football
- The stalk block is the technique used by receivers to block defensive backs and keep them from the ball
- Begin with the players in their unit lines
- Teach the concept of the stalk block in three phases
 - a) Close the Cushion (reduce stance between WR and DB)
 - Begin with receiver stance
 - On ball movement the receiver fires out at a defensive back lined up at 5 yards
 - The defensive back should back pedal until told to stop by the coach with a hand signal
 - When the defensive back stops, so should the receiver
 - b) Mirror
 - Keying the belt of the defensive back, the receiver attempts to stay in front of the defensive back
 - Shuffling side to side and concentrating on foot speed
 - The defensive back should run right and left until told to advance by the coach using a second hand gesture
 - c) Shadow
 - Once told to advance, the defensive back will be attempting to reach the next person waiting on line
 - The receiver will continue to mirror the defensive player and will run with him, attempting to force him wide of his target
 - When contact is made WR needs to keep a wide base
 - Elbows in and hands up
- Repeat with the next two members of each unit



Toss Pass

- To be done in units
- Let team know they are practicing the tailback (TB) running play or tailback pass play (steps are the same)
 - a) First person in each unit should have 1 ball
 - b) Coach and a volunteer should demonstrate the techniques of running the toss play or pass
 - c) Ideally one coach/volunteer will work with each unit
 - d) Run the drill as units
 - Use three bags to simulate the offensive line
 - Players begin in the tailback stance and alignment
 - Coach should give direction as “toss right or left”
 - On “set” the player walks (increase to a jog and run as skill increases) through the toss path learned in previous segment (see page 46)
 - Begin with TB “start” learned in period 2
 - As he works towards the sideline, he is in pitch receiving relationship
 - On “toss right or left” TB receives the ball and runs 5 yards
 - On “pass right or left” TB fakes like he is receiving a pitch OPPOSITE the direction of the pass and bellys back toward the sideline at a depth of 6 yards in the backfield, no deeper than the line of scrimmage
 - Ball should be thrown as TB squares his shoulders and is attacking the line of scrimmage
 - After catch tuck ball in outside arm
 - After he goes, he should return to the end of his unit’s line
 - Repeat with next member of unit
 - Repeat drill on opposite side
- As time allows, allow players to alternate as the QB as well



Dive Pass

- To be done in units
- Let team know they are practicing the fullback (FB) running play or fullback pass play (steps are the same)
 - a) First person in each unit should have 1 ball
 - b) Coach and a volunteer should demonstrate the techniques of running the dive play or dive pass
 - c) Ideally one coach/volunteer will work with each unit
 - d) Run the drill as units
 - Use three bags to simulate the offensive line
 - Players begin in the fullback stance and alignment
 - On “set” the player walks (increase to a jog and run as skill increases) past coach in the QB position
 - Begin with FB “start” learned in period 2
 - As he passes the QB he is in handoff position
 - On “dive” FB receives the ball and runs 5 yards
 - On “pass” FB fakes like he received a handoff to the side of the pass (right or left) and runs out flat toward the sideline no deeper than 3 yards
 - After catch tuck ball in outside arm and turn up the field
 - After he goes, he should return to the end of his unit’s line
 - Repeat with next member of unit
 - Repeat drill on opposite side
- As time allows, allow players to alternate as the QB as well



Out Pattern

- To be done in units as pairs
- Let team know they are practicing a Wide Receiver (WR) skill
- Coach and volunteer demonstrate the 7 yard OUT pattern
 - a) Starts from the receiver breakdown position
 - Narrow stance
 - Outside foot slides back to create a slight stagger
 - Hands are allowed to dangle
 - b) Receiver fires out straight to 5 yards
 - c) At 5 yards he begins to drop his hips and stutter his feet
 - d) At 7 yards the receiver makes a hard plant to the inside (head fake) and cuts outside, remaining at 7 yards
 - e) Drop weight over inside foot remaining at a depth of 7 yards
- Run the drill with the first two members of each unit as the receivers
 - a) Have three bags to simulate linemen
 - b) Correct problems with stances and alignments
- Introduce a ball ONLY after patterns are run correctly
 - a) Stress the importance of running the pattern correctly
 - b) Stress tucking the ball and turning up field



In Pattern

- To be done in units as pairs
- Let team know they are practicing a Wide Receiver (WR) skill
- Coach and volunteer demonstrate the 7 yard IN pattern
 - a) Starts from the receiver breakdown position
 - Narrow stance
 - Outside foot slides back to create a slight stagger
 - Hands are allowed to dangle
 - b) Receiver fires out straight to 5 yards
 - c) At 5 yards he begins to drop his hips and stutter his feet
 - d) At 7 yards the receiver makes a hard plant to the outside (head fake) and cuts inside, remaining at 7 yards
 - e) Drop weight over inside foot remaining at a depth of 7 yards
- Run the drill with the first two members of each unit as the receivers
 - a) Have three bags to simulate linemen
 - b) Correct problems with stances and alignments
- Introduce a ball ONLY after patterns are run correctly
 - a) Stress the importance of running the pattern correctly
 - b) Stress tucking the ball and turning up field



Stop and Go

- To be done in units as pairs
- Let team know they are practicing a Wide Receiver (WR) skill
- Coach and volunteer demonstrate the 7 yard Stop & Go pattern
 - a) Starts from the receiver breakdown position
 - Narrow stance
 - Outside foot slides back to create a slight stagger
 - Hands are allowed to dangle
 - b) Receiver fires out straight to 5 yards
 - c) At 5 yards he begins to drop his hips and stutter his feet to give the image of a stalk block
 - d) At 7 yards the receiver makes a hard plant with his inside foot and attempts to run through the outside of the defensive back for a deep pass
- Run the drill with the first two members of each unit as the receivers
 - a) Have three bags to simulate linemen
 - b) Correct problems with stances and alignments
- Introduce a ball ONLY after patterns are run correctly
 - a) Stress the importance of running the pattern correctly
 - b) Stress tucking the ball and turning up field
 - c) Ball should be thrown over the inside shoulder



DEFENSIVE TECHNIQUES



Mirror Drill

- To be done as a team
- Let team know they are learning a defensive line technique
- Begin with all players standing in the breakdown position
 - a) Roll to 4-point stance
 - b) Life one arm and rest forearm on thigh (3-point stance)
- Begin by demonstrating a mirror move between coach and volunteer
 - a) Both demonstrators should begin in a 3-point stance facing each other while nose to nose, 1 yard apart
 - b) On the 1st whistle, offensive player moves, other holds his position (coach gives direction)
 - c) After a delay on the 2nd whistle the offensive player mirrors the defender
 - d) On the 3rd whistle, both return to the 3-point stance and the drill is repeated
 - e) After a few reps, the two players switch roles
 - f) Mirror options are right, left, and forward
- Ideally one coach/volunteer will work with each unit line
 - a) Coach organizes lines so that 1st player in each unit turns and pairs with the 2nd. The 3rd turns and pairs with the 4th.
 - b) Use a field landmark to identify the offensive and defensive players
 - c) Both players should begin in 3-point stances aligned nose to nose 1 yard apart
 - Correct any stance or alignment mistakes quickly
 - d) Use the three whistles to have the whole team work at same time
 - e) Shorten the time between whistles as success is achieved
- After some reps, the coach should repeat with players switching roles

Scrape Technique

- To be done in units
- Let team know they are practicing a linebacker technique
- The coach should use a volunteer to demonstrate the techniques of scraping as a linebacker
 - a) Starts from the linebacker breakdown position
 - Outside foot slides back to create a slight stagger in stance
 - Hands are allowed to dangle
 - b) Begin by teaching the read step
 - A short step with the outside foot resulting in a parallel stance
 - c) Following the read step, the player should be given a direction to initiate the scrape: right or left
 - The foot opposite the direction should be brought together towards the direction of the scrape (click the heels)
 - Do NOT allow the shoulders of the linebacker to rise
 - The foot towards the direction of the scrape will then move and regain a shoulder width
 - Start working towards the line of scrimmage down hill
 - Repeat and increase the speed
 - Try to enforce that it is not a hop technique, one foot is always on the ground
 - As they complete scrape they should be square to line of scrimmage
- Working unit by unit, practice scrape technique across 5 yards
- Repeat the drill in the opposite direction
 - a) Correct any mistakes in stance
 - b) Do NOT allow shoulders to rise as the speed increases
- This drill may also be used during agilities in future practices



Backpedal

- To be done in units
- Let team know they are practicing a defensive back (DB) technique
- The coach should use a volunteer to demonstrate the backpedal technique
 - a) Starts from the breakdown position
 - The feet move to a more narrow position
 - Outside foot slides back to create a more narrow position
 - Hands are allowed to dangle
 - Shoulders should be over the front foot
 - b) The 1st step is a push step
 - Using the outside foot (already staggered back slightly) reach back six inches
 - c) As the weight begins to shift, the front foot reaches back six inches past the other to complete the 2nd step
 - d) The rest of the steps must cover more ground
 - Weight should be over the knees, slightly forward
 - Do NOT allow the shoulders to rise up or lean back
 - e) The arms of the defensive back should be pumping to coordinate the movement
- This skill should be practiced unit by unit over 5 yards
 - a) With success, progress to 10 yards
 - b) Correct any mistakes with stances or backpedal technique



Backpedal and Close for Run

- To be done in units
- Let team know they are practicing a defensive back (DB) technique
- The coach should use a volunteer to demonstrate the close for run technique
 - a) Starts from the defensive back breakdown position and alignment
 - Narrow stance
 - Outside foot slides back to create a slight stagger
 - Hands are allowed to dangle
 - Alignment is 7 yards deep directly over the receiver
 - b) As receiver fires out, the defensive back keys his belt and begins his backpedal
 - As receiver breaks down to stalk the defender he will stop his backpedal
 - At this point he should attack the football through the outside shoulder of the blocker
 - Drive to the ball carrier
 - Make a form tackle
- Run the drill with the first two members of each unit as receivers
 - a) Have three bags to simulate linemen
 - b) Correct problems with stances and alignments
 - c) Stand 2 blocking dummies behind the receivers to simulate ball carriers (rest a ball on top)
 - d) Have coach simulate a ball snap to release the receivers
 - Receivers should break down at about 5 yards to stalk
 - DB should defeat blocker through outside shoulder and make tackle
 - Coaching point: do not let DB run around blocker, have him engage
- Switch roles and repeat as time allows



DB Coverage Skills

- To be done in units
- Let team know they are practicing defensive back (DB) coverage skills
- The coach should use a volunteer to demonstrate the “close on a receiver” pass defense technique
 - a) Starts from the defensive back breakdown position and alignment
 - Narrow stance
 - Outside foot slides back to create a slight stagger
 - Hands are allowed to dangle
 - Alignment is 5 yards deep directly over the receiver
 - b) As receiver fires out, the defensive back backpedals and keys his belt
 - Defensive back **MUST** stay above the receiver and **NEVER** let him pass
 - If receiver gets close to passing the defender, he must turn and run to stay above
 - As the receiver breaks to make his cut in a direction left or right
 - The defender should attack the football through the inside foot of the receiver
 - Attempt to catch football – INTERCEPT
 - If an interception cannot be made, attempt to knock or deflect the football from the receiver with the upfield arm
 - The rear arm must embrace the receiver to ensure a tackle if the catch can be made
 - Player cannot make contact with the WR until the ball is thrown
- Run the drill with the first two members of each unit as receivers
 - a) Have three bags to simulate linemen
 - b) Correct problems with stances and alignments
 - c) Have coach simulate a ball snap to release the receivers
 - Receivers should be told to run either in-out or stop & go
 - Defensive backs break on the receivers when routes are diagnosed
- Switch roles and repeat as time allows



DB Ball Drills

- To be done in units
- Let team know they are practicing a defensive back (DB) technique
- The first person in each unit should have 1 ball at his feet
- The coach should use a volunteer to demonstrate the techniques of the defensive back ball drills
- Use cones to show the depth of alignment (5 yards) from the coach
 - a) The first person in each unit stands at the cone facing his line
 - b) The coach should be 5 yards to one side of the defensive back at the line of scrimmage
 - c) On the first whistle the defensive back backpedals
- High Point Drill
 - a) After allowing a few steps the coach lobs the ball back into the air
 - b) The height and distance should require the defensive back to stop back pedaling and come forward
 - c) The defensive back attacks the location of the ball
 - d) He makes an attempt to catch the ball above his shoulders, jumping when necessary to catch the ball at its highest point
 - e) Following the catch, he takes ball in outside arm, runs the ball back in to the coach, and hands him the ball (bingo call)
 - f) Upon receiving the ball, the next player in that unit should already be on the dot, prepared to go, waiting for the whistle
- QB Read Drill
 - a) After allowing a few backpedal steps the coach turns his shoulders in a direction to simulate that he is about to throw that way
 - Exaggerate the turn to ease the skill of reading
 - b) The defensive back should begin to turn his hips to begin backpedaling in the direction of the turn
 - c) After allowing a few steps in a direction the coach lobs the ball into the air
 - d) The height and distance should require the defensive back to stop back pedaling and come forward on an angle to attach the ball and catch it at the highest point (bingo call)
 - e) Following the catch, he runs the ball back in to the coach and hands him the ball
 - f) Upon receiving the ball, the next player in that unit should already be on the dot, prepared to go, waiting for the whistle

Form Tackling

- To be done in units as pairs
- Explain the importance of learning how to tackle properly
 - a) Safety of self
 - b) Safety of opponent
 - c) Team play
- Need to learn tackling with both right and left shoulders
- This drill may be taught over various stages with success at previous stages
 - a) From breakdown position the players will face a tackling dummy
 - Dummy should be only 6 inches away, held by the partner
 - Stress the importance of being low
 - b) The tackler should be given direction as to which shoulder he should be tackling with, right or left
 - c) On the 1st whistle the defender steps with the foot opposite the shoulder with which he is tackling
 - A short 6 inch power step
 - Do NOT let the shoulders rise up, stress the importance of being low with the head up
 - Arms should go from the thighs to the hips like a gunslinger reaching for his guns
 - d) On 2nd whistle the defender steps with the second foot
 - This step should regain a wider parallel stance
 - The angle of the step should allow for contact between the target and the shoulder pad
 - Faces should slide to side allowing proper shoulder (chest plate) to make contact
 - Position should remain low, head up
 - Arms should shoot out and embrace the dummy
 - Arms should pull the dummy to the player, up off the ground
 - Partner releases the bag and moves to side
 - e) On 3rd whistle the defender should carry the bag 5 yards
 - The steps should remain wide parallel steps
 - Do NOT allow the defenders to rise up, stay low
- As success is achieved:
 - a) The distance between the defender and the dummy may be increased to 5 yards to allow for approach steps; however, the footwork just prior to contact should not change
 - b) The dummy may be removed and the contact exists between the defender and his partner holding a ball in both hands standing tall



Open Field Tackling

- To be done in units
- Explain the importance of learning how to tackle properly
- This drill simulates being in open space and having to make a tackle
- Be sure to stress the importance of the techniques used in form tackling drill
- Begin with players in their unit lines
- Teach the concept of the open field tackling drill in three phases:
 - a) Set Up and Roles
 - Three markers in a line
 - Two dots 5 yards apart
 - One cone at a distance of 2 yards from one and 3 from the other cone
 - Player aligned on the dot closest to the center cone is the defender and will be executing a moving form tackle
 - Player aligned on the dot furthest from the center cone will be the running back with one ball held by both arms and will be form tackled
 - Both players begin in breakdown stance
 - On 1st whistle both players begin to chop
 - b) The Drill
 - On 2nd whistle both players approach the cone
 - The ball carrier will actually reach the cone facing the defender and continue to chop his feet
 - The defender will reach a point 1 yard before the cone and breakdown while continuing to chop
 - Make corrections based on distance or stances on the fly
 - At this point the coach, standing behind the defender, should give direction to the offensive player, right or left
 - c) On the 3rd whistle, the offensive player turns 90° and progresses straight to the side
 - The defender, in response to the offensive move, steps with the near foot at an angle that will allow him to achieve proper tackling form with his head in front
 - Body position should remain low, head up
 - Arms should embrace the ball carrier and grab cloth
 - Accelerate the feet
- Repeat with the next two members of the unit
- Switch roles and repeat as time allows

