



ON FIELD



COACH'S PLAN

JUNIOR PLAYER DEVELOPMENT COACHES:

Welcome to a new and innovative way to provide kids a complete fundamental football experience.

This instructor's handbook has been designed to assist you as an on-field reference guide. Use this handbook as a day-to-day training agenda that provides a reminder of key coaching points and a blueprint to properly organize every aspect of each practice.

Your success in Junior Player Development is based on achieving a fun, positive, complete and rewarding experience for all your participants. One major objective of JPD is to create an environment where all participants have the opportunity to experience improvement in their skill development. Proper explanation and set-up of every drill (detailed in this handbook) will allow you the best opportunity to successfully progress skill development among all your participants no matter their natural talent level.

In your role you are the cornerstone to this program's success and an important contributor to football's future.

Thank you for your commitment to youth football.

Scott Lancaster

A handwritten signature in black ink that reads "Scott B. Lancaster". The signature is written in a cursive style with a large, looping initial "S".

Senior Director
NFL Youth Football Development

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Use this index to reference back to program curriculum.

C = Competition

G = Glossary

PB = Playbook



SEVEN GUIDING PRINCIPLES FOR YOUTH FOOTBALL PROGRAMS

- 1.** Make it fun.
- 2.** Limit standing around.
- 3.** Everyone plays.
- 4.** Teach every position to every participant.
- 5.** Emphasize the fundamentals.
- 6.** Incorporate progression of skill development for every participant.
- 7.** Yell encouragement, whisper constructive criticism.

Basic Offensive Skills

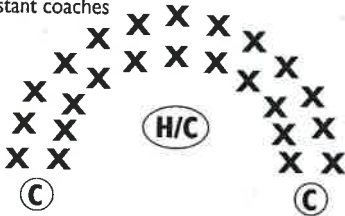
PRACTICE PLAN - A

SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Introduction p. 26	<ul style="list-style-type: none"> • Attendance/ note lateness, address after practice. • Life Skill for week. • Be organized. • J.P.D. Team rules/ Identify units.
2	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
3	10	Breakdown p. 28	<ul style="list-style-type: none"> • Done as team. • Starting point for all other positions on field. • Feet parallel/ shoulder width apart. • Arch back/ big chest.
4	10	Stances QB/WR/OL/RB p. 29	<ul style="list-style-type: none"> • QB/ narrow with hands out / "Place on table". • Receiver/narrow with outside stagger. • FB/ balanced 3 point. • OL/ same as fullback.
5	15	6 Point Progression p. 39	<ul style="list-style-type: none"> • Start with 2 lines facing each other. • Use bag/ partner last. • Toes forward, not back, get head across body. • Land on hands/ sky-eyes, bull your neck.
6	15	QB Receiving Snap p. 43	<ul style="list-style-type: none"> • Done in one line/ Hands on the table. • Puts point of ball into belly button. • Do not pull ball too soon.
7	15	QB Receiving Snap/ Seating Ball/Hand Off/ Toss p. 43, 46, 48	<ul style="list-style-type: none"> • Done in units as pairs. • One hand/ hand off. • Extend ball with hand closest to line of scrimmage. • Get control of ball.
8	10	Throwing & Catching p. 42	<ul style="list-style-type: none"> • Done in units. • Hands away from body. • Correct stance. • Following through to end up pointing at the target. • Make window. • Fingers on the laces. • Ball to ear.
9	10	Review Team Alignment/Formations (Off.) p. 81-82	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
10	15	Flag Football 8 on 8 (Review) p. 89	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

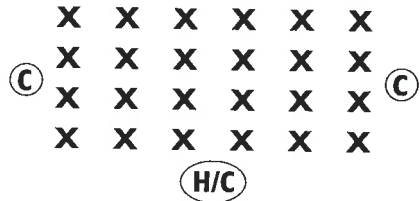
PRACTICE PLAN - A

24/ players
1/ head coach
2/ assistant coaches

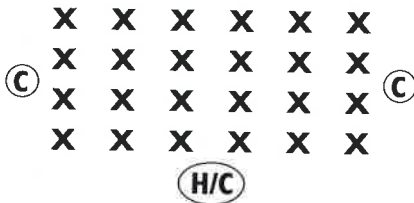
Segment 1



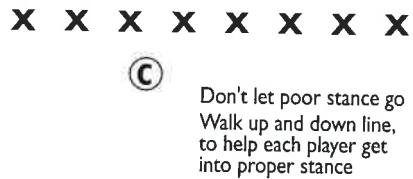
Segment 2



Segment 3

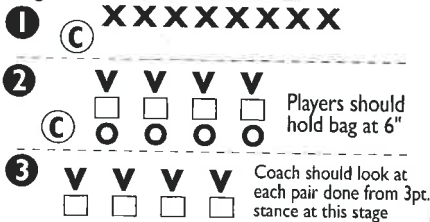


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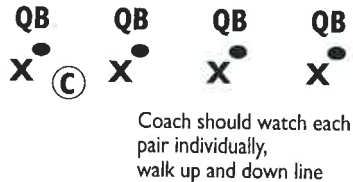


Done in
3 stages

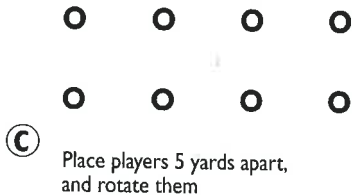
Segment 5



Segment 6-7

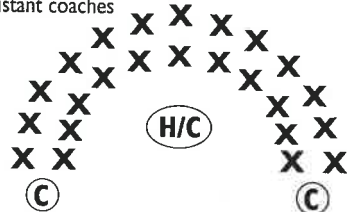


Segment 8



Segment 9

24/ players
1/ head coach
2/ assistant coaches



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
⊗ = center

H/C = head coach
C = coach
● = football
△ = cone
□ = bag

Basic Defensive Skills

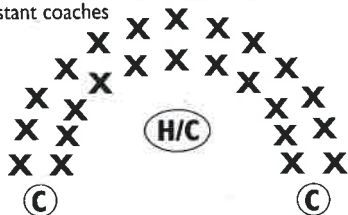
PRACTICE PLAN - B

SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	5	Introduction p. 26	<ul style="list-style-type: none"> • Attendance/ note lateness, address after practice. • Life Skill for week. • Be organized. • J.P.D. Team rules / Identify units.
2	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
3	10	Breakdown p. 28	<ul style="list-style-type: none"> • Done as team. • Starting point for all other positions on field. • Feet parallel/ shoulder width apart. • Arch back/ big chest.
4	10	Stances DB/LB/DL p. 34	<ul style="list-style-type: none"> • DB/narrow with outside stagger. • Outside foot back/ head inside. • LB/ heel to toe outside foot back. • DL/ balanced 3 point.
5	15	Form Tackling p. 71	<ul style="list-style-type: none"> • Safety of self. • Safety of opponent. • Bag 6-inches away. • 6-inch power step. • Use 3 whistles. • Sink hips/ slide face. • Chest plate makes contact. • Rake-arms feet parallel.
6	15	Mirror p. 65	<ul style="list-style-type: none"> • Done in units. • 1st whistle, offensive player moves, other holds his position. • 2nd whistle, defense in mirror stance. • Work in pairs.
7	15	Scrape p. 66	<ul style="list-style-type: none"> • Done in units/ give direction/ read step. • Push off foot opposite the direction you are going. • Gather your feet/ never hop/ shoulders down. • Do not cross feet / use 5 yards to do drill.
8	10	Back Pedal p. 67	<ul style="list-style-type: none"> • Done in units/ feet in narrow position. • Reach back/ keep weight over knee/outside foot back • Shoulders down, use arms for balance. • Practice over 5 yards then 10.
9	10	Ball Drills p. 70	<ul style="list-style-type: none"> • Take ball at highest point. • Read QB eyes/ put eyes in your hands. • Stance/ catch balls away from body. • Tuck and make bingo call.
10	10	Review Team Alignment/Formations (Def.) p. 83-84	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	10	Flag Football 8 on 8 (Review) p. 89	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