Sideline Tackling

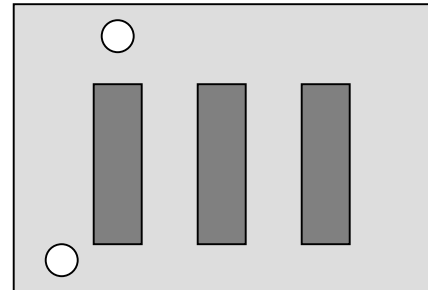
- To be done in units
- Explain the importance of learning how to tackle properly
- This drill simulates chasing a ball carrier toward the sideline and driving him out of bounds
- Be sure to stress the importance of the techniques used in form tackling drill
- Begin with players in their unit lines
- Teach the concept of the sideline tackling drill in three phases:
 - a) Set Up in offensive and defensive role
 - Two dots near a sideline
 - One dot just in bounds near the sideline
 - One cone at a distance of 2 yards from the sideline and 2 yards from the first dot
 - Player aligned on the dot furthest from the sideline is the defender and will be executing a moving form tackle
 - He is facing at an angle as if chasing the ball
 - His head is turned facing the ball carrier
 - Player aligned on the dot closest to the sideline will be the running back with one ball held by both arms and will be form tackled
 - Both players begin in breakdown stance
 - On 1st whistle both players begin to chop
 - b) The Drill
 - On 2nd whistle offensive player walks down the sideline
 - The ball carrier must NOT avoid contact but rather stay inbounds and continue along the sideline
 - The defender will begin to attack the ball carrier at a point to which the RB is heading
 - The proper angle should place the defender face across the body of the ball carrier with head up
 - Make corrections based on distance or stances on the fly
 - c) On contact, the defender executes a form tackle and drives the RB out of bounds by accelerating his feet
- Repeat with the next two members of the unit
- Switch roles and repeat as time allows

Lateral Butt Tackling

- To be done in units
- Explain the importance of learning how to tackle properly
- This drill simulates being in a linebacker situation in which the running back may have a choice of holes
- Be sure to stress the importance of the techniques used in form tackling drill
- Begin with players in their unit lines
- Teach the concept of the lateral butt tackling drill in three phases:

a) Set Up and Roles

- Three bags in a line (diagram)
 - One dot is placed at the end of one bag
 - Another dot is placed at the other end of the same bag, only 1 yard outside the drill
- Player aligned on the dot even with the bag holds a ball
- Player aligned on the dot outside the bag is the defender
- On 1st whistle both players begin to chop



b) The Drill

- Coach stands behind defender and gives RB a number corresponding to the hole he will turn up through
- On 2nd whistle RB walks along the entrances to the holes, turns up through the hole he was told to turn up through, and walks through that lane
- The defender maintains a position slightly behind the ball carrier
- As the RB turns up through the lane, that space will be closed as the tackler squares up working downhill scrape technique
 - Defender shuffles along the entrances to the holes on his side, keeping leverage
 - When the RB turns up through a lane, the defender turns up the same lane and makes a form tackle
 - Make corrections based on distance or stances on the fly

c) On the 3rd whistle, both players stop driving and switch sides

- As success and skills are built, the defenders may progress from a walk to a jog, then run through drill
 - a) Do NOT advance if skills are not mastered at slower speeds
- Repeat with the next members of the unit
- Switch roles and repeat as time allows

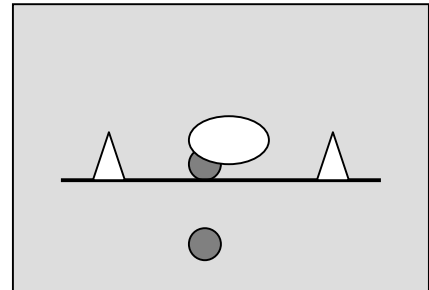


Pass Rush Technique

- To be done in units
- Let the team know they are practicing defensive line skills
- The coach should use a volunteer to demonstrate the first pass rush move, which is the slap, dip & rip technique (right then left)
 - a) Practice on dummies, then partners
 - b) Begin in a breakdown stance
 - c) On whistle, take a short step with the right foot in the direction of the rip
 - d) Slap dummy with the right arm, staying low, throwing the left arm back at the same time
 - e) Step forcefully forward with the left foot while dropping the left shoulder and swinging the left arm down and up in a bowling motion
 - The dip should lower the shoulder to make less of a target to the offensive lineman
 - The rip should make contact with the blocker with the forearm
 - f) As defender clears the bag with the rip he should lean in and attack the QB
- The coach should use a volunteer to demonstrate the next pass rush move which is the slap & swim technique (right then left)
 - a) Practice on dummies, then partners
 - b) Begin in a breakdown stance
 - c) On whistle, take a short step with the right foot in the direction of the swim
 - d) Slap dummy with the right arm, staying low, throwing the left arm back at the same time
 - e) Step forcefully forward with the left foot while raising the left shoulder and swinging the left arm down and swinging the left arm over the blocker
 - The follow through of the swim should bang the back of the blocker and the finish position should return to the low breakdown level
 - The defender should then push forward and drive to the QB
 - f) As defender clears the bag with the swim he should lean in and attack the QB
- Begin with the unit line in a line facing the dummy, the first member being one yard away
 - a) Coach says the pass rush technique to use
 - b) On the 1st whistle, the defender takes 1st step
 - c) On the 2nd whistle, the defender executes the technique and drives past the dummy
 - Make corrections as needed
 - d) Next unit member step up and try the technique identified by the coach

Reading for Run/Pass

- To be done in units as pairs
- Let the team know they are learning a defensive line technique
- Begin with all players standing in the breakdown position to 3- point stance
- If the offensive lineman steps back, that is a pass read
 - a) Use a demonstrator to step in a direction and ask players which way the ball is being run or if it is a pass play
 - Players waiting in line should read blocker and scream out the type of play
- Set up the drill with two cones at the line of scrimmage 3 yards apart and two dots, and one dummy at 5 yards (diagram)
 - One dot is midway between the cones with the tip on the line
 - The second dot is directly in front of the other dot but 1 yard away from the line
- a) The first two players in a unit line up facing each other on the dots in 3- point stances
 - The player on the line is the offensive player
- b) The coach stands behind the defender and gives the offensive lineman direction (either reach in a direction or pass step in a direction)
- c) On the 1st whistle
 - The offensive lineman takes a pass set step to the right or left
 - The defensive lineman takes his mirror step
- d) After a delay (allow defender to correct his read step), on the 2nd whistle, the defensive lineman executes a pass rush move or drives to the cone if it was a reach step
- After a few reps, the two players switch roles
- After skill is developed, the lineman may attempt to keep the defender from the dummy or the cone after his correct first step in the direction called by the coach
 - a) Stress to the offensive lineman to stay low





Shed Technique

- To be done in units as pairs
- Let team know they are practicing a linebacker technique
- Explain the importance of getting off blocks for linebackers
- The coach and a volunteer should demonstrate the techniques
 - a) Use bags to simulate linemen
 - b) Start from the linebacker breakdown position at correct alignment
 - c) As blocker approaches, take on block with inside shoulder to protect outside arm and leg
 - This also forces the play back to other linebacker
- Ideally, one coach/volunteer will work with each unit
 - a) The first person in the unit will stand in a linebacker stance at a distance of 4 yards from the line of scrimmage, directly over the bag representing the offensive guard
 - b) The second player lines up in the offensive backfield 3 yards deep from the line, directly behind the bag representing the center
 - c) On the coach's whistle, the offensive player walks between the bags representing the center and guard
 - d) The linebacker must step forward after his read step, and take on the block with his inside shoulder
- Players switch lines, repeat with the next player in line until all in the unit/team have done it
- Repeat to the other side (new stance)

Defending the Dive

- To be done in units
- Let team know they are practicing a linebacker (LB) technique
 - a) The coach should briefly explain what the LB is looking at as the ball is snapped
 - Eyes of both linebackers are on the fullback
 - When the ball is snapped, the linebacker takes his read step to allow himself time to determine which way the FB is going
 - b) Starts from the linebacker breakdown position and alignment
 - Outside foot slides back to create a slight stagger
 - Hands are allowed to dangle
 - 4 yards deep directly over the offensive guards
 - c) The action of the linebacker depends on the action of the FB
 - If the FB dives towards his side, he must step up and make a form tackle
 - If the FB dives towards the other linebacker, he must look to the tailback for his next read
- Run the drill with the first two members of each unit as the linebackers, the second two unit members as the running backs
 - a) Have 3 bags to simulate linemen
 - b) Correct problems with stances and alignments
 - c) Coach gives the FB direction as to which hole to dive to and a number to the tailback
 - d) Coach is the QB and hands ball to the FB
 - e) On the whistle:
 - The FB dives (walks) into the line in the direction indicated
 - The TB holds up the correct number of fingers
 - Both linebackers take their read step
 - The LB to the side where the FB dove must step up and take on the bag with his inside shoulder pad
 - The LB away from the diving FB must call out the number of fingers the TB held up
- Switch roles and repeat as time allows
- Increase to a jog as skills improve



Defending the Pass

- To be done in units
- Let team know they are practicing a linebacker (LB) technique
 - a) The coach should briefly explain what the LB is looking at as the ball is snapped
 - Eyes of both linebackers are on the fullback
 - When the ball is snapped, the linebacker takes his read step to allow himself time to determine which way the FB is going
 - b) Starts from the linebacker breakdown position and alignment
 - c) The action of the linebacker depends on the action of the FB
 - If the FB dives towards his side, he must step up and make a form tackle
 - If the FB does not have ball, but releases out for pass, he must cover the FB to try and prevent him from catching a pass
 - Chase the upfield shoulder of the FB
 - As the ball is thrown, reach in front with one hand and try to knock down the ball
 - Keep the other hand behind the FB to tackle him if he catches the ball
 - If the FB dives towards the other linebacker, he must look to the tailback for his next read
 - If the TB does not have the ball, he must cover the TB on his pass pattern
 - Chase the upfield shoulder of the TB
 - As the ball is thrown, reach in front with one hand and try to knock down the ball
 - Keep the other hand behind the TB to tackle him if he catches the ball
- Run the drill with the first two members of each unit as the linebackers, the second two unit members as the running backs
 - a) Have 3 bags to simulate linemen, placing two cones to either side 5 yards outside the bags to give the tailbacks aiming points
 - b) Correct problems with stances and alignments
 - c) Coach gives the FB direction as to which hole to dive to and sends the tailback opposite to the cone
 - d) Coach is the QB
 - e) On the whistle:
 - The FB dives (walks) into the line in the direction indicated and out for a pass
 - The TB jogs to the cone he was sent to, looking to catch a pass
 - Both linebackers take their read step
 - The LB to the side where the FB must cover the FB
 - The LB away from the diving FB must cover the TB
- Switch roles and repeat as time allows and increase to a jog as skills improve



Defending the Dive and Toss

- To be done in units
- Let team know they are practicing a linebacker (LB) technique
 - a) The coach should briefly explain what the LB is looking at as the ball is snapped
 - Eyes of both linebackers are on the fullback
 - When the ball is snapped, the linebacker takes his read step to allow himself time to determine which way the FB is going
 - b) Starts from the linebacker breakdown position and alignment
 - Outside foot slides back to create a slight stagger
 - Hands are allowed to dangle
 - 4 yards deep directly over the offensive guards
 - c) The action of the linebacker depends on the action of the FB
 - If the FB dives towards his side, he must step up and make a form tackle
 - If the FB dives towards the other linebacker, he must look to the tailback for his next read
- Run the drill with the first two members of each unit as the linebackers, the second two unit members as the running backs
 - a) Have 3 bags to simulate linemen, placing two cones to either side 5 yards outside the bags to give the tailbacks aiming points
 - b) Correct problems with stances and alignments
 - c) Coach gives the FB direction as to which hole to dive to and sends the tailback opposite to the cone
 - d) Coach is the QB
 - e) On the whistle:
 - The FB dives (walks) into the line in the direction indicated
 - The TB jogs to the cone he was sent to, catching the toss on the way
 - Both linebackers take their read step
 - The LB to the side where the FB dove must step up and make a form tackle
 - The LB away from the diving FB must meet the TB at the cone (shuffle, not run)
 - f) After reads become strong, begin running the pass plays from the running backs as well
 - Incorporate proper coverage techniques
- Switch roles and repeat as time allows
- Increase to a jog as skills improve

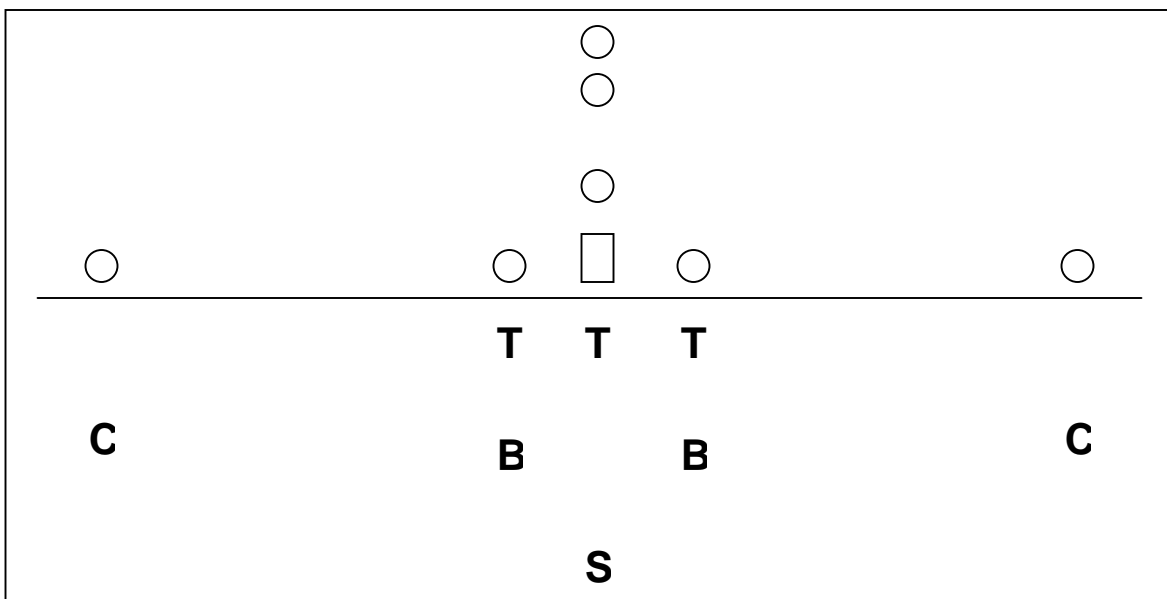


PLAYBOOK

Formations

Only one offensive formation will be used in this league. As such, emphasis is stressed on techniques, not schemes. The formation is based on an eight-man unit. There are no Tightends. The backfield formation features I-backs.

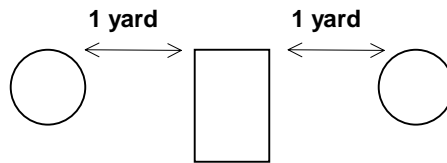
Likewise, the defense will also have only one alignment. Again, this places the emphasis on technique rather than schemes.



Offensive Alignment

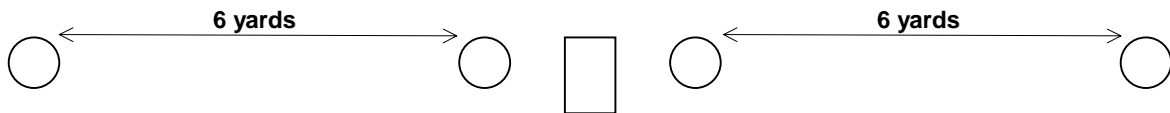
Offensive Line

The *Center* aligns on the ball. The *Guard's* alignment should place his fingertips even with the toes of the Center. The *split* between the Center and Guard should be 1 yard. Outstretched arms may be used to help with spacing.



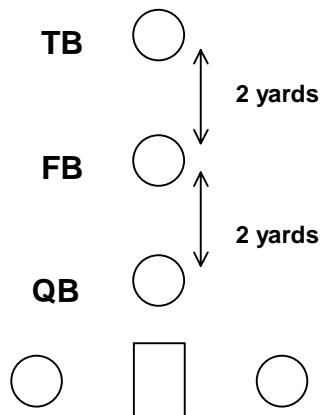
Receivers

The *Receivers* align on the line of scrimmage. The *split* between the Guard and the Receiver should be 6 yards.



Running Backs and QB

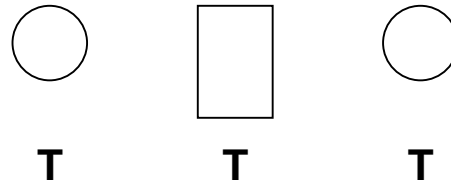
The *Quarterback* (QB) aligns directly behind the Center and will receive the ball from a balanced stance. The *Fullback* (FB) lines up directly behind the QB but 2 yards deeper than the QB's heels. The *Tailback* (TB) also lines up directly behind the QB but 4 yards deeper than the QB's heels (2 yards deeper than the FB).