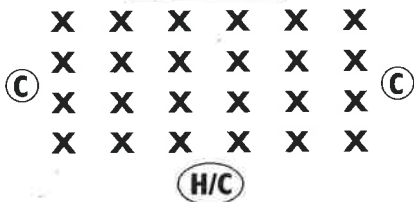
PRACTICE PLAN - B

24/ players
1/ head coach
2/ assistant coaches

Segment 1



Segment 2-3

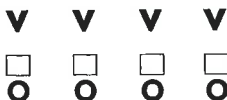


Segment 4



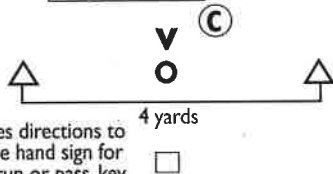
(C) Don't let poor stance go
Walk up and down line,
to help each player get
into proper stance

Segment 5



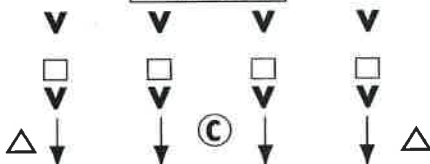
(C) Look at each pair do drill
Drill never more than 5 yards apart
Do without bag when form is good

Segment 6



Coach gives directions to
offense, use hand sign for
left, right, run or pass, key
on steps of defense
Rotate players

Segment 7



Players will scrape downhill 5 yards to cone
Look to see if bag moves on first step
Rotate players, do not let poor stance go

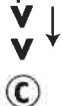
Segment 8



Back pedal for 5, then 10 yards
Do not let poor stance go
Rotate placement of football
Key on form not speed

Segment 9

(Tip Drill)



(C)

(Break on direction of QB)



(C) (QB)

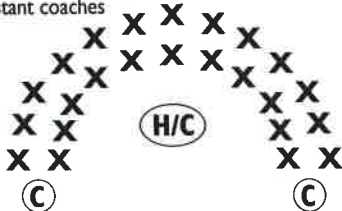
(turn at 5 yds.) (Back Pedal / Turn & Run)



Coach should rotate
these drills each day

Segment 10

24/ players
1/ head coach
2/ assistant coaches



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
⊗ = center

H/C = head coach
C = coach
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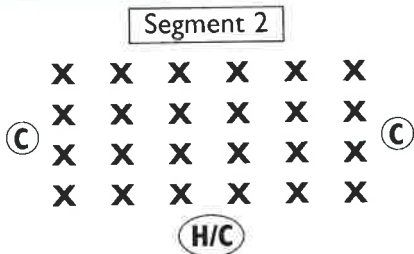
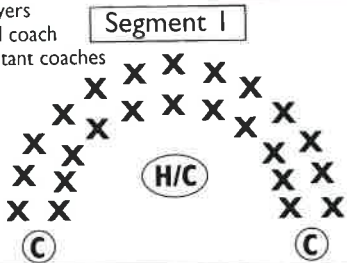
Basic Offensive & Defensive Skills

PRACTICE PLAN - C

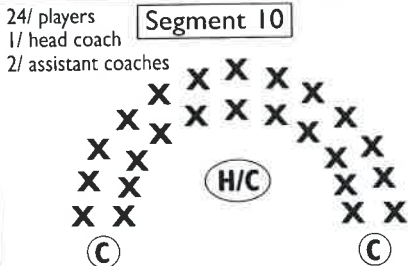
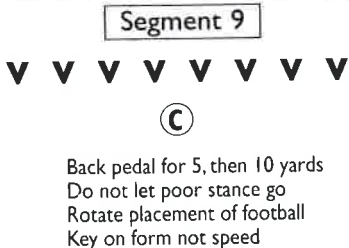
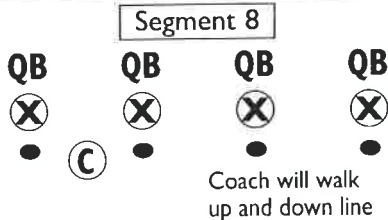
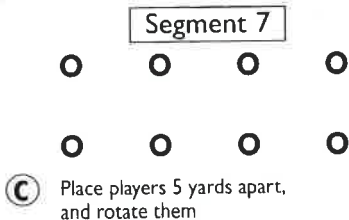
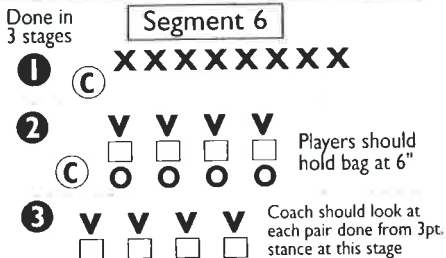
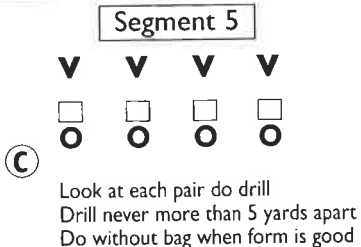
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Introduction p 26	<ul style="list-style-type: none"> • Attendance/ note lateness, address after practice. • Life Skill for week. • Be organized. • J.P.D. Team rules / Identify units.
2	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
3	10	Stances RB/AWR/OL/QB p. 29	<ul style="list-style-type: none"> • QB/narrow with hands out / "Place on table". • Receiver/narrow with outside stagger. • FB/balanced 3 point. • OL/ same as fullback.
4	10	Stances DB/LB/DL p. 34	<ul style="list-style-type: none"> • DB/narrow with outside stagger. • Outside foot back/ head inside. • LB/heel to toe outside foot back. • DL/balanced 3 point.
5	10	Form Tackling p. 71	<ul style="list-style-type: none"> • Safety of self. • Safety of opponent. • Bag 6-inches away. • 6-inch power step. • Use 3 whistles. • Sink hips/ slide face. • Chest plate makes contact. • Rake-arms feet parallel.
6	10	6 Point Progression p. 39	<ul style="list-style-type: none"> • Start with 2 lines facing each other. • Use bag/ partner last. • Toes forward, not back, get head across body. • Land on hands/ sky-eyes, bull your neck.
7	10	Throwing & Catching p. 42	<ul style="list-style-type: none"> • Done in units. • Hands away from body. • Correct stance. • Following through to end up pointing at the target. • Make window. • Fingers on the laces. • Ball to ear.
8	10	C/QB Exchange p. 44	<ul style="list-style-type: none"> • Done in units. • Center/ index fingers down front of ball. • Thumb down back of ball. • Laces to side of QB throwing hand.
9	10	Back Pedal p. 67	<ul style="list-style-type: none"> • Done in units/ feet in narrow position. • Push step weight over knees/ outside foot back. • Shoulders down, use arms for balance. • Practice over 5 yards then 10.
10	10	Review Defensive Formations Offensive Formations p. 81-84	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	20	Flag Football 8 on 8 (Review) p. 90	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - C

24/ players
1/ head coach
2/ assistant coaches



Don't let poor stance go
Walk up and down line,
to help each player get
into proper stance



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
⊗ = center

H/C = head coach
C = coach
● = football
△ = cone
□ = bag

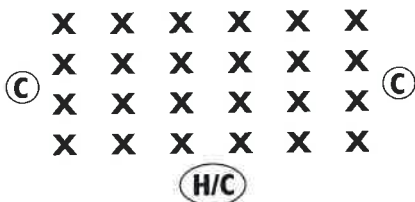
Center/QB Skills (Run)