Defensive Alignment

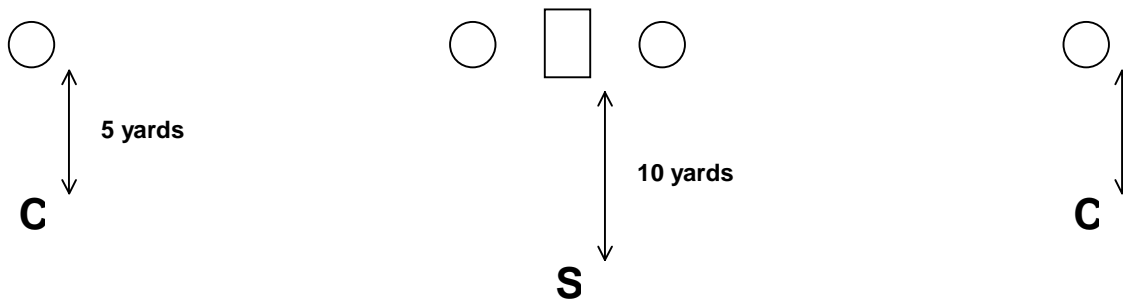
Defensive Line

The *Tackles* (T) align on the line of scrimmage. Their alignment should place them head up with their counterpart offensive lineman.



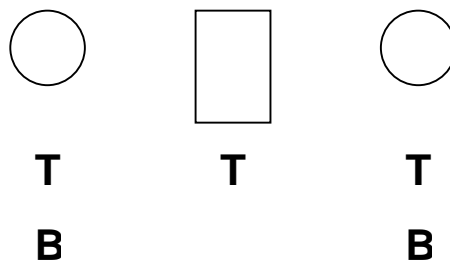
Defensive Backs

The *Defensive Backs* (C) align head up on the Receivers at a depth of 5 yards. The Safety (B) plays directly over the ball, 10 yards deep.



Linebackers

The *Linebackers* (B) align directly behind the tackles who are lined up on the Offensive Guards. Their depth should place them at 4 yards from the line of scrimmage.



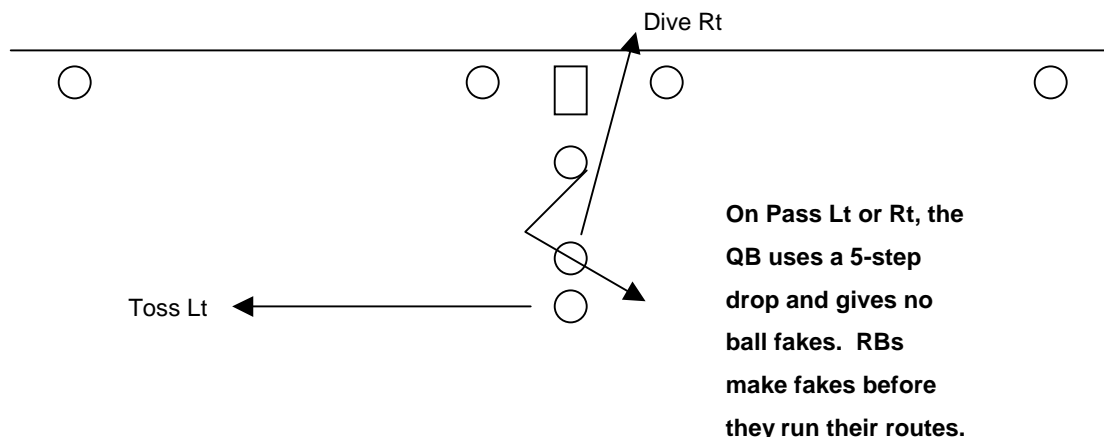
Plays

The playbook is very limited. This is done with a purpose. The focus of the league is to teach basic skills and techniques. Success will be determined by mastery of skills. Each offensive play is designed to create one-on-one situations. There are no double teams, crack blocks or trap blocks. In this way, players can be aggressive and play without fear of being hit from an unknown angle.

Offensive plays

- 1) Dive
- 2) Toss (Fake FB dive)
- 3) Out Pass (Straight Drop Back [Backs fake])
- 4) Stop & Go Pass (Fake Dive, Fake Toss [Backs fake])

Each of the four plays is based on the same backfield action. The following represents the backfield action for DIVE RT, TOSS LT, or PASS RT:



The offensive line blocking changes only slightly for each play. While the assignment actually stays the same, only the technique and steps may change.

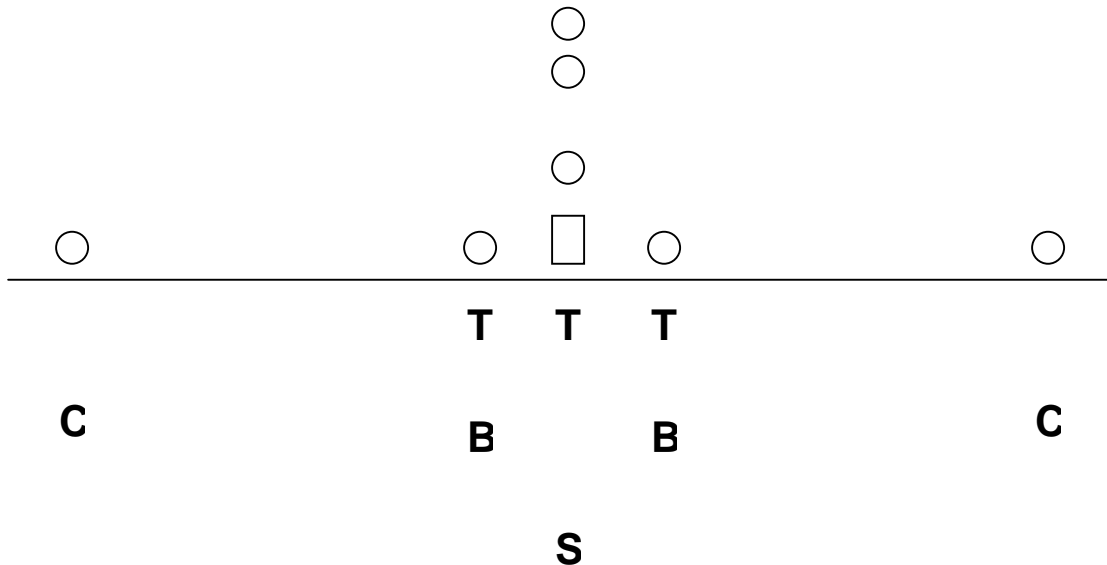
The offensive player must be focused as to his assignment and the technique he will use to carry out his assignment on every play.



Dive Right

For Dive Left, just flip responsibilities.

Position	Assignment	Technique
Left Receiver (LR)	Stalk Block Corner	Keep defensive player from getting to middle of formation
Left Guard (LG)	Man ON	Reach block to right
Center (C)	Man ON	Reach block to right
Right Guard (RG)	Man ON	Reach block to left
Right Receiver (RR)	Stalk Block Corner	Keep defensive player from getting to middle of formation
Quarterback (QB)	Hand ball to FB to right	Open to right, hand ball to FB. Continue to fake toss to left, then fake pass to right.
Fullback (FB)	Ball Carrier	Step with right foot directly to inside leg of offensive guard, receive ball and run
Tailback (TB)	Fake Toss Left	Crossover step to left. Fake as if QB tossed the ball.

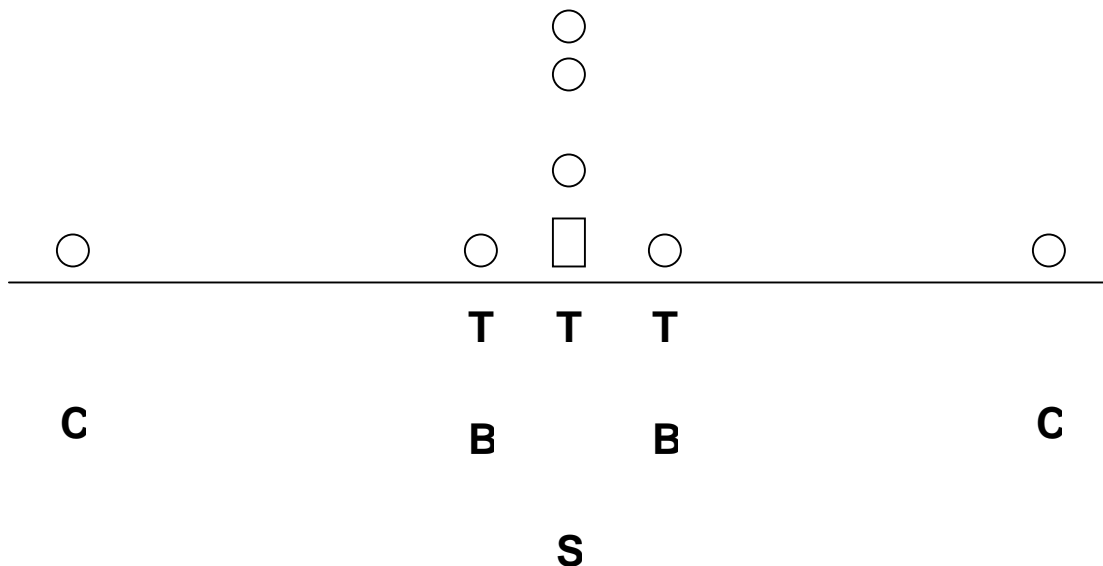




Toss Left

For Toss Right, just flip responsibilities.

Position	Assignment	Technique
Left Receiver (LR)	Stalk Block Corner	Try to block defensive player to the middle of the formation
Left Guard (LG)	Man ON	Reach block to left
Center (C)	Man ON	Reach block to left
Right Guard (RG)	Man ON	Reach block to left
Right Receiver (RR)	Stalk Block Corner	Keep defensive player from getting to middle of formation
Quarterback (QB)	Fake ball to FB to right. Toss ball to Tailback	Open to right, fake ball to FB. Continue to toss to Tailback left, then fake pass to right.
Fullback (FB)	Fake dive, block linebacker	Step with right foot directly to inside leg of offensive guard, fake over ball and block LB
Tailback (TB)	Ball Carrier	Crossover step to left. Receive toss and run with ball.

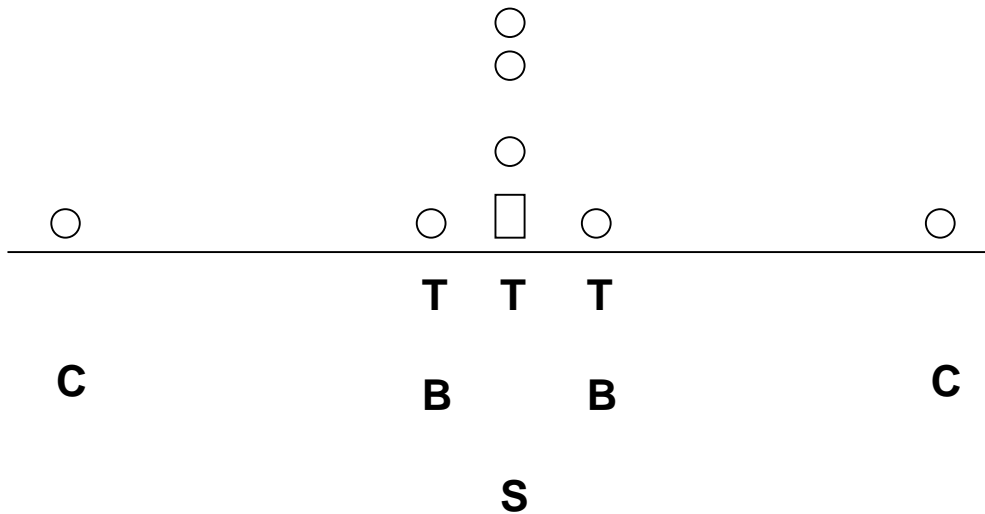




Out Pass Right

For Out Pass Left, just flip responsibilities.

Position	Assignment	Technique
Left Receiver (LR)	10 yard in pattern	Run 10 yards and break flat to middle of formation
Left Guard (LG)	Man ON	Reach block to right
Center (C)	Man ON	Reach block to right
Right Guard (RG)	Man ON	Reach block to right
Right Receiver (RR)	7 yard out pattern	Run 7 yards and break away from the formation
Quarterback (QB)	5-step Drop	Open to throwing hand and take a standard 5-step drop. Throw to open man.
Fullback (FB)	Fake dive, run to flats	Step with right foot directly to inside leg of offensive guard, fake over ball and run through the line then to flats on right
Tailback (TB)	Fake toss, run flare pass	Crossover step to left. Fake toss and run flare pattern



For **Stop & Go Pass**, ONLY the playside receiver changes his pattern (Stop & Go), all others remain the same.



Defensive Keys

The defensive player must react to what the offense does. As such, each defensive player is responsible for watching a man on the offense. This person who the defender watches is said to be his KEY. Each defensive position has a different KEY that he must watch at the start of every play.

Position	Key	Technique
Left Tackle	Left Guard	Mirror step of offensive player, then run to ball on run plays. If pass, use pass rush move and get to quarterback.
Nose Tackle	Center	Mirror step of offensive player, then run to ball on run plays. If pass, use pass rush move and get to quarterback.
Right Tackle	Right Guard	Mirror step of offensive player, then run to ball on run plays. If pass, use pass rush move and get to quarterback.
Left Linebacker	Fullback to Tailback	If FB dives towards, then step up and tackle if he does not have ball, run with him for pass. If FB dives away, look to TB and follow him. If toss then tackle him, if pass then guard him.
Right Linebacker	Fullback to Tailback	If FB dives towards, then step up and tackle if he does not have ball, run with him for pass. If FB dives away, look to TB and follow him. If toss then tackle him, if pass then guard him.
Left Cornerback	Receiver to his side	Backpedal and read receiver, if he blocks then come up for run. If he runs a pattern cover him man-to-man.
Right Cornerback	Receiver to his side	Backpedal and read receiver, if he blocks then come up for run. If he runs a pattern cover him man-to-man.
Safety	Quarterback	Must be the deepest man on the field. Must make the touchdown saving tackle.



COMPETITIONS



Practice A vs. Practice B

Flag Football – 8 on 8 *Preseason*

FIELD SETUP

Use one-third of the field. Cones should mark the end-zone.

Pre-competition

- When the teams arrive, the field should be set up and waiting (by coaches)
- Coach should break players into three groups of eight (light, medium, heavy)
- Each team should report to their sideline and proceed to align in roster order (increasing weight)
- Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- The coach calls both teams to the middle of the field and explains the rules of the scrimmage/competition

Field Setup and Equipment

- Flags, cones, and footballs are needed.

Practice A vs. Practice B

Practice A vs. B is designed to teach mixed, basic football stances within the context of learning the basic skills of the game. During this time, the participants will begin with the universal breakdown stance. All other football stances are derived from this stance. As such, it is important not to overlook this stance.

Scrimmage

- 8 on 8 (5 Mississippi)
- 3 downs to score
- Each group (light, medium, heavy) gets 3 downs on defense and 3 downs on offense
- Repeat as time allows
- No huddles
- Once a player makes a reception, he then becomes the QB (a player may not have the ball thrown to him twice in a row)

Responsibilities

Coach 1: Upholds rules and controls flow of game

Coach 2: Controls rotation of players

Coach 3: Keeps score and controls sidelines

Scoring

6 points per TD

At the commencement of the scrimmage, the two coaches will bring their teams to the assigned areas.

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice C vs. Practice C

Flag Football – 8 on 8 Preseason

FIELD SETUP

Use one-third of the field. Cones should mark the end-zone.

Pre-competition

- When the teams arrive, the field should be set up and waiting (by coaches)
- Coach should break players into three groups of eight (light, medium, heavy)
- Each team should report to their sideline and proceed to align in roster order (increasing weight)
- Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- The coach calls both teams to the middle of the field and explains the rules of the scrimmage/competition

Field Setup and Equipment

- Flags, cones, and footballs are needed.

Practice C vs. Practice C

Practice C is designed to teach mixed, basic football stances within the context of learning the basic skills of the game. During this time, the participants will begin with the universal breakdown stance. All other football stances are derived from this stance. As such, it is important not to overlook this stance.

Scrimmage

- 8 on 8 (5 Mississippi)
- 3 downs to score
- Each group (light, medium, heavy) gets 3 downs on defense and 3 downs on offense
- Repeat as time allows
- No huddles
- Once a player makes a reception, he then becomes the QB (a player may not have the ball thrown to him twice in a row)

Responsibilities

Coach 1: Upholds rules and controls flow of game

Coach 2: Controls rotation of players

Coach 3: Keeps score and controls sidelines

Scoring

6 points per TD

At the commencement of the scrimmage, the two coaches will bring their teams to the assigned areas.