PRACTICE PLAN - D

SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Attendance/ note lateness, address after practice. • Life Skill for week. • Be organized. • J.P.D. Team rules / Identify units.
2	10	6 Point Progression p. 39	<ul style="list-style-type: none"> • Start with 2 lines facing each other. • Use bag/ partner last. • Toes forward, not back, get head across body. • Land on hands/ sky-eyes, bull your neck.
3	15	Stance, Start, Alignment QB/TB/FB p. 29-30	<ul style="list-style-type: none"> • Done in groups. • Alignment from ball. • Stance/ don't let poor stance go. • All players know each position.
4	10	QB Receiving Snap/ p. 43	<ul style="list-style-type: none"> • Done in one line/ hands on the table. • Puts point of ball into belly button. • Do not pull ball too soon.
5	10	QB Receiving Snap/ Seating Ball/Hand Off/ Toss p. 43, 46, 48	<ul style="list-style-type: none"> • Done in units as pairs. • One hand/ hand off. • Extend ball with hand closest to line of scrimmage. • Get control of ball.
6	10	Hand Off/Toss p. 58	<ul style="list-style-type: none"> • Done in groups/ units. • Away arm dropped, pinky-up. • Arm to side of hand off giver is raised up. • Thumb on breastbone pointing down. • Elbow pointed up.
7	15	Competition #1 p. 91-93	<ul style="list-style-type: none"> • Page# 91-93. • Observe, correct, and encourage.
8	10	Center Skill (Run) p. 50	<ul style="list-style-type: none"> • Done in line groups. • Hand placement on ball. • Swing of arms. • Stance/ pop up ball/ first step.
9	10	QB/C Exchange (Dive/Toss) p. 46, 48	<ul style="list-style-type: none"> • Steps of center/ run/ pass. • Center/ pop up ball. • QB stance/ seating of ball. • Done in units. • First step (open). • Hand placement under center.
10	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	15	Competition #2 & Review p. 91-93	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

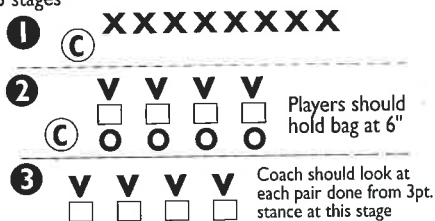
PRACTICE PLAN - D

Segment 1

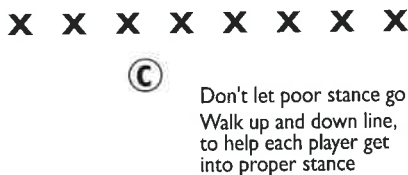


Done in
3 stages

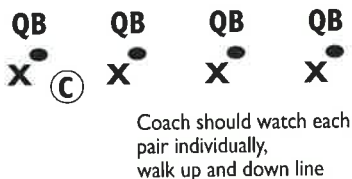
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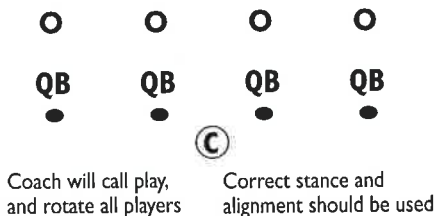
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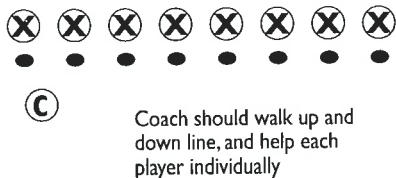
Segment 4-5



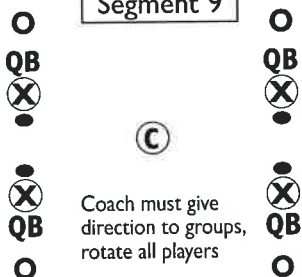
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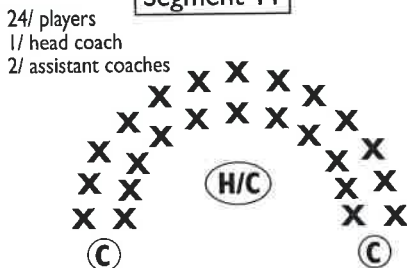
Segment 8



Segment 9



Segment 11



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
⊗ = center

(H/C) = head coach
(C) = coach
● = football
△ = cone
□ = bag

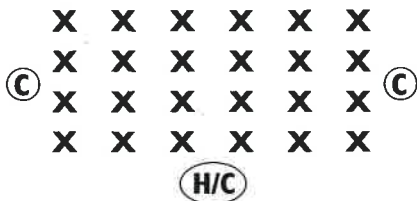
Center/QB Skills (Pass)

PRACTICE PLAN - E

SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Attendance/ note lateness, address after practice. • Life Skill for week. • Be organized. • J.P.D. Team rules / Identify units.
2	10	6 Point Progression p. 39	<ul style="list-style-type: none"> • Start with 2 lines facing each other. • Use bag/ partner last. • Toes forward, not back, get head across body. • Land on hands/ sky-eyes, bull your neck.
3	10	Stance, Start, Alignment QB/TB/FB p. 29-30	<ul style="list-style-type: none"> • Review Breakdown. • Done in groups. • Alignment from ball. • Stance/ don't let poor stance go. • All players know each position.
4	10	QB Receiving Snap/ Seating Ball/ Dropping for Pass p. 45	<ul style="list-style-type: none"> • Done in units. • 5-step drop. • Keep level of the shoulders and head low. • On last step, ball to ear.
5	15	QB Skills for Pass TB/FB p. 49	<ul style="list-style-type: none"> • Done in units. • Each player in each role. • Stance/ level of shoulders/ foot placement is key for QB. • QB must get away from line and set feet.
6	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
7	15	Competition #1 p. 94-95	<ul style="list-style-type: none"> • Page # 94-95. • Observe, correct, and encourage.
8	10	Center Skill (Pass) p. 50	<ul style="list-style-type: none"> • Done in line groups. • Hand placement on ball. • Swing of arms. • Stance/ pop up ball/ first step.
9	10	QB/C Exchange/Pass TB/FB/WR p. 47	<ul style="list-style-type: none"> • Steps of center/ run/ pass. • Center/ two hands/ pop up ball. • QB stance/ seating of ball. • Done in units. • First step (open). • Hand placement under center.
10	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	20	Competition #2 & Review p. 94-96	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