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice D vs. Practice D

Center/QB Skills (Run)

Preseason

Field Setup and Equipment

- 4 cones or dots, 4 footballs

As illustrated above, 4 cones or dots are needed. Each of the four stations should be spaced out to avoid cramping. A station is comprised of a cone/dot for the starting position, and 1 football

Practice D vs. Practice D

Practice D is designed to teach a basic football stance within the context of learning the basic skills of the game. During this time, the participants will begin with the universal breakdown stance. All other football stances are derived from this stance. As such, it is important not to overlook this stance. Consequently, the proper stance counts for half of all available points in the first two events.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Each team should report to their sideline and proceed to align in roster order (increasing weight)
- 3) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 4) The coach calls both teams to the middle of the field and explains the rules of the scrimmage/competition
- 5) On the call of the coach, the first three players (QB, TB, FB) from each team should stand at a station.
- 6) The coach will proceed to start at Station 1.
- 7) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 8) Scoring begins from the whistle.
- 9) In this instance, the first event requires the players perform a proper QB/C exchange.
- 10) The coach should snap the ball to the QB. The QB should receive the snap and take his proper step for the play called, simulating either the Dive or Toss.
- 11) The coach will announce that player's score to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 12) At this point, the coach moves to the next station and repeats the process, beginning with a whistle.
- 13) During this time, the players who had just gone retreat to the end of their line and the next pair of players in line trot out to the newly vacated cone.



Practice D (continued)

Responsibilities

Coach 1: Upholds rules, controls flow of game, and knows point distributions for each round

Coach 2: Controls rotation of players and makes corrections to the players

Coach 3: Keeps score and controls sidelines

This pattern continues until every player has had an attempt and the original competitors are once again at the cones.

Scoring

The practices are centered around basic offensive skills. The QB/C exchange and proper first steps are the skills that will be tested.

At the beginning of the event, the two coaches will bring their teams to the assigned areas. Each coach will have a roster card listing, in ascending order, those players that will be participating. (Players that are NOT present should be crossed out.)

Rounds 1 and 2 have players taking steps for Dive and Toss. In the second round, players switch roles.

SCRIMMAGE Practice D **Round 1 – Skill 1 – QB Exchange – Dive or Toss**

- Each team lines up with their coach
- The first 3 players from each team align on their starting cones.
- Coach tells players which play they are running.
- On the coach's whistle, the **QB calls the play twice**, the center snaps the ball to the QB on a cadence, and they both take their first step for the play called.

Quarterback	Points	Technique
Proper Stance, Hand Placement, and Play Call	1 Pt	Proper Stance and Hand Placement
Exchange and seat of ball into belly	1 Pt	Exchange
Open 90° for dive and extend proper hand	1 Pt	Correct reach step in direction of dive called
	3 Pts Total	

Round 2 is identical to the first round except that the **Center** position is added.



Practice D (continued)

Round 2 – Skill 2 – C/QB Exchange – Dive or Toss

- Each team lines up with their coach
- The first 4 players (C, QB, FB, TB) from each team align on their starting cones.
- Coach tells players which play they are running.
- On the coach's whistle, the QB calls the play twice, the center snaps the ball to the QB on a cadence, and they both take their first step for the play called.

Quarterback	Points	Technique
Proper Stance, Hand Placement, and Play Call	1 Pt	Proper Stance and Hand Placement
Exchange and seat of ball into belly	1 Pt	Exchange
Open 180° for toss and simulate a pitch	1 Pt	Correct reach step in direction of toss called
	3 Pts Total	

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice E vs. Practice E

Center/QB Skills (Pass)

Preseason

Field Setup and Equipment

- 4 cones or dots, 4 footballs

As illustrated above, 4 cones or dots are needed. Each of the four stations should be spaced out to avoid cramping. A station is comprised of a cone/dot for the starting position, and 1 football

Practice E vs. Practice E

Practice E is designed to teach a basic football stance within the context of learning the basic skills of the game. During this time, the participants will begin with the universal breakdown stance. All other football stances are derived from this stance. As such, it is important not to overlook this stance. Consequently, the proper stance counts for half of all available points in the first two events.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Coach should break players into three groups of eight (light, medium, heavy)
- 3) Each team should report to their sideline and proceed to align in roster order (increasing weight)
- 4) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 5) The coach calls both teams to the middle of the field and explains the rules of the scrimmage/competition
- 6) On the call of the coach, the first three players (QB, TB, FB) from each team should stand at a station.
- 7) The coach will proceed to start at Station 1.
- 8) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 9) Scoring begins from the whistle.
- 10) In this instance, the first event requires the players perform a proper QB/C exchange.
- 11) The coach should snap the ball to the QB. The QB should receive the snap and take his proper step for the play called, simulating either the Dive or Toss.
- 12) The coach will announce that player's score to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 13) At this point, the coach moves to the next station and repeats the process, beginning with a whistle.
- 14) During this time, the players who had just gone retreat to the end of their line and the next pair of players in line trot out to the newly vacated cone.



Practice E (continued)

Responsibilities

Coach 1: Upholds rules, controls flow of game, and knows point distributions for each round

Coach 2: Controls rotation of players and makes corrections to the players

Coach 3: Keeps score and controls sidelines

This pattern continues until every player has had an attempt and the original competitors are once again at the cones.

Scoring

The practices are centered around basic offensive skills. The QB/C exchange and proper first steps are the skills that will be tested.

At the beginning of the event, the two coaches will bring their teams to the assigned areas. Each coach will have a roster card listing, in ascending order, those players that will be participating. (Players that are NOT present should be crossed out.)

Rounds 1 and 2 have players taking steps for Dive and Toss. In the second round, players switch roles.

SCRIMMAGE Practice E

Round 1 – Skill 1 – QB Exchange – Dive Pass or Toss Pass

- Each team lines up with their coach
- The first 3 players from each team align on their starting cones.
- Coach tells players which play they are running.
- On the coach's whistle, the **QB calls the play twice**, the center snaps the ball to the QB on a cadence, and they both take their first step for the play called.

Quarterback	Points	Technique
Proper Stance, Hand Placement, and Play Call	1 Pt	Proper Stance and Hand Placement
Exchange and seat of ball into belly	1 Pt	Exchange
Drops for pass (5 steps)	1 Pt	Points to target
	3 Pts Total	

Round 2 is identical to the first round except that the **Center** position is added.



Practice E (continued)

Round 2 – Skill 2 – C/QB Exchange – Dive Pass or Toss Pass

- Each team lines up with their coach
- The first 4 players (C, QB, FB, TB) from each team align on their starting cones.
- Coach tells players which play they are running.
- On the coach's whistle, the QB calls the play twice, the center snaps the ball to the QB on a cadence, and they both take their first step for the play called.

Quarterback	Points	Technique
Proper Stance, Hand Placement, and Play Call	1 Pt	Proper Stance and Hand Placement
Exchange and seat of ball into belly	1 Pt	Exchange
Drop for pass (5 steps)	1 Pt	Points to target
	3 Pts Total	

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice F vs. Practice F

C/QB Exchange (Run/Pass)

Preseason

Pre-competition

Field Setup and Equipment

- 4 cones, 6 bags and 4 footballs

Each of the two stations should be spaced out to avoid cramping. A station is comprised of a cone for the starting position, 3 bags to represent offensive lineman and provide gaps, and 1 football

Practice F vs. Practice F

Practice F is designed to teach a basic football stance within the context of learning the basic skills of the game. During this time, the participants will begin with the universal breakdown stance. All other football stances are derived from this stance. As such, it is important not to overlook this stance. Consequently, the proper stance counts for half of all available points in the first two events and a quarter of the points in the last two events.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Each team should report to their sideline and proceed to align in units of 4 by increasing weight.
- 3) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 4) The coach calls both teams to the middle of the field and explains the rules of the scrimmage/competition.
- 5) On the call of the coach, the first unit from each team should stand at a station.
- 6) The coach will proceed to start at Station 1. He will inform the player to be QB what the play is.
- 7) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 8) Scoring begins from the whistle.
- 9) In this instance, the first event requires the players perform a proper QB/C exchange and all 4 players execute the proper steps of the pass or run play.
- 10) The QB should call the play twice. On "set" the center should snap the ball to the QB and take his proper step for the play called by the QB. The QB should receive the snap and take his proper steps for the play called. The two backs should take their correct steps, execute a fake or receive the ball and run their proper patterns if a pass is called.
- 11) During this competition, the coach will be grading the players twice. The first grade is given prior to the snap of the ball and is based on stances and proper alignments. The second grade is given after the play and is based on proper execution of skills.
- 12) The coach will announce that player's score to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 13) At this point, the coach moves to the next station and repeats the process, beginning with a whistle.
- 14) During this time, the players who had just gone retreat to the end of their line and the next pair of players in line trot out to the newly vacated cone.



Practice F (continued)

This pattern continues until every player has had an attempt and the original competitors are again at the cones.

The next three quarters are identical. However, the players must rotate through each position so each player competes at each position.

Responsibilities

Coach 1: Upholds rules, controls flow of game, and knows point distributions for each quarter

Coach 2: Controls rotation of players and makes corrections to the players

Coach 3: Keeps score and controls sidelines

Scoring

The practices are centered around basic offensive play – Dive, Toss or Pass. The initial alignment and stances, along with the QB/C exchange and proper first steps are the skills that will be tested.

At the beginning of the event, the two coaches will bring their teams to the assigned areas. Each coach will have a roster card listing, in ascending order, those players that will be participating. (Players that are NOT present should be crossed out.)

1st Quarter – Skill 1 – C/QB Exchange – Any Play

- Each team lines up with their coach in units
- The first unit from each team align on the starting spots in proper alignment (C/QB/FB/TB)
- Coach scores the stances then tells QB which play they are running.
- On the coach's whistle, the **QB calls the play twice**, the center snaps the ball to the QB on a cadence, and they all run the play called (right or left).

Quarterback	Points	Center
Proper Stance, Hand Placement, and Play Call	1 Pt	Proper Stance and Hand Placement
Exchange, Seat of Ball, and Proper Steps	1 Pt	Exchange and Correct Step
Any properly executed skill (Handoff, Pitch or Pass)	1 Pt	Any properly executed skill (Handoff, Pitch or Pass)
3 Pts Total		

Fullback	Points	Tailback
Proper Stance, Hand Placement and Alignment @ 3 yards	1 Pt	Proper Stance, Hand Placement and Alignment @ 5 yards
Handoff, Pitch or Fake and/or Correct Pattern	1 Pt	Handoff, Pitch or Fake and/or Correct Pattern
Any properly executed skill (Handoff, Pitch or Pass)	1 Pt	Any properly executed skill (Handoff, Pitch or Pass)
3 Pts Total		

2nd, 3rd and 4th Quarters

- Identical to 1st quarter. The only difference is that in the 2nd, 3rd, and 4th quarters the players switch roles. The QB becomes the C and the C becomes the TB. The TB becomes the FB and the FB becomes the QB.
- The Coach should make an attempt to include at least 1 repetition of each play over the four attempts.
- Particular effort should be made to watch the first steps of all four players; a good angle is necessary to do this.

The maximum points that may be achieved overall is 3+3+3+3=12.

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice G vs. Practice H

Wide Receive vs. Defensive Back Skills Season

Field Setup and Equipment

- 4 cones or dots, 4 footballs and 4 dummies

Each of the four stations should be spaced out to avoid cramping. A station is comprised of 1 cone/dot for the starting position, 1 football, and 1 dummy.

Practice G vs. Practice H

Practice G teaches the basic football stance of the wide receivers while Practice H teaches the basic stance of the defensive backs. Consequently, the proper stance counts for half of all available points in the first two events and a quarter of the points in the last two events.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Each team should report to their sideline and proceed to align in roster order (increasing weight)
- 3) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 4) On the call of the coach, the first four players from the team that practiced Schedule G should stand at the stations (cones). The first four players from the team that practiced Schedule H should line up 3 yards from the cones on a knee.
- 5) The coach will proceed to start at Station 1 and tell the DB to line up and tells the WR to perform a stalk block or run a pattern.
- 6) The coach will tell both players where the ball is located.
- 7) Both the WR and the DB must stand in the proper alignment and stance.
- 8) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 9) Scoring begins from the whistle.
- 10) On the whistle, the WR releases (proper step) and executes his skill. The DB must backpedal (proper step) and react.
- 11) The coach will announce both players' scores to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 12) At this point, the coach moves to the next station and repeats the process, beginning with a whistle.
- 13) During this time, the players who had just gone retreat to the end of their line and the next pair of players in line trot out to the newly vacated cone.

This pattern continues until every player has had an attempt and the original competitors are once again at the cones.



Practice G vs. Practice H (continued)

Responsibilities

Coach 1: Upholds rules and maintains a high tempo. Must ensure proper match-ups by weight and skill level.

Coach 2: Controls rotation, ensures proper match-ups and checks for proper equipment.

Coach 3: Keeps score, controls sidelines, and checks for proper equipment.

Scoring

The practices are centered around basic offensive and defensive skills. Patterns and stalking are the 2 offensive skills that will be tested. Proper pass coverage and closing on the run are the 2 defensive skills to be tested.

At the beginning of the event, the two coaches will bring their teams to the assigned areas. Each coach will have a roster card listing, in ascending order, those players that will be participating. (Players that are NOT present should be crossed out.)

The event consists of 2 rounds of competitions.

SCRIMMAGE Practice G vs. Practice H

Round 1 – Skill 1 – Stalk Block

- Each team lines up in single file, 5 yards from their coach
- Coach tells DB to get set
- Coach tells WR which skill to execute
- On the coach's whistle, both players execute their skills

Defensive Technique	Points	Offensive Technique
Stance and Start	1 Pt	Stance and Start
Backpedal & Break to Bag	1 Pt	Proper Stalk
	2 Pts Total	

Round 2 – Skill 2 – C/QB Exchange – Dive Pass or Toss Pass

- Each team lines up in single file, 5 yards from their coach
- Coach tells DB to get set
- Coach tells WR which skill to execute
- On the coach's whistle, both players execute their skill

Defensive Technique	Points	Offensive Technique
Stance and Start	1 Pt	Stance and Start
Backpedal and Break	1 Pt	Proper Pattern
	2 Pts Total	

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice I vs. Practice I

Wide Receiver vs. Defensive Back Switch Season

Field Setup and Equipment

- 4 cones, 4 footballs and 4 dummies

Each of the four stations should be spaced out to avoid cramping. A station is comprised of 1 cone/dot for the starting position, 1 football, and 1 dummy.

Practice I vs. Practice I

Practice I teaches the basic football stance of the wide receivers and teaches the stance of the defensive backs. Consequently, the proper stance counts for half of all available points in the first two events and a quarter of the points in the last two events. The cones will serve as the starting point for the players.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Each team should report to their sideline and proceed to align in roster order (increasing weight)
- 3) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 4) On the call of the coach, the first four players from the team of designated wide receivers should stand at the stations (cones). The first four players of the team of designated defensive backs should line up 3 yards from the cones on a knee.
- 5) The coach will proceed to start at Station 1 and tell the DB to line up and tells the WR to perform a stalk block or run a pattern.
- 6) The coach will tell both players where the ball is located.
- 7) Both the WR and the DB must stand in the proper alignment and stance.
- 8) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 9) Scoring begins from the whistle.
- 10) On the whistle, the WR releases (proper step) and executes his skill. The DB must backpedal (proper step) and react.
- 11) The coach will announce both players' scores to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 12) At this point, the coach moves to the next station and repeats the process, beginning with a whistle.
- 13) During this time, the players who had just gone retreat to the end of their line and the next pair of players in line trot out to the newly vacated cone.

This pattern continues until every player has had an attempt and the original competitors are once again at the starting cones.



Practice I (continued)

Responsibilities

Coach 1: Upholds rules and maintains a high tempo. Must ensure proper match-ups by weight and skill level.

Coach 2: Controls rotation, ensures proper match-ups and checks for proper equipment.

Coach 3: Keeps score, controls sidelines, and checks for proper equipment.

Scoring

The practices are centered around basic offensive and defensive skills. Patterns and stalking are the 2 offensive skills that will be tested. Proper pass coverage and closing on the run are the 2 defensive skills to be tested.

At the beginning of the event, the two coaches will bring their teams to the assigned areas. Each coach will have a roster card listing, in ascending order, those players that will be participating. (Players that are NOT present should be crossed out.)