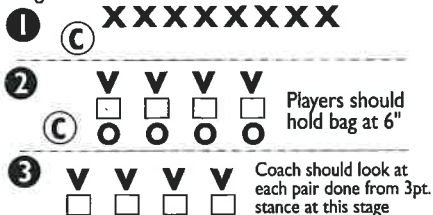
PRACTICE PLAN - E

Segment 1

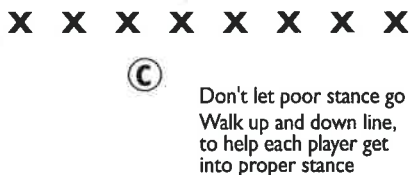


Done in
3 stages

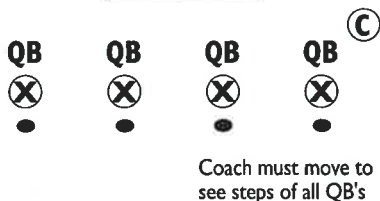
Segment 2



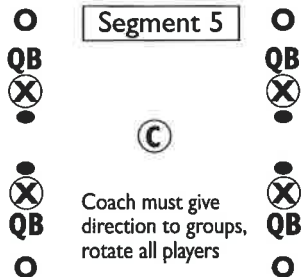
Segment 3



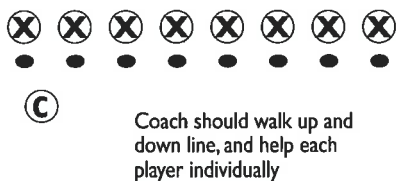
Segment 4



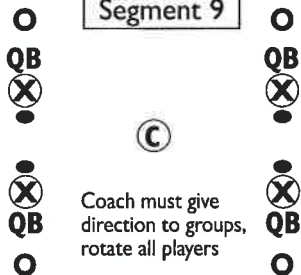
Segment 5



Segment 8

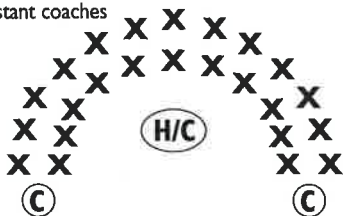


Segment 9



Segment 11

24/ players
1/ head coach
2/ assistant coaches



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
X = center

(H/C) = head coach
(C) = coach
● = football
△ = cone
□ = bag

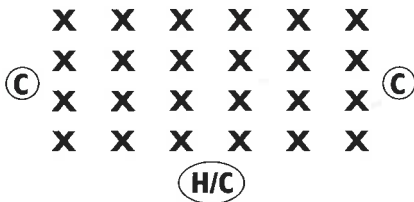
Center/QB Skills (Run/Pass)

PRACTICE PLAN - F

SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Attendance/ note lateness, address after practice. • Life Skill for week. • Be organized. • J.P.D. Team rules / Identify units.
2	10	6 Point Progression p. 39	<ul style="list-style-type: none"> • Start with 2 lines facing each other. • Use bag/ partner last. • Toes forward, not back, get head across body. • Land on hands/ sky-eyes, bull your neck.
3	10	Throwing & Catching p. 42	<ul style="list-style-type: none"> • Done in units. • Hands away from body. • Correct stance. • Following through to end up pointing at the target. • Make window. • Fingers on the laces. • Ball to ear.
4	15	Receiving Hand Off and Toss p. 58	<ul style="list-style-type: none"> • Arm to side of hand off giver is raised up. • Thumb on breastbone pointing down. • Elbow pointed up. • Away arm dropped, pinky-up/ in units of 2.
5	15	QB/C Exchange Run/Pass p. 46, 48	<ul style="list-style-type: none"> • Steps of center/ run/ pass. • QB stance/ seating of ball, first step (open). • Hand placement under center. • Center/ two hands/ pop up ball.
6	15	Center Skill (Run/Pass) p. 50	<ul style="list-style-type: none"> • Done in line groups. • Hand placement on ball. • Swing of arms. • Stance/ pop up ball/ first step.
7	10	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
8	35	Competition with F & Review p. 97-98	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

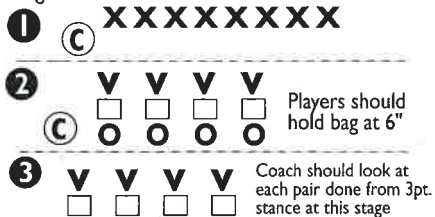
PRACTICE PLAN - F

Segment 1

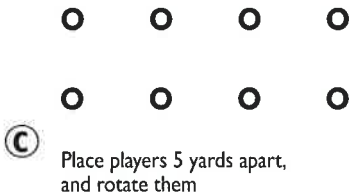


Done in
3 stages

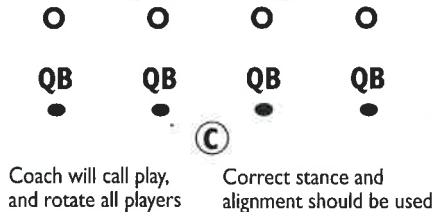
Segment 2



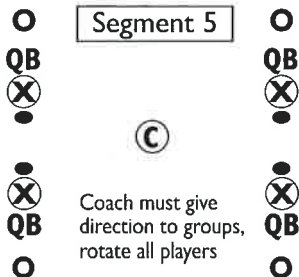
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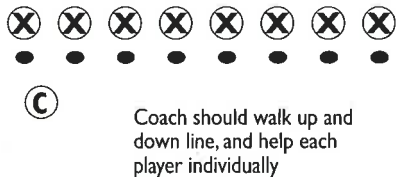
Segment 4



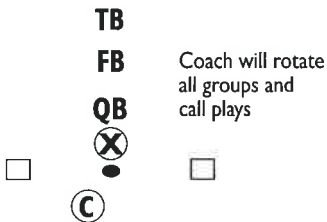
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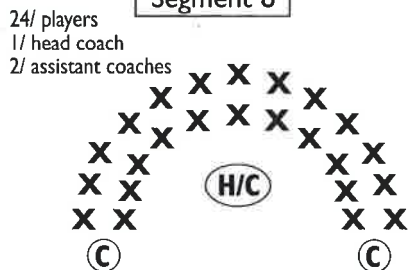
Segment 6



Segment 7



Segment 8



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
X = center

(H/C) = head coach
(C) = coach
● = football
△ = cone
□ = bag

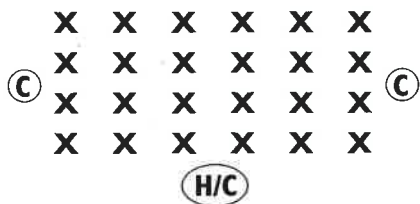
Wide Receiver

PRACTICE PLAN - G

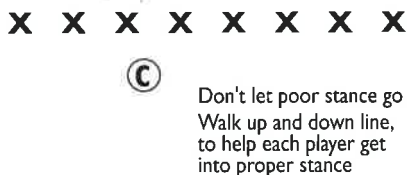
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Attendance/ note lateness, address after practice. • Life Skill for week. • Be organized. • J.P.D. Team rules / Identify units.
2	10	Stance, Start, Alignment WR p. 31	<ul style="list-style-type: none"> • Don't let poor stance go. • Spacing of FB/ TB from QB. • Stance of each position. • First step of each position.
3	10	6 Point Progression p. 39	<ul style="list-style-type: none"> • Start with 2 lines facing each other. • Use bag/ partner last. • Toes forward, not back, get head across body. • Land on hands/ sky-eyes, bull your neck.
4	15	Catching p. 41	<ul style="list-style-type: none"> • Done in units. • Make window. • Catch and tuck. • Ball for each unit. • Hands away from body.
5	15	Stalk Block p. 59	<ul style="list-style-type: none"> • Done in pairs. • Stance of Receiver/ key belt of DB/ buzz feet. • Sell it, stay in front of DB. • Give direction to DB.
6	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
7	15	Competition #1 with H p. 99-100	<ul style="list-style-type: none"> • Page # 99-100. • Observe, correct, and encourage.
8	10	Pattern (7 Yard in/out) p. 62-63	<ul style="list-style-type: none"> • Done in pairs. • Depth of patterns • Do not use balls until patterns are good. • Head fake. • Know where you are on field. • Good push.
9	10	Stop & Go p. 64	<ul style="list-style-type: none"> • Done in units. • Depth of pattern. • Run away from DB. • After break, get hands up. • Sell-it/ fake stalk.
10	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	15	Competition #2 with H & Review p. 99-100	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - G

Segment 1

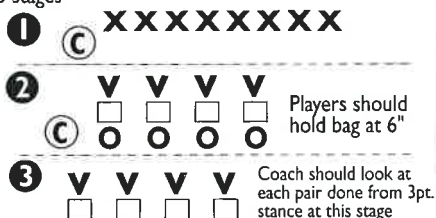


Segment 2

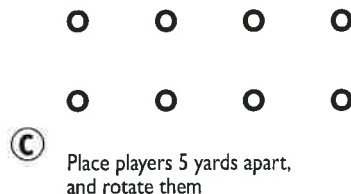


Done in
3 stages

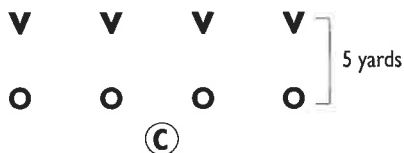
Segment 3



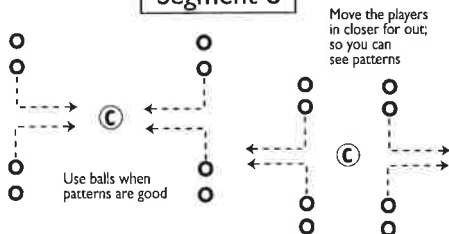
Segment 4



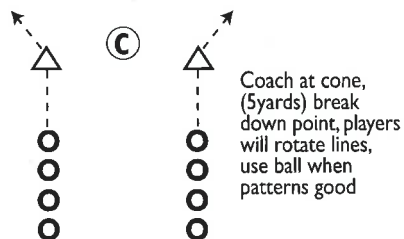
Segment 5



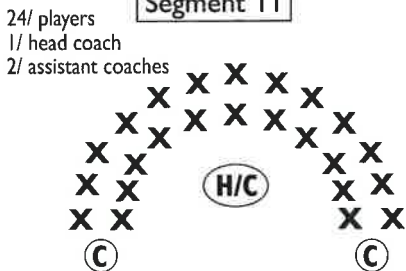
Segment 8



Segment 9



Segment 11



K
E
Y

- O = offensive player
- X = any player, offense or defense
- V = defensive player
- ⊗ = center

- (H/C) = head coach
- (C) = coach
- = football
- △ = cone
- = bag

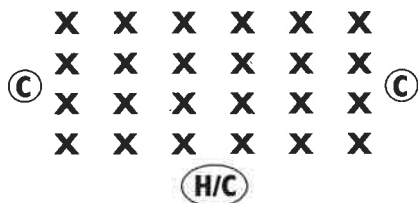
Defensive Back

PRACTICE PLAN - H

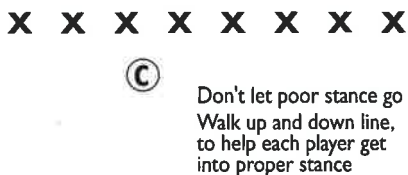
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Stance, Start & Alignment DB/S p. 35	<ul style="list-style-type: none"> • Done in line groups. • Balance with arms/ shoulder level down. • First step and read step. • Know position of ball. • Head/ foot placement.
3	10	Form Tackling p. 71	<ul style="list-style-type: none"> • Safety of self. • Safety of opponent. • Bag 6-inches away. • 6 inch power step. • Use 3 whistles. • Sink hips / slide face. • Chest plate makes contact. • Rake-arms / feet parallel.
4	15	Catching p. 41	<ul style="list-style-type: none"> • Done in units. • 1 ball per unit. • Receiver stance. • Window chest height. • Catch away from body. • Catch and tuck. • Narrow base. • Two hands on ball.
5	15	Back Pedal & Close p. 68	<ul style="list-style-type: none"> • Done in units/ Line groups. • Balance. • Stay low. • Push off outside foot.
6	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
7	15	Competition #1 with G p. 99-100	<ul style="list-style-type: none"> • Page # 99-100. • Observe, correct, and encourage.
8	10	DB Coverage Skills p. 69	<ul style="list-style-type: none"> • Done in pairs/ hands should dangle/ narrow stance. • Stay above the receiver. • Read lower body of receiver. • Push-off outside foot/ run through inside shoulder of receiver.
9	10	Ball Drills p. 70	<ul style="list-style-type: none"> • Take ball at highest point. • Read QB eyes. • Tuck and make bingo call. • Stance/ catch balls away from body.
10	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	15	Competition #2 with G & Review p. 99-100	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - H

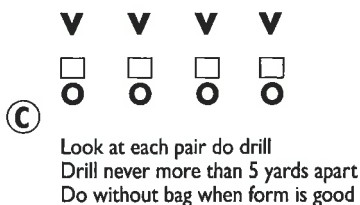
Segment 1



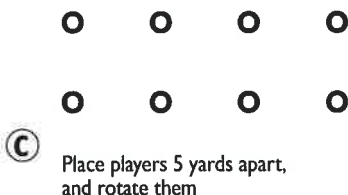
Segment 2



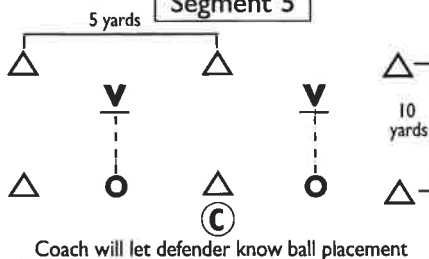
Segment 3



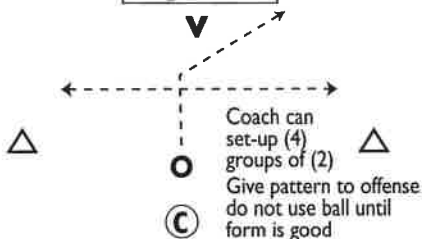
Segment 4



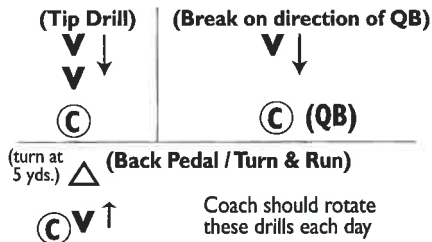
Segment 5



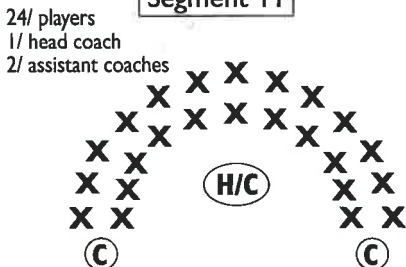
Segment 8



Segment 9



Segment 11



**K
E
Y**

O = offensive player
X = any player, offense or defense
V = defensive player
⊗ = center

(H/C) = head coach
(C) = coach
● = football
△ = cone
□ = bag

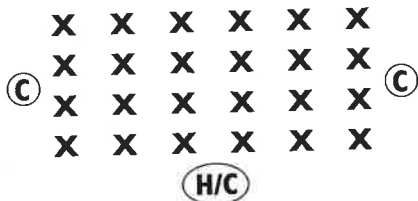
Wide Receiver/Defensive Back

PRACTICE PLAN - I

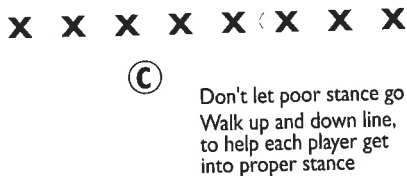
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Stance, Start & Alignment WR p. 31	<ul style="list-style-type: none"> • Done in line groups/ location of ball. • Am I on line of scrimmage? • Outside foot back. • Looking in at ball. • Set good tempo in drill.
3	10	Open Field Tackling p. 72	<ul style="list-style-type: none"> • Keep head up/ bull-neck. • Step with near leg/ head across body. • Full speed/ many repetitions. • Give advantage to defense.
4	10	Stalk Block/ Patterns p. 59, 62-63	<ul style="list-style-type: none"> • Chop feet/ shoot hands. • Head fake/ get separation from DB. • Don't break down too soon on stalk block. • Run patterns full speed.
5	10	Stance, Start & Alignment DB/S p. 35	<ul style="list-style-type: none"> • Done in line groups. • Head/ foot placement. • Balance with arms/ shoulder level down. • First step and read step.
6	10	DB Coverage Skills p. 69	<ul style="list-style-type: none"> • Done in pairs/ hands should dangle/ narrow stance. • Stay above the receiver. • Read lower body of receiver. • Push-off outside foot/ run through inside shoulder of receiver.
7	10	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
8	50	Competition with I & Review p. 101-102	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - I