The event consists of 4 quarters of competition. At the start of the competition, the coach calls the designated captains to the middle of the field and has a coin toss. The winner decides if their team chooses to start on offense or defense.

1st Quarter – Pattern or Stalk

- Each team lines up in single file, 5 yards from their coach
- Coach tells DB to get set
- Coach tells WR which skill to will be tested
- On the coach's whistle, both players execute their skills

Defensive Technique	Points	Offensive Technique
Stance and Start	1 Pt	Stance and Start
Backpedal and Break	1 Pt	Proper Pattern
Defend Pass or a Drop	2 Pts	Catch
	4 Pts Total	

2nd Quarter – Stalk or Pattern

- Each team lines up in single file, 5 yards from their coach
- Coach tells DB to get set
- Coach tells WR which skill will be tested
- On the coach's whistle, both players execute their skill

Defensive Technique	Points	Offensive Technique
Stance and Start	1 Pt	Stance and Start
Backpedal and proper read of the receiver	1 Pt	Breakdown and Stalk Techniques
Reach the bag in 4 seconds	2 Pts	Keep defender from the bag
	4 Pts Total	

HALFTIME: After halftime, offense and defense switch sides.

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice J vs. Practice K

Running Backs vs. Linebackers **Season**

Field Setup and Equipment

- 15 cones, 3 footballs and 9 bags

They should be arranged forming 3 stations. Each of the 3 stations should be spaced out to avoid cramping. A station is comprised of 5 cones, 3 bags, 1 football. Within the station, one cone is the starting point for the players, the other 4 represent the 4 possible meeting points.

Practice J vs. Practice K

Practice J teaches the basic football stance of the running backs while Practice K teaches the stance of the linebackers. Consequently, the proper stance counts for half of all available points in the first two events and a quarter of the points in the last two events.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Each team should report to their sideline and proceed to align in roster order (increasing weight)
- 3) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 4) On the call of the coach, the first three players from the team that practiced Schedule J should stand at the stations (cones). The first three players from the team that practiced Schedule K should line up 3 yards from the cones on a knee.
- 5) The coach will proceed to start at Station 1 and tell the linebacker to line up and tells the running back which of the two skills he will execute (Dive or Toss).
- 6) Both the running back and the linebacker must stand in the proper alignment and stance.
- 7) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 8) Scoring begins from the whistle.
- 9) On the whistle, the running back executes his skill (proper step). The linebacker must execute his skill (proper step) and react. The offensive coach is the QB.
- 10) The coach will announce both players' scores to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 11) At this point, the coach moves to the next station and repeats the process, beginning with a whistle.
- 12) During this time, the players who had just gone retreat to the end of their line and the next pair of players in line trot out to the newly vacated cone.

This pattern continues until every player has had an attempt and the original competitors are once again at the starting cones.



Practice J vs. Practice K (continued)

Responsibilities

Coach 1: Upholds rules and maintains a high tempo. Must ensure proper match-ups by weight and skill level.

Coach 2: Controls rotation, ensures proper match-ups and checks for proper equipment.

Coach 3: Keeps score, controls sidelines, and checks for proper equipment.

Scoring

The practices are centered around basic offensive and defensive skills. Dive and Toss are the 2 offensive skills that will be tested. Proper pass coverage and closing on the run are the 2 defensive skills to be tested.

At the beginning of the event, the two coaches will bring their teams to the assigned areas. Each coach will have a roster card listing, in ascending order, those players that will be participating. (Players that are NOT present should be crossed out.)

The event consists of 2 rounds of competitions.

BOTH players may receive full credit.

SCRIMAGE Practice J vs. Practice K

Round 1 – Skill 1 – Run (Toss or Dive)

- On the coach's call, the running back and a designated coach line up.
- On whistle, the running back executes play (coach is QB) and linebacker defends play.
- On any run play, the running back must breakdown at his destination cone and be form tackled.

Defensive Technique	Points	Offensive Technique
Stance and Start. Must take read step.	1 Pt	Stance and Start. Must take proper 1 st step.
Go to Back (correct hole)	1 Pt	Dive or Toss
2 Pts Total		

Round 2 – Skill 2 –Dive Pass or Toss Pass

- On the coach's call, the running back and a designated coach line up.
- On whistle, the running back executes play (coach is QB) and linebacker defends play.
- On any run play, the running back must breakdown at his destination cone and be form tackled.

Defensive Technique	Points	Offensive Technique
Stance and Start	1 Pt	Stance and Start
Cover Back	1 Pt	Pass Pattern
2 Pts Total		

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice L vs. Practice L

Running Backs vs. Linebackers (switch) Season

Field Setup and Equipment

- 15 cones, 3 footballs and 9 bags

They should be arranged forming 3 stations. Each of the 3 stations should be spaced out to avoid cramping. A station is comprised of 5 cones, 3 bags, 1 football. Within the station, one cone is the starting point for the players, the other 4 represent the 4 possible meeting points.

Practice L vs. Practice L

Practice L teaches the basic football stance of the running backs and teaches the stance of the linebackers. Consequently, the proper stance counts for half of all available points in the first two events and a quarter of the points in the last two events.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Each team should report to their sideline and proceed to align in roster order (increasing weight)
- 3) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 4) On the call of the coach, the first three players from the team designated running backs should stand at the stations (cones). The first three players from the team designated linebackers should line up 3 yards from the cones on a knee.
- 5) The coach will proceed to start at Station 1 and tell the linebacker to line up and tells the running back which of the two skills he will execute (Dive or Toss).
- 6) Both the running back and the linebacker must stand in the proper alignment and stance.
- 7) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 8) Scoring begins from the whistle.
- 9) On the whistle, the running back executes his skill (proper step). The linebacker must execute his skill (proper step) and react. The offensive coach is the QB.
- 10) The coach will announce both players' scores to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 11) At this point, the coach moves to the next station and repeats the process, beginning with a whistle.
- 12) During this time, the players who had just gone retreat to the end of their line and the next pair of players in line trot out to the newly vacated cone.

This pattern continues until every player has had an attempt and the original competitors are once again at the cones.



Practice L (continued)

Responsibilities

Coach 1: Upholds rules and maintains a high tempo. Must ensure proper match-ups by weight and skill level.

Coach 2: Controls rotation, ensures proper match-ups and checks for proper equipment.

Coach 3: Keeps score, controls sidelines, and checks for proper equipment.

Scoring

The practices are centered around basic offensive and defensive skills. Dive and Toss are the 2 offensive skills that will be tested. Proper pass coverage and closing on the run are the 2 defensive skills to be tested.

At the beginning of the event, the two coaches will bring their teams to the assigned areas. Each coach will have a roster card listing, in ascending order, those players that will be participating. (Players that are NOT present should be crossed out.)

The event consists of 4 quarters of competitions. At the start of the competition the coach calls the designated captains to the middle of the field and has a coin toss. The winner decides if their team chooses to start on offense or defense.

1st Quarter & 2nd Quarter – Run or Pass Competition

- On the coach's call, the running back and a designated coach line up.
- On whistle, the running back executes play (coach is QB) and linebacker defends play.
- On any run play, the running back must breakdown at his destination cone and be form tackled.

RUN TECHNIQUE

Defensive Technique	Points	Offensive Technique
Stance and Start.	1 Pt	Stance and Start.
Go to Back (correct hole)	1 Pt	Proper Handoff or Pitch Technique
Proper Form Tackle	2 Pts	Correct Hole
4 Pts Total		

PASS TECHNIQUE

Defensive Technique	Points	Offensive Technique
Stance and Start	1 Pt	Stance and Start
Cover Back	1 Pt	Proper Pattern
Defend Pass	2 Pts	Catch
4 Pts Total		

3rd Quarter & 4th Quarter – Run or Pass

- On the coach's call, the running back and a designated coach line up.
- On whistle, the running back executes play (coach is QB) and linebacker defends play.
- On any run play, the running back must breakdown at his destination cone and be form tackled.

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice M vs. Practice N

Offensive Line vs. Defensive Line **Season**

Field Setup and Equipment

- 9 cones, 3 footballs and 3 dummies

They should be arranged forming 3 stations. Each of the 3 stations should be spaced out to avoid cramping. A station is comprised of 3 cones, 1 football, 1 dummy. Within the station cones may be used to represent the starting point for the players.

Practice M vs. Practice N

Practice M teaches the basic football stance of the offensive linemen while Practice N teaches the stance of the defensive linemen. Consequently, the proper stance counts for half of all available points in the first two events and a quarter of the points in the last two events.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Each team should report to their sideline and proceed to align in roster order (increasing weight)
- 3) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 4) On the call of the coach, the first three players from the team that practiced Schedule M should stand at the stations (cones). The dummy should be standing upright 5 yards directly behind the offensive player. The first three players from the team that practiced Schedule N should line up on cone. Each cone should be 1 yard from the imaginary line between the two side cones. This places the two players **two yards apart**.
- 5) The coach will proceed to start at Station 1 and tell the defensive lineman to line up and tells the offensive lineman which of the two skills he will execute (Reach or Pass).
- 6) Both the offensive and defensive linemen must start in the proper stance.
- 7) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 8) Scoring begins from the whistle.
- 9) On the whistle, the offensive lineman executes his skill (proper step). The defensive lineman must execute his skill (proper step) and react.
- 10) The coach will announce both players' scores to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 11) At this point, the coach moves to the next station and repeats the process, beginning with a whistle.
- 12) During this time, the players who had just gone retreat to the end of their line and the next pair of players in line trot out to the newly vacated cone.

This pattern continues until every player has had an attempt and the original competitors are once again at the cones.



Practice M vs. Practice N (continued)

Responsibilities

Coach 1: Upholds rules and maintains a high tempo. Must ensure proper match-ups by weight and skill level.

Coach 2: Controls rotation, ensures proper match-ups and checks for proper equipment.

Coach 3: Keeps score, controls sidelines, and checks for proper equipment.

Scoring

The practices are centered around basic offensive and defensive skills. Reach block and Pass block are the 2 offensive skills that will be tested. Mirror step and Pass rush move are the 2 defensive skills that will be tested.

At the beginning of the event, the two coaches will bring their teams to the assigned areas. Each coach will have a roster card listing, in ascending order, those players that will be participating. (Players that are NOT present should be crossed out.)

The event consists of 2 rounds of competitions. The first round is based solely on skill, while the second round combines skill with head-to-head competition.

SCRIMMAGE Practice M vs. Practice N

Round 1 – Skill 1 – Reach or Pass Steps

- On the coach’s call, the offensive lineman and coach agree to step, and line up.
- On whistle the offensive lineman steps and the defensive lineman mirrors him.

Defensive Technique	Points	Offensive Technique
Stance	1 Pt	Stance
Mirror Step	1 Pt	Reach Rt or Lt
2 Pts Total		

Round 2 – Skill 2 – Reach or Pass

- The coach will tell the offensive lineman which skill to execute (Reach or Pass)
- On the whistle, the lineman steps and the defensive lineman mirrors him and attempts to get to cone or bag.

Defensive Technique	Points	Offensive Technique
Stance	1 Pt	Stance
Mirror (Run or Pass)	1 Pt	Pass or Reach Step
Get to (bag or cone)	2 Pts	Keep from (bag or cone)
4 Pts Total		

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice O vs. Practice O

Offensive Line vs. Defensive Line (switch) Season

Field Setup and Equipment

- 9 cones, 3 footballs and 3 dummies

They should be arranged forming 3 stations. Each of the 3 stations should be spaced out to avoid cramping. A station is comprised of 3 cones, 1 football, 1 dummy. Within the station cones may be used to represent the starting point for the players.

Practice O vs. Practice O

Practice O teaches the basic football stance of the offensive linemen and teaches the stance of the defensive linemen. Consequently, the proper stance counts for half of all available points.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Each team should report to their sideline and proceed to align in roster order (increasing weight)
- 3) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 4) On the call of the coach, the first three players from the team designated offensive linemen should stand at the stations (cones). The dummy should be standing upright 5 yards directly behind the offensive player. The first three players from the team designated defensive linemen should line up on cone. Each cone should be 1 yard from the imaginary line between the two side cones. This places the two players **two yards apart**.
- 5) The coach will proceed to start at Station 1 and tell the defensive lineman to line up and tells the offensive lineman which of the two skills he will execute (Reach or Pass).
- 6) Both the offensive and defensive linemen must stand in the proper stance.
- 7) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 8) Scoring begins from the whistle.
- 9) On the whistle, the offensive lineman executes his skill (proper step). The defensive lineman must execute his skill (proper step) and react.
- 10) The coach will announce both players' scores to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 11) At this point, the coach moves to the next station and repeats the process, beginning with a whistle.
- 12) During this time, the players who had just gone retreat to the end of their line and the next pair of players in line trot out to the newly vacated cone.

This pattern continues until every player has had an attempt and the original competitors are once again at the cones.



Practice O (continued)

Responsibilities

Coach 1: Upholds rules and maintains a high tempo. Must ensure proper match-ups by weight and skill level.

Coach 2: Controls rotation, ensures proper match-ups and checks for proper equipment.

Coach 3: Keeps score, controls sidelines, and checks for proper equipment.

Scoring

The practices are centered around basic offensive and defensive skills. Reach block and Pass block are the 2 offensive skills that will be tested. Mirror step and Pass rush are the 2 defensive skills to be tested.

At the beginning of the event, the two coaches will bring their teams to the assigned areas. Each coach will have a roster card listing, in ascending order, those players that will be participating. (Players that are NOT present should be crossed out.)

The event consists of 4 quarters of competitions. A quarter consists of 12 plays with each group (light, medium, heavy) getting 4 plays each. At the start of the competition the coach calls the designated captains to the middle of the field and has a coin toss. The winner decides if their team chooses to start on offense or defense.

1st Quarter & 2nd Quarter – Run or Pass Competition

- On the coach's call, the defensive lineman to line up and tells the offensive lineman which skill to execute.
- On whistle the offensive lineman steps and the defensive lineman mirrors him.
- On reach step, the offensive lineman must keep the defensive lineman from the cone.
- On pass step, the offensive lineman must keep the defensive lineman from the bag (for a 3 second count)

RUN TECHNIQUE

Defensive Technique	Points	Offensive Technique
Stance and Start	1 Pt	Stance and Start
Mirror	1 Pt	Reach or Pass Step
Reach cone or bag	2 Pts	Keep from cone or bag
4 Pts Total		

PASS TECHNIQUE

Defensive Technique	Points	Offensive Technique
Stance and Start	1 Pt	Stance and Start
Mirror	1 Pt	Reach or Pass Step
Reach cone or bag	2 Pts	Keep from cone or bag
4 Pts Total		

HALFTIME: After halftime, the offense becomes the defense and vice-versa.

3rd Quarter & 4th Quarter – Run or Pass Competition

- The coach tells the defensive lineman to line up and tells the offensive lineman which skill to execute.
- On whistle the offensive lineman steps and the defensive lineman mirrors him.
- On reach step, the offensive lineman must keep the defensive lineman from the cone.
- On pass step, the offensive lineman must keep the defensive lineman from the bag (for a 3 second count)

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice P vs. Practice Q

Quarterback, Offensive Line, Running Back vs. Defensive Line, Linebackers Season

Field Setup and Equipment

- 1 football

The width of the field for this scrimmage is 18 yards.

Practice P vs. Practice Q

Practice P teaches the basic football stance of the offensive linemen and running backs while Practice Q teaches the stance of the defensive linemen and linebackers. Consequently, the proper stance counts for half of all available points.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Each team should report to their sideline and proceed to align in roster order (increasing weight)
- 3) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 4) On the call of the coach, the first unit (lightweight) from the team that practiced Schedule P should stand 5 yards from football in a huddle. The first unit from the team that practiced Schedule Q lines up on the other side of the football in a huddle at the line of scrimmage.
- 5) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 6) Scoring begins from the whistle.
- 7) After the whistle, the quarterback will call the play in the offensive huddle twice. The unit will break and run to the line and execute the play on the cadence.
- 8) After the whistle, a linebacker will call the play in the defensive huddle twice. The unit will break and turn to the line and defend the play on the snap.
- 9) The coach will announce both units' scores to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 10) At this time, both teams return to their huddles and prepare to run another play.
- 11) Following the completion of 4 plays, the unit switches from light to medium and medium to heavy.

Responsibilities

Coach 1: Upholds rules and maintains a high tempo. Must ensure proper match-ups by weight and skill level.

Coach 2: Controls rotation, ensures proper match-ups and checks for proper equipment.

Coach 3: Keeps score, controls sidelines, and checks for proper equipment.



Practice P vs. Practice Q (continued)

Scoring

The practices are based on group offensive and defensive skills. Running plays are the offensive skills that will be tested and defending the running plays are the defensive skills to be tested.

The event consists of two rounds of scrimmages. In each round, each unit (light, medium, heavy) will execute 4 plays. There will be 12 plays total.

SCRIMMAGE Practice P vs. Practice Q

Round 1 – Run/Defend Run/Execution

- On whistle, each group begins in a huddle at proper location relative to the ball.
- Coach listens to offensive play called.
- Both teams run to the line and line up properly in their stances. Must hold until snap.
- The coach grades stances and alignments.
- The coach signals the quarterback and he may now begin the play.
- Both teams stop on the whistle and return to the huddle.
- The coach grades the outcome.

Defensive Technique	Points	Offensive Technique
Huddle	1 Pt	Huddle
Alignment	1 Pt	Alignment
No major errors	1 Pt	No major errors
3 Pts Total		

After 4 plays, new units run onto the field.

Round 2 – Run/Defend Run/Execution

- On whistle, each group begins in a huddle at proper location relative to the ball.
- Coach listens to offensive play called.
- Both teams run to the line and line up properly in their stances. Must hold until snap.
- The coach grades stances and alignments.
- The coach signals the quarterback and he may now begin the play.
- Both teams stop on the whistle and return to the huddle.
- The coach grades the outcome.

Defensive Technique	Points	Offensive Technique
Huddle	1 Pt	Huddle
Alignment	1 Pt	Alignment
No major errors	1 Pt	No major errors
Stop offense from gaining 5 yards	3 Pts	Gain 5 yards
6 Pts Total		

After 4 plays, new units run onto the field.

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice R vs. Practice R

Quarterback, Offensive Line, Running Back vs. Defensive Line, Linebackers (switch) Season

Field Setup and Equipment

- 1 football

The width of the field for this scrimmage is 18 yards.

Practice R vs. Practice R

Practice R teaches the basic football stance of the offensive linemen, running backs, defensive linemen and linebackers. Consequently, the proper stance counts for half of all available points.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Each team should report to their sideline and proceed to align in roster order (increasing weight)
- 3) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 4) On the call of the coach, the first unit (lightweight) from the team designated offense should stand 5 yards from football in a huddle. The first unit from the team designated defense lines up on the other side of the football in a huddle at the line of scrimmage.
- 5) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 6) Scoring begins from the whistle.
- 7) After the whistle, the quarterback will call the play in the offensive huddle twice. The unit will break and run to the line and execute the play on the cadence.
- 8) After the whistle, a linebacker will call the play in the defensive huddle twice. The unit will break and turn to the line and defend the play on the snap.
- 9) The coach will announce both units' scores to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 10) At this time, both teams return to their huddles and prepare to run another play.
- 11) Following the completion of 4 plays, the unit switches from light to medium and medium to heavy.

Responsibilities

Coach 1: Upholds rules and maintains a high tempo. Must ensure proper match-ups by weight and skill level.

Coach 2: Controls rotation, ensures proper match-ups and checks for proper equipment.

Coach 3: Keeps score, controls sidelines, and checks for proper equipment.



Practice R (continued)

Scoring

The practices are based on group offensive and defensive skills. Running plays are the offensive skills that will be tested and defending the running plays are the defensive skills to be tested.

The event consists of two rounds of scrimmages. In each round, each unit (light, medium, heavy) will execute 4 plays. There will be 12 plays total.

The event consists of 4 quarters of competition. A quarter consists of 12 plays, with each group (light, medium, heavy) getting 4 plays each. At the start of the competition the referee calls the designated captains to the middle of the field and has a coin toss. The winner decides if their team will start on offense or defense.

GROUP Competition - Practice R vs. Practice R

1st and 2nd Quarters – Run/Defend Run/Execution

- On whistle, each group begins in a huddle at proper location relative to the ball.
- Coach listens to offensive play called.
- Both teams run to the line and line up properly in their stances. Must hold until snap.
- The coach grades stances and alignments.
- The coach signals the quarterback and he may now begin the play.
- Both teams stop on the whistle and return to the huddle.
- The coach grades the outcome.

Defensive Technique	Points	Offensive Technique
Huddle	1 Pt	Huddle
Alignment	1 Pt	Alignment
No major errors	1 Pt	No major errors
Stop offense from gaining 5 yards	3 Pts	Gain 5 yards
	6 Pts Total	

After 4 plays, new units run onto the field.

HALFTIME: After halftime, the offense becomes the defense and the defense becomes the offense.

3rd and 4th Quarters: *Same as above.*

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice S vs. Practice T

Quarterback, Offensive Line, Wide Receivers vs. Defensive Line, Defensive Back, Safety Season

Field Setup and Equipment

- 1 football

The width of the field for this scrimmage is 18 yards.

Practice S vs. Practice T

Practice S teaches the basic football stance of the offensive linemen and wide receivers while Practice T teaches the stance of the defensive linemen and defensive backs, and safety. Consequently, the proper stance counts for half of all available points.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Each team should report to their sideline and proceed to align in roster order (increasing weight)
- 3) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 4) On the call of the coach, the first unit (lightweight) from the team that practiced Schedule S should stand 5 yards from football in a huddle. The first unit from the team that practiced Schedule T lines up on the other side of the football in a huddle at the line of scrimmage.
- 5) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 6) Scoring begins from the whistle.
- 7) After the whistle, the quarterback will call the play in the offensive huddle twice. The unit will break and run to the line and execute the play on the cadence.
- 8) After the whistle, the safety will call the play in the defensive huddle twice. The unit will break and turn to the line and defend the play on the snap.
- 9) The coach will announce both units' scores to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 10) At this time, both teams return to their huddles and prepare to run another play.
- 11) Following the completion of 4 plays, the unit switches from light to medium and medium to heavy.

Responsibilities

Coach 1: Upholds rules and maintains a high tempo. Must ensure proper match-ups by weight and skill level.

Coach 2: Controls rotation, ensures proper match-ups and checks for proper equipment.

Coach 3: Keeps score, controls sidelines, and checks for proper equipment.



Practice S vs. Practice T (continued)

Scoring

The practices are based on group offensive and defensive skills. Passing plays are the offensive skills that will be tested and defending the pass is the defensive skill to be tested.

The event consists of two rounds of scrimmages. In each round, each unit (light, medium, heavy) will execute 4 plays. There will be 12 plays total.

SCRIMMAGE Practice S vs. Practice T

Round 1 – Pass/Defend Pass/Execution

- On whistle, each group begins in a huddle at proper location relative to the ball.
- Coach listens to offensive play called.
- Both teams run to the line and line up properly in their stances. Must hold until snap.
- The coach grades stances and alignments.
- The coach signals the quarterback and he may now begin the play.
- Both teams stop on the whistle and return to the huddle.
- The coach grades the outcome.

Defensive Technique	Points	Offensive Technique
Huddle	1 Pt	Huddle
Alignment	1 Pt	Alignment
No major errors	1 Pt	No major errors
3 Pts Total		

After 4 plays, new units run onto the field.

Round 2 – Pass/Defend Pass/Execution

- On whistle, each group begins in a huddle at proper location relative to the ball.
- Coach listens to offensive play called.
- Both teams run to the line and line up properly in their stances. Must hold until snap.
- The coach grades stances and alignments.
- The coach signals the quarterback and he may now begin the play.
- Both teams stop on the whistle and return to the huddle.
- The coach grades the outcome.

Defensive Technique	Points	Offensive Technique
Huddle	1 Pt	Huddle
Alignment	1 Pt	Alignment
No major errors	1 Pt	No major errors
Stop offense from completing pass	3 Pts	Complete pass
6 Pts Total		

After 4 plays, new units run onto the field.

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice U vs. Practice U

Quarterback, Offensive Line, Wide Receivers vs. Defensive Line, Defensive Back, Safety (switch)

Season

Field Setup and Equipment

- 1 football

The width of the field for this scrimmage is 18 yards.

Practice U vs. Practice U

Practice U teaches the basic football stance of the offensive linemen, running backs, wide receivers, defensive linemen, defensive backs, and safety. Consequently, the proper stance counts for half of all available points.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Each team should report to their sideline and proceed to align in roster order (increasing weight)
- 3) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 4) On the call of the coach, the first unit (lightweight) from the team designated offense should stand 5 yards from football in a huddle. The first unit from the team designated defense lines up on the other side of the football in a huddle at the line of scrimmage.
- 5) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 6) Scoring begins from the whistle.
- 7) After the whistle, the quarterback will call the play in the offensive huddle twice. The unit will break and run to the line and execute the play on the cadence.
- 8) After the whistle, the safety will call the play in the defensive huddle twice. The unit will break and turn to the line and defend the play on the snap.
- 9) The coach will announce both units' scores to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 10) At this time, both teams return to their huddles and prepare to run another play.
- 11) Following the completion of 4 plays, the unit switches from light to medium and medium to heavy.

Responsibilities

Coach 1: Upholds rules and maintains a high tempo. Must ensure proper match-ups by weight and skill level.

Coach 2: Controls rotation, ensures proper match-ups and checks for proper equipment.

Coach 3: Keeps score, controls sidelines, and checks for proper equipment.



Practice U (continued)

Scoring

The practices are based on group offensive and defensive skills. Passing plays are the offensive skills that will be tested and defending the pass are the defensive skills to be tested.

The event consists of two rounds of scrimmages. In each round, each unit (light, medium, heavy) will execute 4 plays. There will be 12 plays total.

The event consists of 4 quarters of competition. A quarter consists of 12 plays, with each group (light, medium, heavy) getting 4 plays each. At the start of the competition the referee calls the designated captains to the middle of the field and has a coin toss. The winner decides if their team will start on offense or defense.

GROUP Competition - Practice U vs. Practice U

1st and 2nd Quarters – Pass/Defend Pass/Execution

- On whistle, each group begins in a huddle at proper location relative to the ball.
- Coach listens to offensive play called.
- Both teams run to the line and line up properly in their stances. Must hold until snap.
- The coach grades stances and alignments.
- The coach signals the quarterback and he may now begin the play.
- Both teams stop on the whistle and return to the huddle.
- The coach grades the outcome.

Defensive Technique	Points	Offensive Technique
Huddle	1 Pt	Huddle
Alignment	1 Pt	Alignment
No major errors	1 Pt	No major errors
Stop offense from completing pass	3 Pts	Complete pass
	6 Pts Total	

After 4 plays, new units run onto the field.

HALFTIME: After halftime, the offense becomes the defense and the defense becomes the offense.

3rd and 4th Quarters: *Same as above.*

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



Practice V vs. Practice W

Quarterback, Running Back, Offensive Line, Wide Receivers vs. Defensive Line, Linebacker, Defensive Back, Safety

Post Season

Field Setup and Equipment

- 1 football

The width of the field for this scrimmage is 18 yards.

Practice V vs. Practice W

Practice V teaches the basic offensive stances, alignments, and plays while Practice W teaches the basic defensive stances, alignments, and responsibilities.

Scrimmage

- 1) When the teams arrive, the field should be set up and waiting (by coaches)
- 2) Each team should report to their sideline and proceed to align in roster order (increasing weight)
- 3) Players should already know what is expected of them, however, the coach will briefly explain the drill (quick demonstration)
- 4) On the call of the coach, the first unit (lightweight) from the team that practiced Schedule V should stand 5 yards from football in a huddle. The first unit from the team that practiced Schedule W lines up on the other side of the football in a huddle at the line of scrimmage.
- 5) Each event must begin with a whistle from the coach to signal to the players that play has begun.
- 6) Scoring begins from the whistle.
- 7) After the whistle, the quarterback will call the play in the offensive huddle twice. The unit will break and run to the line and execute the play on the cadence.
- 8) After the whistle, a linebacker will call the play in the defensive huddle twice. The unit will break and turn to the line and defend the play on the snap.
- 9) The coach will announce both units' scores to the designated scorekeeper and identify any mistakes to the head coach (not the player).
- 10) At this time, both teams return to their huddles and prepare to run another play.
- 11) Following the completion of 4 plays, the unit switches from light to medium and medium to heavy.

Responsibilities

Coach 1: Upholds rules and maintains a high tempo. Must ensure proper match-ups by weight and skill level.

Coach 2: Controls rotation, ensures proper match-ups and checks for proper equipment.

Coach 3: Keeps score, controls sidelines, and checks for proper equipment.



Practice V vs. Practice W (continued)

Scoring

Offensive and defensive game skills will be tested. The team on offense gets 4 plays to score.

The event consists of two rounds of scrimmages. In each round, each unit (light, medium, heavy) will execute 4 plays. There will be 12 plays total.

SCRIMMAGE Practice V vs. Practice W

Round 1 – Run Plays/Defend Run Plays

- On whistle, each group begins in a huddle at proper location relative to the ball.
- Coach listens to offensive play called.
- Both teams run to the line and line up properly in their stances. Must hold until snap.
- The coach signals the quarterback and he may now begin the play.
- Both teams stop on the whistle and return to the huddle.
- The coach gives total score to both teams.

Defensive Technique	Points	Offensive Technique
Stance and Alignment	1 Pt	Stance and Alignment
Stop offense from scoring	6 Pts	Score (Only 1 st TD counts for points)
	7 Pts Total	

After 4 plays, new units run onto the field.

Round 2 – Pass Plays/Defend Pass Plays

- On whistle, each group begins in a huddle at proper location relative to the ball.
- Coach listens to offensive play called.
- Both teams run to the line and line up properly in their stances. Must hold until snap.
- The coach signals the quarterback and he may now begin the play.
- Both teams stop on the whistle and return to the huddle.
- The coach gives total score to both teams.

Defensive Technique	Points	Offensive Technique
Stance and Alignment	1 Pt	Stance and Alignment
Stop offense from scoring	6 Pts	Score (Only 1 st TD counts for points)
	7 Pts Total	

Following all competitions, both teams line up and shake hands. After the handshake, both teams return with their coaches to their practice area.



LIFE SKILLS



Life Skills

One of the unique aspects of the Junior Player Development (JPD) Program is the use of life skills messages throughout practice. This can only work if the coaches take time at certain moments during practice to teach lessons that might last a lifetime. It is important for the coaches involved to draw upon examples from their own lives so that JPD participants can better understand the skill messages. It is also important to use examples that they can relate to, such as school, friends, football, teammates, teachers, and family members. Keep in mind that the children you are working with are 12 to 14 years old, so simplicity and repetition are key factors.

When teaching the life skills messages, coaches can use examples from:

- Childhood football experiences
 - Use your own experiences, such as daily practices, games you lost or won, and the lessons you learned from them. Use the life skill theme of the week to help you prepare some messages you might say to the kids you are coaching.
- Kids you have previously coached who were in similar situations the JPD participants can relate to on or off the field.
 - **Goal Setting**
 - Think back to a child you might have coached who worked hard every day, but might not have been the best athlete on the team. He set goals for himself to learn the game of football and through watching film, listening to his coach, and preparing both mentally and physically he became a good football player. He might have even saved the winning season by driving back the opponent's running back on the last play of the game.
- Real life every day experiences.
 - **Responsibility**
 - Coach: *I go food shopping for my family to help out my wife who works late. I do this because I have to take care of certain responsibilities as a father and husband. You are a team player on the field by knowing your responsibilities at your positions and by helping your teammates out. You're also a team player at home by helping with chores your parents might ask you to do.*

Coaches must make an effort throughout practice sessions to teach JPD participants valuable life skill messages. Every coach has his own style of coaching, but this is an outline to follow to teach important life skill messages.

- First two (2) minutes of practice
 - Introduce and define life skill.
 - Coach uses example from his own life experience on and off the field (see **responsibility** example above for reference).
 - Reiterate life skill message.
- During and after football drills incorporate life skill messages into practice
 - Coach can take a moment to have a conversation with the kids and get them involved with the life skill message.
 - Elaborate on life skill message using common football and life situations the kids can easily understand.



- Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Motivate the players for the next practice.

The above is an outline of when to incorporate life skills messages throughout JPD practice. Use this as a guideline for each practice. Each week focus on the different life skill theme noted in the handbook.

Week 1: Responsibility

Week 2: Goal Setting

Week 3: Sportsmanship

Week 4: Self Control

Week 5: Smart Moves

Week 6: Teamwork

Week 7: Leadership

Week 8: Perseverance

Each practice for the week has a different theme:

Practice 1: Focus on the **individual** JPD player.

Practice 2: Focus on the JPD **team**.

Practice 3: What football skills and life skills have you learned from the JPD Program?

Each week during the eight (8) week program three (3) different participants will serve as team captains. Their role will be to work directly with the head coach to help emphasize to the entire team the life skill of the week. This will allow more interactions with the life skill messages and the participants. This will also give everyone the opportunity to play the role of a leader. All twenty-four (24) kids per team will be a team captain during the program.