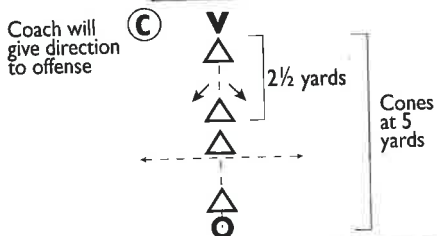
Segment 1



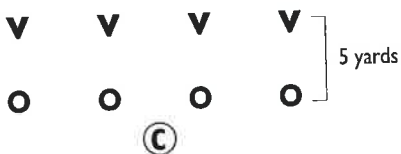
Segment 2



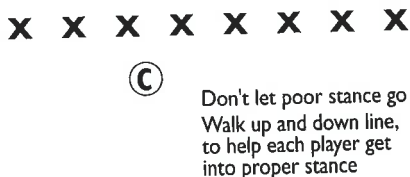
Segment 3



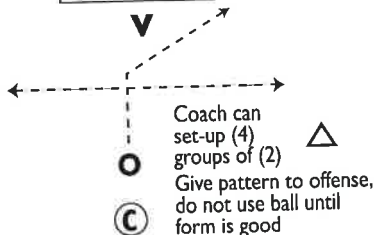
Segment 4



Segment 5

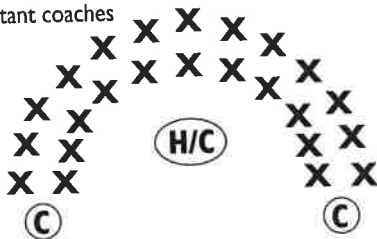


Segment 6



24/ players
1/ head coach
2/ assistant coaches

Segment 8



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
⊗ = center

(H/C) = head coach
(C) = coach
● = football
△ = cone
□ = bag

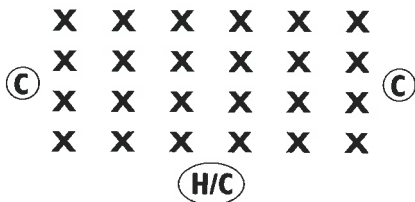
Running Back

PRACTICE PLAN - J

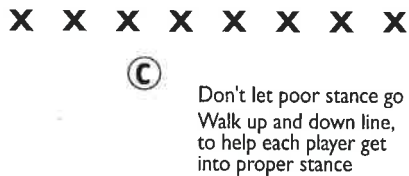
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Stance, Start & Alignment TB/FB p. 30	<ul style="list-style-type: none"> • Review breakdown. • Alignment from ball. • Stance/ don't let poor stance go. • All players know each position.
3	10	6 Point Progression p. 39	<ul style="list-style-type: none"> • Start with 2 lines facing each other. • Use bag/ partner last. • Toes forward, not back, get head across body. • Land on hands/ sky-eyes, bull your neck.
4	15	FB Block p. 57	<ul style="list-style-type: none"> • Done in groups. • Show how 6-point helps with this. • Head across body/ keep head up. • Shoot your hands.
5	15	Hand Off Drill (Toss/Dive) p. 58	<ul style="list-style-type: none"> • Review breakdown. • Alignment from ball. • Stance/ don't let poor stance go. • All players should know each position.
6	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
7	15	Competition #1 with K p. 103-104	<ul style="list-style-type: none"> • Page # 103-104. • Observe, correct, and encourage.
8	10	Dive Pass Play p. 61	<ul style="list-style-type: none"> • Done in groups. • Stance/ steps/ aiming points. • Tempo with many repetitions.
9	10	Toss Pass Play p. 60	<ul style="list-style-type: none"> • Done in groups. • Stance/ steps/ aiming points. • Tempo with many repetitions.
10	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	15	Competition #2 with K & Review p. 103-104	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - J

Segment 1

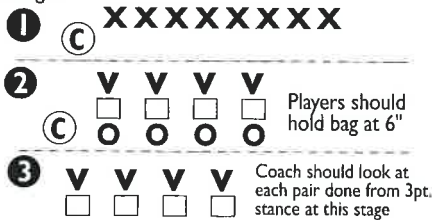


Segment 2

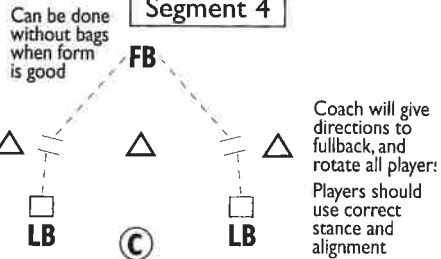


Done in 3 stages

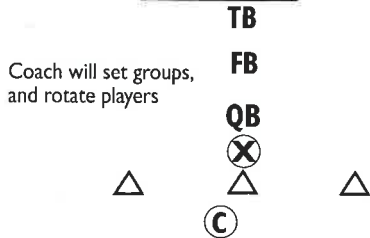
Segment 3



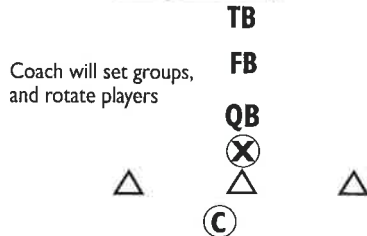
Segment 4



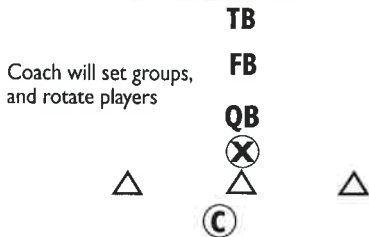
Segment 5



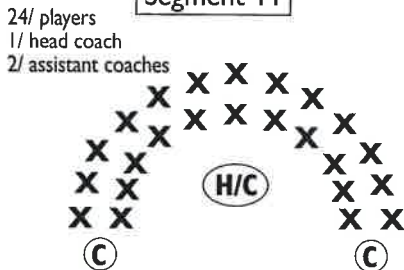
Segment 8



Segment 9



Segment 11



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
X = center

H/C = head coach
C = coach
● = football
Δ = cone
□ = bag

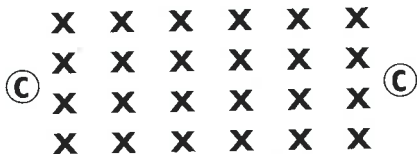
Linebacker

PRACTICE PLAN - K

SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Stance, Start & Alignment LB p. 36	<ul style="list-style-type: none"> • Done in line groups. • Read step/ scrap/ gather feet. • Over the guards, head-up.
3	10	Form Tackling p. 71	<ul style="list-style-type: none"> • Safety of self. • Safety of opponent. • Bag 6-inches away. • 6-inch power step. • Use 3 whistles. • Sink hips/ slide face. • Chest plate makes contact. • Rake-arms feet parallel.
4	15	Shed Block p. 77	<ul style="list-style-type: none"> • Use shoulder/ breastplate. • Get separation from block. • Use your hands/ focus on ball carrier. • Do not catch blocks.
5	15	Defend Dive/Toss p. 78, 80	<ul style="list-style-type: none"> • Stance/ read step/ scrape. • Key of LB/ pre-snap reads. • Don't look for blocks; know where they can come from.
6	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
7	15	Competition #1 with J p. 103-104	<ul style="list-style-type: none"> • Page # 103-104. • Observe, correct, and encourage.
8	10	Defend FB Pass p. 79	<ul style="list-style-type: none"> • Done in groups. • Read level of ball/ ball on/ off line. • FB to me/ or away. • QB on line/ off line.
9	10	Defend TB Pass p. 79	<ul style="list-style-type: none"> • Done in groups. • Read level of ball/ ball on/off line. • TB to me/ or away. • QB to me/ or away.
10	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	15	Competition #2 with J & Review p. 103-104	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