A big part of your job as a coach is to provide positive reinforcement statements and teach football to these kids through using life skill messages. Hopefully by the second or third week it will become very easy to realize a life skill moment and take full advantage of teaching your kids a lesson.

Coaches should come to practice prepared to teach life skills lessons each day.



Week One: Responsibility

Practice One: Individual Responsibility

Teach the JPD participants how they can be responsible for themselves on the field. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Introduce and define life skill.
 - Example: **Responsibility**. Responsibility is being accountable for your actions.
 - Coaches' on and off the field life skills example:
RESPONSIBILITY
 - Coach: *I'm responsible to get all the tackling dummies out before practice, so that I'm ready for our tackling drill. I'm also responsible for going over plays and drills ahead of time so that I teach you the drills correctly today.*
 - Reiterate life skill message
 - Coach: *Keep in mind during practice that "RESPONSIBILITY" is the theme today. Try to observe how you are responsible during the drills we do today.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *As a football player you are responsible for yourself on and off the field. You are responsible to be on time for practice. This helps both you and your team because your coach sees that you are reliable and ready for practice by being on time. He realizes that he can count on you to play and learn during practice.*
- Key Points to interject throughout practice about responsibility:

**LEARN POSITION
BE ON TIME
BE PREPARED**

OFF FIELD EXAMPLE

- Coach: *Just like how it is important to be responsible for your actions by being on time to practice or by remembering to bring your equipment every day, it is important to be responsible off the field at home, hanging out with friends, or at school. Can anybody think of how they are responsible off the field?*
- Player: *I turned my homework in on time yesterday.*
- Player: *I walk my little brother to school when my Mom goes to work.*
- Key Points to interject throughout practice about responsibility:

**COMPLETE HOMEWORK
GO TO SCHOOL
FINISH CHORES**

3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about the message we learned today. Can anyone remember what that is?*
 - Player: *Responsibility*



- Coach asks players to explain how the messages were reflected during the days' instruction and competition.
- Motivate the players for the next practice.
 - Coach: *Come back tomorrow and tell me about how you were responsible at school with your friends or at home with your family. I want two people at the beginning of practice tomorrow to tell me how they are going to be responsible during practice. We're here to help each other on the field and off the field. Great practice today!*

Practice Two: Team Responsibility

Teach the JPD participants how they can be responsible for their team. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Review and define life skill.
 - Example: **Responsibility**. Responsibility is being accountable for your actions.
 - Coaches' on and off the field life skills example:
RESPONSIBILITY
 - Coach: *I go food shopping for my family to help out my wife who works late. I do this because I have to take care of certain responsibilities as a father and husband. You are a team player on the field by knowing your responsibilities at your positions and by helping your teammates out. You're also a team player at home by helping with chores your parents might ask you to do.*
 - Reiterate life skill message
 - Coach: *Keep in mind during practice that "RESPONSIBILITY" is the theme today. Try to observe how your team is responsible during the drills we do today.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *As a team you are responsible to communicate with each other to run the correct play. You are all responsible to know your position so that the play is executed correctly.*
- Key Points to interject throughout practice about responsibility:

**LEARN POSITION
BE ON TIME
BE PREPARED**

OFF FIELD EXAMPLE

- Coach: *You are responsible to get up every morning, go to school, and get good grades. Your future is your responsibility. Your teammates are also counting on you to be responsible enough to have good grades to play football with them. They count on you to be at practice.*
- Key Points to interject throughout practice about responsibility:

**COMPLETE HOMEWORK
GO TO SCHOOL
FINISH CHORES**



3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about your responsibilities affect people around you.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Come back tomorrow and tell me about how you were responsible at school with your friends or at home with your family. We're here to help each other on the field and off the field. Great practice today!*

Practice Three: What have they learned about football skills and life skills?

1. First two (2) minutes of practice
 - Review and define life skill.
 - Example: **Responsibility**. Responsibility is being accountable for your actions.
 - Ask the JPD participants how they have learned responsibility on and off the field through football practice.
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *How has this drill taught you about responsibility?*
- Key Points to interject throughout practice about responsibility:

**LEARN POSITION
BE ON TIME
BE PREPARED**

OFF FIELD EXAMPLE

- Coach: *What responsibilities do you have off the field?*
- Key Points to interject throughout practice about responsibility:

**COMPLETE HOMEWORK
GO TO SCHOOL
FINISH CHORES**

3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about your responsibilities affect people around you.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *This week we learned about responsibility. Next week we will be talking about goal setting. Start thinking about some goals you might want to set for yourself. Great practice all week!*



Week Two: Goal Setting

Practice One: Set Individual Goals

Teach the JPD participants how they set goals for themselves. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Introduce and define life skill.
 - Example: **Goal Setting**. Goal setting is deciding what you want to achieve and taking steps to reach it.
 - Coaches' on and off the field life skills example:
GOAL SETTING
 - Coach: *I wanted to become a teacher, so I researched what degrees I needed to have to get certified. I worked hard to get into the right school and succeeded in being a teacher. I decided on my profession, so I made a plan and worked to achieve my goal. That's what goal setting is all about.*
 - Reiterate life skill message
 - Coach: *Keep in mind during practice that "GOAL SETTING" is the theme today. Set an individual goal for yourself during practice today.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *Setting goals for yourself may help you to achieve something you never thought you could have before. Perhaps set a goal to master a football drill you're having trouble with, or bring your 40 time down. Whatever it is, practice and prepare for your goal and work hard every day to reach your goal. It is okay if you do not reach your goal, but you might learn a great deal about yourself if you try.*
- Key Points to interject throughout practice about goal setting:

**SET YOUR GOAL
PRACTICE AND PREPARE
DON'T GIVE UP**

OFF FIELD EXAMPLE

- Coach: *Just like how it is important to set goals on the football field it is important to set goals at school or at home. You will learn a lot about yourself in the process of working to achieve your goal. You can set a goal to get 8 out of 10 correct on your next math assignment or to get a complement on your writing skills from your English teacher.*
- Key Points to interject throughout practice about goal setting:

**SET YOUR GOAL
PRACTICE AND PREPARE
DON'T GIVE UP**



3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about the message we learned today. Can anyone remember what that is?*
 - Player: *Goal Setting*
 - Coach asks players to explain how the messages were reflected during the days' instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Remember your goal and continue to strive for it everyday. Great practice today!*

Practice Two: Set Team Goal

Teach the JPD participants to set a team goal. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Review and define life skill.
 - Example: **Goal Setting**. Goal setting is deciding what you want to achieve and taking steps to reach it.
 - Coaches' on and off the field life skills example:
GOAL SETTING
 - Coach: *Successful teams that I have coached have all had one thing in common. All the players on the team decided on a common goal to work hard during practice. Having a common goal strengthened them and focused them into becoming a great team.*
 - Reiterate life skill message
 - Coach: *Let's decide upon a goal for our JPD team.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *We decided as a team that it is our goal to receive the most JPD points today. How can we achieve that?*
- Player: *By listening to your technique suggestions and by helping each other to master our drills. The better we practice the more points we'll get. We need to stay focused. We need to work together to achieve our goal.*
- Key Points to interject throughout practice about goal setting:

**SET YOUR GOAL
PRACTICE AND PREPARE
DON'T GIVE UP**



OFF FIELD EXAMPLE

- Coach: *You and your friends can make a goal to stay out of trouble so that you won't get detention after school. If you don't get detention you will be able to hang out after school before heading home to do your homework.*
- Key Points to interject throughout practice about goal setting:

**SET YOUR GOAL
PRACTICE AND PREPARE
DON'T GIVE UP**

3. Final two (2) minutes of practice

- Coach reviews the life skill theme of the day.
 - Coach: *Remember the goal our team set today. Think of ways we can work as a team to reach that goal.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Remember our team goal and continue to strive for it everyday. Great practice today!*

Practice Three: What have they learned about football skills and life skills?

1. First two (2) minutes of practice

- Review and define life skill.
- Example: **Goal Setting**. Goal setting is deciding what you want to achieve and taking steps to reach it.
- Ask the JPD participants how they have learned about goal setting and off the field through football practice.

2. During and after football drills incorporate life skill message into practice.

- Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *What goals have you been working on this week? How have your football drills this week helped you to focus on setting goals?*
- Key Points to interject throughout practice about goal setting:

**SET YOUR GOAL
PRACTICE AND PREPARE
DON'T GIVE UP**

OFF FIELD EXAMPLE

- Coach: *What goals have you set off the field?*
- Key Points to interject throughout practice about goal setting:

**SET YOUR GOAL
PRACTICE AND PREPARE
DON'T GIVE UP**



3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *Keep working to reach your goals on and off the field!*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *This week we learned about goal setting. Next week we will be talking about Sportsmanship. Great practice! Keep up the good work!*



Week Three: Sportsmanship

Practice One: Individual Sportsmanship

Teach the JPD participants how to learn sportsmanship. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Introduce and define life skill.
 - Example: **Sportsmanship**. Sportsmanship is playing by the rules.
 - Coaches' on and off the field life skills example:
SPORTSMANSHIP
 - Coach: *A great lesson to learn through sports is to have respect for others and to play the game fairly. There are a lot of sports figures who you see on TV who "trash talk" and curse their opponents. You might think that's being a man or a super star athlete. Well, it's not. Sports are about sportsmanship. Respecting yourself, respecting others, and playing by the rules teaches you about sportsmanship.*
 - Reiterate life skill message
 - Coach: *"SPORTSMANSHIP" is the theme during practice today.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *If you knock a player down, lend him your hand after the play to help him to his feet. Winning is important, but it's also important to play by the rules. Hits or tackles after the whistle is called are inexcusable and will not be tolerated on this football field.*
- Key Points to interject throughout practice about sportsmanship:

FAIR PLAY
RESPECT
HONESTY

OFF FIELD EXAMPLE

- Coach: *Sportsmanship is also important off the field. Being honest by doing your own assignments and not cheating in school is important. Teachers notice when you're honest and live by the school's rules.*
- Key Points to interject throughout practice about sportsmanship:

FAIR PLAY
RESPECT
HONESTY



3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about the message we learned today. Can anyone remember what that is?*
 - Player: *Sportsmanship*
 - Coach asks players to explain how the messages were reflected during the days' instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Remember that sportsmanship is just as important off the field as it is on the field. Great practice today!*

Practice Two: Team Sportsmanship

Teach the JPD participants how a team learns sportsmanship. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Review and define life skill.
 - Example: **Sportsmanship**. Sportsmanship is playing by the rules.
 - Coaches' on and off the field life skills example:
SPORTSMANSHIP
 - Coach: *When I was walking through the lunchroom today I saw a great thing. I saw a fellow team member of yours helping a student who was being bullied by an older student. He didn't punch the bully or yell at him, but he played by the school rules and avoided a fight. Your team member showed respect for the student being bullied by taking the time to help him. That is an example of true sportsmanship.*
 - Reiterate life skill message
 - Coach: *"SPORTSMANSHIP" is the life skill message today. See how you and your teammates display sportsmanship during drills today.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *As a team we should act like gentlemen on the field. Fighting, cheating during drills or running assignments, and disrespecting teammates will not be accepted on our field. We should work together and respect each other's talents and differences. That's what makes us a great team.*
- Key Points to interject throughout practice about sportsmanship:

**FAIR PLAY
RESPECT
HONESTY**



OFF FIELD EXAMPLE

- Coach: *As a team we should act like gentlemen off the field too. Respecting those who aren't on our team is just as important as respecting everyone on our team.*
- Key Points to interject throughout practice about sportsmanship:

**FAIR PLAY
RESPECT
HONESTY**

3. Final two (2) minutes of practice

- Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about the message we learned today.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Sportsmanship also means being able to accept losses without blame and celebrating triumphs without gloating and by recognizing those who support you.*

Practice Three: What have they learned about football skills and life skills?

1. First two (2) minutes of practice

- Review and define life skill.
- Example: **Sportsmanship**. Sportsmanship is playing by the rules.
- Ask the JPD participants how they have learned about sportsmanship on and off the field through football practice.

2. During and after football drills incorporate life skill message into practice.

- Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *How have your football drills this week helped you to focus on sportsmanship? Who has observed sportsmanship during practice?*
- Key Points to interject throughout practice about sportsmanship:

**FAIR PLAY
RESPECT
HONESTY**

OFF FIELD EXAMPLE

- Coach: *Who can tell me how they demonstrated sportsmanship off the field?*
- Key Points to interject throughout practice about sportsmanship:

**FAIR PLAY
RESPECT
HONESTY**



3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *Sportsmanship is an important life skill to learn. Respecting others around you who are like you and who are different is an important element to life on and off the field. Being honest and playing by the rules will help you on and off the field.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *This week we learned about sportsmanship, but try not to forget about the other life skill messages we learned. They all work together.*



Week Four: Self-Control

Practice One: Individual Self-Control

Teach the JPD participants how they can demonstrate self-control. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Introduce and define life skill.
 - Example: **Self-Control**. Self-control is remaining calm in all situations.
 - Coaches' on and off the field life skills example:
 - Coach: *As some of you know I get all fired up during practice. I love football and I love teaching you the drills we work on. Sometimes I get angry when I tell you how to do the drill and it isn't executed correctly. Instead of yelling at you I try to demonstrate self-control by taking a deep breath to calm down and then by explaining how you can improve while performing the drill. It's difficult to keep yourself calm in all situations, but it's worth practicing to control your anger.*
 - Reiterate life skill message
 - Coach: *Keep in mind during practice that "SELF-CONTROL" is the theme today. Try to observe how you have self-control during the drills we do today.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *When a referee makes a "bad call" try not to yell in his face. Ask him what the penalty is for and maybe you'll learn something by listening to his explanation. Referees aren't always right, but it is your job to control your anger and frustration so that your emotions do not escalate on the field. You will respect yourself for it and become a leader for your team.*
- Key Points to interject throughout practice about self-control:

**THINK & DON'T REACT
KEEP A CLEAR HEAD
CONTROL EMOTIONS**

OFF FIELD EXAMPLE

- Coach: *How many of you guys fight with your sister or brother? How many of you get into a punching match when you're annoyed with each other? Next time try to walk away from the fight and resolve it through a more constructive way.*
- Player: *Walk away. Say you're sorry. Shake hands. Count to ten to cool off.*
- Key Points to interject throughout practice about self-control:

**THINK & DON'T REACT
KEEP A CLEAR HEAD
CONTROL EMOTIONS**



3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about the message we learned today. Can anyone remember what that is?*
 - Player: *Self-control.*
 - Coach asks players to explain how the messages were reflected during the days' instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Come back tomorrow and tell me about how you demonstrated self-control in school with your teachers and friends or at home with your family. We're here to help each other on the field and off the field. Great practice today!*

Practice Two: Team Self-Control

Teach the JPD participants how they can demonstrate self-control as a team. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Review and define life skill.
 - Example: **Self-Control**. Self-control is remaining calm in all situations.
 - Coaches' on and off the field life skills example:
 - Coach: *The other day my son spilled grape juice all over my wife's new rug. I started to yell at him. What do you think would have been a better way of dealing with the situation. What would you have done if you were me?*
 - Reiterate life skill message
 - Coach: *Keep in mind that "SELF-CONTROL" is the theme today. Try to observe how your teammates demonstrate self-control today.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *Joey scored a touchdown and the team went crazy! Everyone was cheering and happy. Joey and a few of his teammates pointed in an opponent's face and yelled, "We scored on you. We passed you and scored and you stink!" Is this team displaying self-control?*
- Key Points to interject throughout practice about self-control:

**THINK & DON'T REACT
KEEP A CLEAR HEAD
CONTROL EMOTIONS**



OFF FIELD EXAMPLE

- Coach: *You and your group of friends are hanging out at lunchtime and another group of kids starts teasing you. They're trying to start a fight...they have nothing better to do. Instead of getting involved, walk away. They are a waste of your time.*
- Key Points to interject throughout practice about self-control:

**THINK & DON'T REACT
KEEP A CLEAR HEAD
CONTROL EMOTIONS**

3. Final two (2) minutes of practice

- Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow try to demonstrate self-control.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Come back tomorrow and tell me about how you demonstrated self-control in school with your teachers and friends or at home with your family. We're here to help each other on the field and off the field. Great practice today!*

Practice Three: What have they learned about football skills and life skills?

1. First two (2) minutes of practice

- Review and define life skill.
- Example: **Self-Control**. Self-control is remaining calm in all situations.
- Ask the JPD participants how they have learned about self-control on and off the field through football practice.

2. During and after football drills incorporate life skill message into practice.

- Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *How have your football drills this week helped you to focus on self-control? Who has observed self-control during practice?*
- Key Points to interject throughout practice about self-control:

**THINK & DON'T REACT
KEEP A CLEAR HEAD
CONTROL EMOTIONS**

OFF FIELD EXAMPLE

- Coach: *Who can tell me how they demonstrated self-control off the field?*
- Key Points to interject throughout practice about self-control:

**THINK & DON'T REACT
KEEP A CLEAR HEAD
CONTROL EMOTIONS**



3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *It is difficult to have self-control all the time, but keep working toward controlling your anger. Thinking positively and coming up with alternative solutions to fighting and arguing are helpful tips to work toward learning self-control.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *This week we learned about self-control. Next week we are focusing on Smart Moves. Great practice this week!*



Week Five: Smart Moves

Practice One: Individual Smart Moves

Teach the JPD participants how they can have smart moves. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Introduce and define life skill.
 - Example: **Smart Moves**. Smart moves are the choices you decide to make.
 - Coaches' on and off the field life skills example:
 - Coach: *Every day we are faced with decisions to make. Should I have eggs or cereal for breakfast? Should I finish my homework or go outside and play with my friends? Sometimes it is hard to make the "smart" decision. It is up to you to decide what decision is "smart," but you should keep in mind that whatever decision you make you have to accept the positive or negative outcome that results from the decision that you make. Taking responsibility for the decision you make is a great lesson to learn.*
 - Reiterate life skill message
 - Coach: *Keep in mind during practice that "SMART MOVES" is the theme today. Try to observe the smart moves you choose to make during the drills we do today.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *When the quarterback is running the option he to decide on his smart move. Is he going to pitch the ball or is he going to run with the ball? In a matter of seconds he must decide what to do and must accept the outcome. Sometimes he picks up the yardage he needs and other times he gets sacked in the backfield. Think about the smart moves you make during your football drills today.*
- Key Points to interject throughout practice about smart moves:

**REVIEW YOUR OPTIONS
MAKE YOUR DECISION
ACCEPT THE OUTCOME**

OFF FIELD EXAMPLE

- Coach: *Your teacher asked you to see her after school. You knew that it must be because you failed your last two math tests. You just don't like math and don't understand how to do the homework. When you talk to your teacher she tells you that she is willing to help you after school to understand the math topics better. It is up to you to decide if you are going to put in the effort to improve your grades and learn more about math. It is also up to you to not accept the help and struggle along. What do you decide or what "smart move" do you make? It is up to you.*
- Key Points to interject throughout practice about smart moves:

**REVIEW YOUR OPTIONS
MAKE YOUR DECISION
ACCEPT THE OUTCOME**



3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about the message we learned today. Can anyone remember what that is?*
 - Player: *Smart moves.*
 - Coach asks players to explain how the messages were reflected during the days' instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Come back tomorrow and tell me about a smart move you made at school. Great practice today!*

Practice Two: Team Smart Moves

Teach the JPD participants how they can have smart moves as a team. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Review and define life skill.
 - Example: **Smart Moves**. Smart moves are the choices you decide to make.
 - Coaches' on and off the field life skills example:
 - Coach: *I wanted to move out West. I thought about how my decision might affect my family. My kids would have to make new friends at a new school and my wife would have to find another job. I decided not to move so that my family would be happy. I weighed my options and made a decision. Now I'm living with the decision that I made. I used the same process when I think about a decision I make for my football team. How will my decision affect the team? Everyone might not be happy, but as long as it's the right decision for the team then it's a smart move.*
 - Reiterate life skill message
 - Coach: *Keep in mind during practice that the theme is "SMART MOVES." Try to observe the smart moves your team makes during practice today.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *You're blocking your opponent so that your running back has a hole to run through. Out of the corner of your eye you see another opponent moving in on your running back. Do you change your game plan?*
- Key Points to interject throughout practice about smart moves:

**REVIEW YOUR OPTIONS
MAKE YOUR DECISION
ACCEPT THE OUTCOME**



OFF FIELD EXAMPLE

- Coach: *A few of your buddies want to hang out on the street corner after practice. You know that you have chores and homework to do at home. It's your decision to make. But make sure you are prepared to accept the outcome.*
- Key Points to interject throughout practice about smart moves:

**REVIEW YOUR OPTIONS
MAKE YOUR DECISION
ACCEPT THE OUTCOME**

3. Final two (2) minutes of practice

- Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about the message we learned today. Can anyone remember what that is?*
 - Player: *Smart moves.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Come back tomorrow and tell me about a smart move you made at home. Great practice today!*

Practice Three: What have they learned about football skills and life skills?

1. First two (2) minutes of practice

- Review and define life skill.
- Example: **Smart Moves**. Smart moves are the choices you decide to make.
- Ask the JPD participants how they have learned about making smart moves on and off the field through football practice.

2. During and after football drills incorporate life skill message into practice.

- Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *How have your football drills this week helped you to focus on making smart moves? Who has observed smart moves during practice?*
- Key Points to interject throughout practice about smart moves:

**REVIEW YOUR OPTIONS
MAKE YOUR DECISION
ACCEPT THE OUTCOME**

OFF FIELD EXAMPLE

- Coach: *What smart moves have you made off the field?*
- Key Points to interject throughout practice about smart moves:

**REVIEW YOUR OPTIONS
MAKE YOUR DECISION
ACCEPT THE OUTCOME**



3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *Making decisions on the field can help you make decisions off the field. It's the same process. The more decisions you make the easier it becomes to make decisions or smart moves.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Keep up the good work! You are learning a lot in every practice. Try to use what you learn to help you make decisions in life.*



Week Six: Teamwork

Practice One: Individual Teamwork

Teach the JPD participants what they can do individually to help their team. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Introduce and define life skill.
 - Example: **Teamwork. Together Everyone Achieves More**
 - Coaches' on and off the field life skills example:
 - Coach: *I prepare for football practice by watching films and going over my game plan. This allows me to contribute as an individual to our team. If everyone knows their responsibility for the team, then we can work together.*
 - Reiterate life skill message
 - Coach: *Keep in mind during practice that "TEAMWORK" is the theme today. Try to observe how what you do on the field during drills contributes to your team.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *Covering your man in the end zone so that a touchdown is not caught.*
- Key Points to interject throughout practice about teamwork:

**TOGETHER
EVERYONE
ACHIEVES
MORE**

OFF FIELD EXAMPLE

- Coach: *Finishing your part of a group assignment helps out your classroom "team."*
- Key Points to interject throughout practice about teamwork:

**TOGETHER
EVERYONE
ACHIEVES
MORE**

3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about how you can positively contribute to this team.*
 - Coach asks players to explain how the messages were reflected during the days' instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Great practice! Come prepared to learn more about teamwork tomorrow!*



Practice Two: Teamwork

Teach the JPD participants how their team can work together. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Review and define life skill.
 - Example: **Teamwork**. Together **Everyone Achieves More**
 - Coaches' on and off the field life skills example:
 - Coach: *My wife and I work as a team. My wife cooks dinner and I clean the dishes. We work together to achieve our goals.*
 - Reiterate life skill message
 - Coach: *Keep in mind during practice that "TEAMWORK" is the theme today. Try to observe how you and your teammates work together during football drills.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *The quarterback passes the ball off to the running back to run through the hole created by the offensive linemen. The running back scores a touchdown and the team wins the game. Everyone concentrated on learning their position to work together to achieve their goal.*
- Key Points to interject throughout practice about teamwork:

**TOGETHER
EVERYONE
ACHIEVES
MORE**

OFF FIELD EXAMPLE

- Coach: *Cleaning your room helps your Mom have a clean house. You do your share of the chores to help her achieve her goal of having a clean house.*
- Key Points to interject throughout practice about teamwork:

**TOGETHER
EVERYONE
ACHIEVES
MORE**

3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *Teamwork is where you really see how all of the life skills we've talked about mesh together.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Great practice! Keep up the hard work!*



Practice Three: What have they learned about football skills and life skills?

1. First two (2) minutes of practice
 - Review and define life skill.
 - Example: **Teamwork**. Together **E**veryone **A**chieves **M**ore
 - Ask the JPD participants how they have learned about teamwork on and off the field through football practice.
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *How have your football drills this week helped you to focus teamwork? Who has observed teamwork during practice?*
- Key Points to interject throughout practice about teamwork:

**TOGETHER
EVERYONE
ACHIEVES
MORE**

OFF FIELD EXAMPLE

- Coach: *How have you helped others and worked together off the field?*
- Key Points to interject throughout practice about teamwork:

**TOGETHER
EVERYONE
ACHIEVES
MORE**

3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *When you're in school tomorrow think about how you are part of a team in your classroom. Think about how you are part of a team with your family and friends.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Keep up the good work! You are learning a lot in every practice. Try to use what you learn to be a team player in life.*



Week Seven: Leadership

Practice One: Individual Leadership

Teach the JPD participants what it takes to be a leader. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Introduce and define life skill.
 - Example: **Leadership**. The ability to guide and lead.
 - Coaches' on and off the field life skills example:
 - Coach: *Leadership is putting together all of the life skills we have learned and using them to the best of your ability. Being a leader means making informed decisions, working together, having self-control, being responsible for your actions, setting goals, and working hard on and off the field.*
 - Reiterate life skill message
 - Coach: *Keep in mind during practice that "LEADERSHIP" is the theme today. Try to observe how you are a leader during drills today.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *Every practice Rob is the first person on the football field and the last one to leave. He helps out the younger kids on the team to master their drills and plays. Rob helps his opponent after he runs him over. He is a class act and someone everyone looks up to because he always knows the right thing to do and is humble about his athletic talents.*
- Key Points to interject throughout practice about leadership:

**LEAD BY EXAMPLE
TAKE INITIATIVE
DEDICATED**

OFF FIELD EXAMPLE

- Coach: *Pete was hanging out at the mall with a few friends who were planning on stealing magazines and candy from a store. All of his friends were involved, but he knew it wasn't the right thing to do. It was hard for him to make his decision, but he didn't want to steal. He talked a few friends out of it. He was a leader in that situation by breaking away from his friends to stand for what he believed in.*
- Key Points to interject throughout practice about leadership:

**LEAD BY EXAMPLE
TAKE INITIATIVE
DEDICATED**



3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about how you can be a leader.*
 - Coach asks players to explain how the messages were reflected during the days' instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Great practice! Come prepared to learn more about leadership tomorrow!*

Practice Two: Team Leadership

Teach the JPD participants about what it takes for a team to have leadership. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Review and define life skill.
 - Example: **Leadership**. The ability to guide and lead.
 - Coaches' on and off the field life skills example:
 - Coach: *Not everyone was meant to be a leader, but if you try to do the right thing most of the time you will always have people who will follow you. A team can become a leader by working towards its goals and never giving up.*
 - Reiterate life skill message
 - Coach: *Keep in mind during practice that "LEADERSHIP" is the theme today. Try to observe how you and your teammates are leaders during football drills.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *If you want to learn what leadership is all about, watch some of your teammates. They practice their drills during practice, but also before and after practice. They complete their drills, listen to see how they can improve, and don't argue with the coaches when they hear something they don't like. They are always trying to improve from their mistakes.*
- Key Points to interject throughout practice about leadership:

**LEAD BY EXAMPLE
TAKE INITIATIVE
DEDICATED**

OFF FIELD EXAMPLE

- Coach: *Setting the table without being asked by your parents is showing them you are a leader. Taking the initiative to help others is one way to be a leader off the field. Can anyone think of other ways to be a leader? There are many ways and no one answer is correct.*



- Key Points to interject throughout practice about leadership:

**LEAD BY EXAMPLE
TAKE INITIATIVE
DEDICATED**

3. Final two (2) minutes of practice

- Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about how you can be a leader on and off the field.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Great practice! Come prepared to learn more about leadership tomorrow!*

Practice Three: What have they learned about football skills and life skills?

1. First two (2) minutes of practice

- Review and define life skill.
- Example: **Leadership**. The ability to guide and lead.
- Ask the JPD participants how they have learned about leadership on and off the field through football practice.

2. During and after football drills incorporate life skill message into practice.

- Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *How have your football drills this week helped you to focus on being a leader? Who has observed leaders on our team?*
- Key Points to interject throughout practice about leadership:

**LEAD BY EXAMPLE
TAKE INITIATIVE
DEDICATED**

OFF FIELD EXAMPLE

- Coach: *What have you done off the field to show you are a leader?*
- Key Points to interject throughout practice about leadership:

**LEAD BY EXAMPLE
TAKE INITIATIVE
DEDICATED**



3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *When you're at home tonight and when you're at school tomorrow think about how you can work towards being a leader.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Keep up the good work! You are learning a lot in every practice. Try to use what you learn to help you be a leader on and off the field.*



Week Eight: Perseverance

Practice One: Perseverance

Teach the JPD participants what it takes to be courageous. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Introduce and define life skill.
 - Example: **Perseverance**. Perseverance is not giving up or letting down.
 - Coaches' on and off the field life skills example:
 - Coach: *Being determined, focused, and thinking positively will help you persevere through anything in life on and off the field.*
 - Reiterate life skill message
 - Coach: *Keep in mind during practice that "PERSEVERANCE" is the theme today. Try to observe how you demonstrate perseverance.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *When a quarterback gets sacked, he must persevere and get up for the next play.*
- Key Points to interject throughout practice about perseverance:

COURAGE
DETERMINATION
POSITIVE THINKING

OFF FIELD EXAMPLE

- Coach: *When you get a low grade on a test, think positively and be determined for the next test. Don't let it get you down. Persevere through it all!*
- Key Points to interject throughout practice about perseverance:

COURAGE
DETERMINATION
POSITIVE THINKING

3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about how you can demonstrate perseverance.*
 - Coach asks players to explain how the messages were reflected during the days' instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Great practice! Keep up the good work. You have learned a lot over the past few weeks!*



Practice Two: Team Perseverance

Teach the JPD participants about what it takes for a team to be courageous. Use examples they can relate to on and off the field.

1. First two (2) minutes of practice
 - Review and define life skill.
 - Example: **Perseverance**. Perseverance is not giving up or letting down.
 - Coaches' on and off the field life skills example:
 - Coach: *A boy who used to play football for me demonstrated great perseverance. He wasn't very athletically talented, but he suited up for practice everyday. Some of the older boys on the team made fun of him because he was small and couldn't play football well. He hung in there and showed everyone how dedicated and courageous he was by not giving up.*
 - Reiterate life skill message
 - Coach: *Keep in mind during practice that "PERSEVERANCE" is the theme today. Try to see who is courageous on this team.*
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *Playing against teams who are better and bigger than you when you are the underdog shows that you have perseverance.*
- Key Points to interject throughout practice about perseverance:

**COURAGE
DETERMINATION
POSITIVE THINKING**

OFF FIELD EXAMPLE

- Coach: *Standing up for what you believe in at home or in school when nobody supports you demonstrates perseverance.*
- Key Points to interject throughout practice about perseverance:

**COURAGE
DETERMINATION
POSITIVE THINKING**

3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *When you go home tonight and when you're at school tomorrow think about how you and your team can demonstrate perseverance.*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Great practice! Keep up the good work. You have learned a lot over the past few weeks!*



Practice Three: What have they learned about football skills and life skills?

1. First two (2) minutes of practice
 - Review and define life skill.
 - Example: **Perseverance**. Perseverance is not giving up or letting down.
 - Ask the JPD participants how they have learned about perseverance on and off the field through football practice.
2. During and after football drills incorporate life skill message into practice.
 - Coaches can take a moment to have a conversation with the players and get them involved with the life skill message.

ON FIELD EXAMPLE

- Coach: *How have your football drills this week helped you to focus on perseverance? Who has observed a teammate persevering throughout practice?*
- Key Points to interject throughout practice about perseverance:

**COURAGE
DETERMINATION
POSITIVE THINKING**

OFF FIELD EXAMPLE

- Coach: *o can tell me how they demonstrate perseverance off the field?*
- Key Points to interject throughout practice about perseverance:

**COURAGE
DETERMINATION
POSITIVE THINKING**

3. Final two (2) minutes of practice
 - Coach reviews the life skill theme of the day.
 - Coach: *You have all demonstrated perseverance by participating through this JPD Program. You didn't know what to expect, yet you showed up every day and didn't quit. Congratulations for completing this program!*
 - Coach asks players to explain how the messages were reflected during the day's instruction and competition.
 - Motivate the players for the next practice.
 - Coach: *Congratulations on finishing the JPD Program. You learned a lot about football and life skills. You have all mastered football drills and are on your way to becoming good football players on and off the field!*