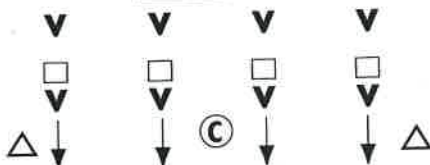
PRACTICE PLAN - K

Segment 1



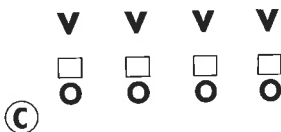
H/C

Segment 2



Players will scrape downhill 5 yards to cone
Look to see if bag moves on first step
Rotate players, do not let poor stance go

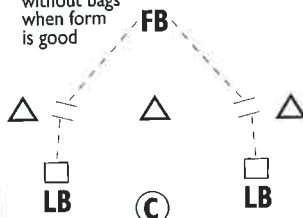
Segment 3



Look at each pair do drill
Drill never more than 5 yards apart
Do without bag when form is good

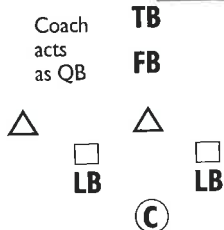
Segment 4

Can be done without bags when form is good



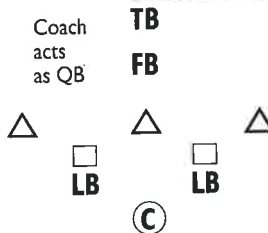
Coach will give directions to fullback, and rotate all players
Players should use correct stance and alignment

Segment 5



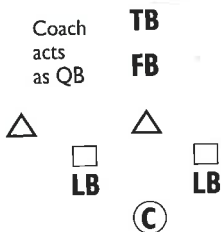
Coach should set-up 2 groups of (4)
Rotate all players
Key stance and alignment
Give direction to fullback and tailback

Segment 8



Coach should set-up 2 groups of (4)
Rotate all players
Key stance and alignment
Give direction to fullback and tailback

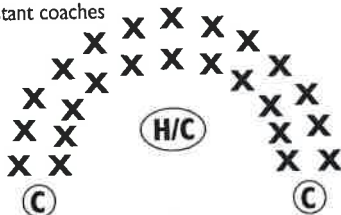
Segment 9



Coach should set-up 2 groups of (4)
Rotate all players
Key stance and alignment
Give direction to fullback and tailback

Segment 11

24/ players
1/ head coach
2/ assistant coaches



**K
E
Y**

O = offensive player
X = any player, offense or defense
V = defensive player
⊗ = center

H/C = head coach
C = coach
● = football
△ = cone
□ = bag

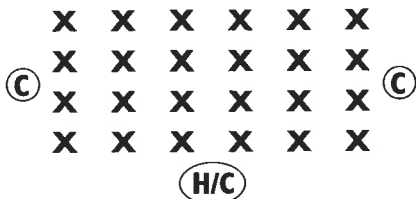
Running Back/Linebacker

PRACTICE PLAN - L

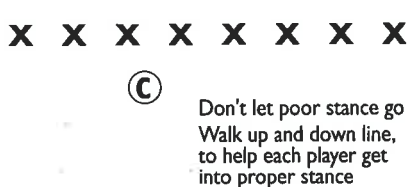
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Stance, Start & Alignment QB/TB/FB p. 29-30	<ul style="list-style-type: none"> • Review breakdown. • Alignment from ball. • Stance/ don't let poor stance go. • All players know each position. • Done in groups.
3	10	6 Point Progression p. 39	<ul style="list-style-type: none"> • Start with 2 lines facing each other. • Use bag/ partner last. • Toes forward, not back, get head across body. • Land on hands/ sky-eyes, bull your neck.
4	10	Form Tackling p. 71	<ul style="list-style-type: none"> • Safety of self. • Safety of opponent. • Bag 6-inches away. • 6-inch power step. • Use 3 whistles. • Sink hips/ slide face. • Chest plate makes contact. • Rake-arms feet parallel.
5	10	Lateral Butt p. 74	<ul style="list-style-type: none"> • Done in groups/ no more than 5 yards. • Must control tempo. • Proper head placement. • Stay on inside hip of ball carrier/ don't get out front.
6	10	Toss - Toss Pass Dive - Dive Pass p. 58, 60, 61 p. 84-88	<ul style="list-style-type: none"> • Done in groups. • Call plays out to them. • Must take right steps. • Good team tempo.
7	10	Stance, Start & Alignment LB p. 36	<ul style="list-style-type: none"> • Done in line groups. • Don't let poor stance go. • Read step/ know where to line-up.
8	10	Defending Dive - Dive Pass Toss - Toss Pass p. 79-80	<ul style="list-style-type: none"> • Read step. • Pre-snap reads/ flow to/ away. • What do I do on run/pass? • Am I lined up right?
9	10	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
10	30	Competition with L & Review p. 105-106	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - L

Segment 1



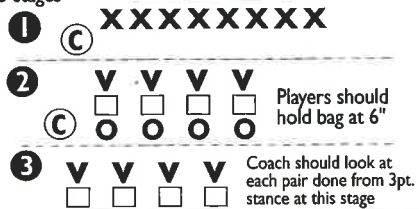
Segment 2



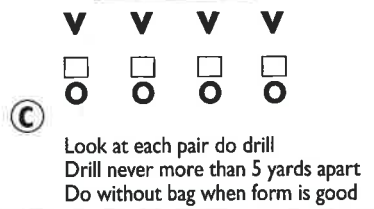
Don't let poor stance go
Walk up and down line,
to help each player get
into proper stance

Done in
3 stages

Segment 3

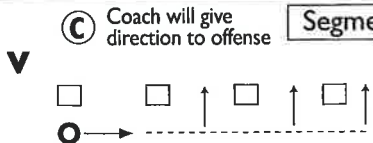


Segment 4



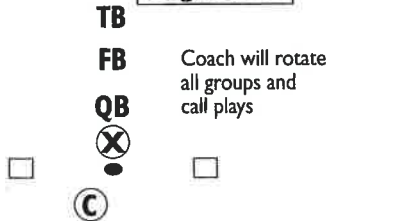
Look at each pair do drill
Drill never more than 5 yards apart
Do without bag when form is good

Segment 5

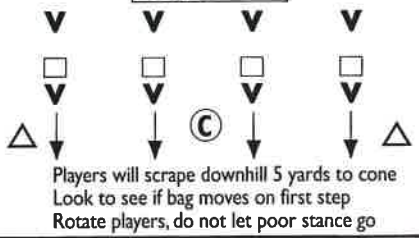


Place bags 2 1/2 - 3 yards apart
Players never more than 5 yards apart

Segment 6

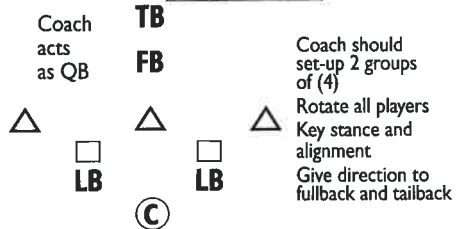


Segment 7

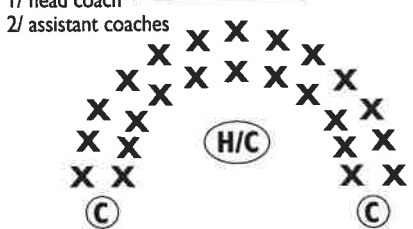


Players will scrape downhill 5 yards to cone
Look to see if bag moves on first step
Rotate players, do not let poor stance go

Segment 8



Segment 9-10



- | | | |
|------------|---|---------------------------|
| KEY | O = offensive player | (H/C) = head coach |
| | X = any player, offense or defense | (C) = coach |
| | V = defensive player | ● = football |
| | (X) = center | Δ = cone |
| | | □ = bag |

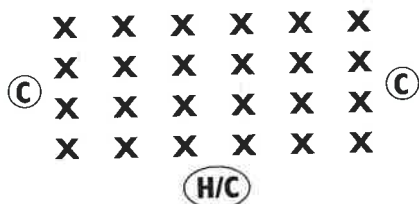
Offensive Line

PRACTICE PLAN - M

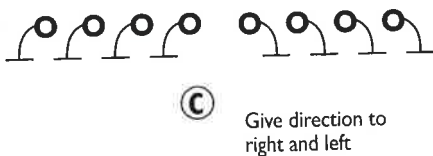
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Stance, Start & Alignment OL p. 32	<ul style="list-style-type: none"> • Done in line groups. • Four point/ 3 point. • Roll into it/ balance weight. • Solid, parallel base/ head up/ flat back.
3	10	6 Point Progression p. 39	<ul style="list-style-type: none"> • Start with 2 lines facing each other. • Use bag/ partner last. • Toes forward, not back, get head across body. • Land on hands/ sky-eyes, bull your neck.
4	15	Reach Step Reach Block p. 51-52	<ul style="list-style-type: none"> • Shoulders and body low. • Stance/ alignment/ first step. • Feet in wide base/ drive feet and move defender.
5	15	Pass Block (Rt & Lft) 1st Step p. 56	<ul style="list-style-type: none"> • Keep hands out in front of body. • Chop feet/ mirror defender/ keep body in front of defender. • Stay in balanced stance. • Do not chase your head.
6	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
7	15	Competition #1 with N p. 107-108	<ul style="list-style-type: none"> • Page # 107-108. • Observe, correct, and encourage.
8	10	Drive Block p. 54	<ul style="list-style-type: none"> • Shoulders and body low. • Stance/ alignment/ first step. • Feet in wide base/ drive feet and move defender. • Do not chase your head.
9	10	Pass Block (Rt & Lft) p. 56	<ul style="list-style-type: none"> • Keep hands out in front of body. • Chop feet/ mirror defender/ keep body in front of defender.
10	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	15	Competition #2 with N & Review p. 107-108	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - M

Segment 1

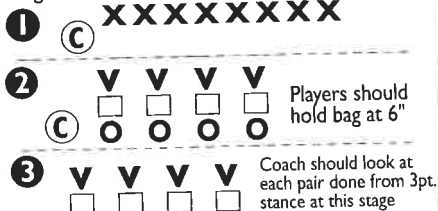


Segment 2

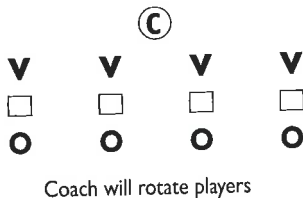


Done in 3 stages

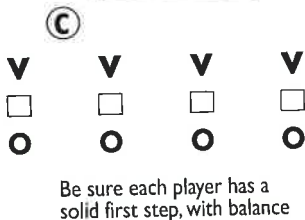
Segment 3



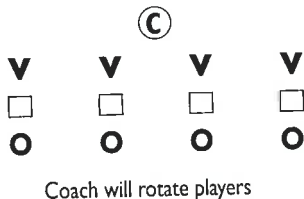
Segment 4



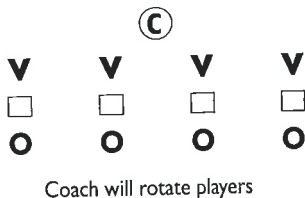
Segment 5



Segment 8

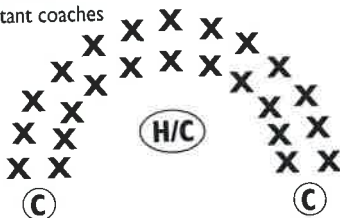


Segment 9



Segment 11

24/ players
1/ head coach
2/ assistant coaches



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
⊗ = center

H/C = head coach
C = coach
● = football
△ = cone
□ = bag

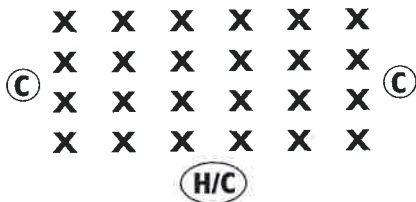
Defensive Line

PRACTICE PLAN - N

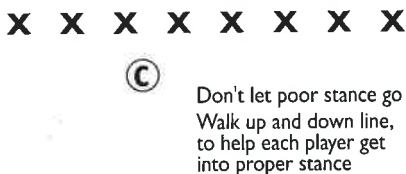
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Stance, Start & Alignment DL p. 37	<ul style="list-style-type: none"> • 3 point stance/ first step. • Head-up/ one yard off OL. • Must read OL/ use mirror step. • Shoot your hands.
3	10	Form Tackling p. 71	<ul style="list-style-type: none"> • Safety of self. • Safety of opponent. • Bag 6-inches away. • 6-inch power step. • Use 3 whistles. • Sink hips/ slide face. • Chest plate makes contact. • Rake-arms feet parallel.
4	15	Mirror p. 65	<ul style="list-style-type: none"> • Done in pairs. • First step only/ read, don't guess. • Do not make contact. • Done from 3 point stance.
5	15	Read & Mirror (Pass/Run) p. 76	<ul style="list-style-type: none"> • Done in pairs. • Head up/ shoot hands. • Slide feet/ keep balance with wide base.
6	5	Read & Bench (Curriculum Guide Only) p. 76	<ul style="list-style-type: none"> • Done in pairs. • Good stance/ shoot hands. • Keep shoulders over knees.
7	15	Competition #1 with M p. 107-108	<ul style="list-style-type: none"> • Page # 107-108. • Observe, correct, and encourage.
8	10	Read to Bench (Curriculum Guide Only) p. 76	<ul style="list-style-type: none"> • Done in pairs. • Good stance/ shoot hands. • Keep shoulders over knees.
9	10	Pass Rush (Rip/Swim) p. 75	<ul style="list-style-type: none"> • When to use each and why. • Done from read step. • Stay in lanes. • Aim for up field shoulder of QB.
10	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	15	Competition #2 with M & Review p. 107-108	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - N

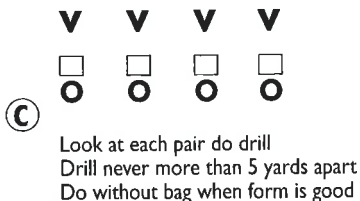
Segment 1



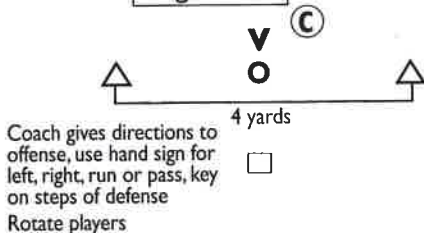
Segment 2



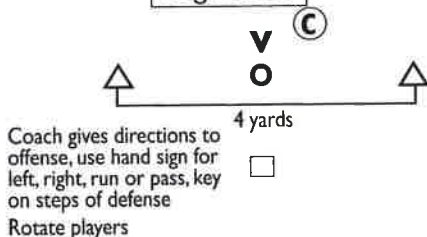
Segment 3



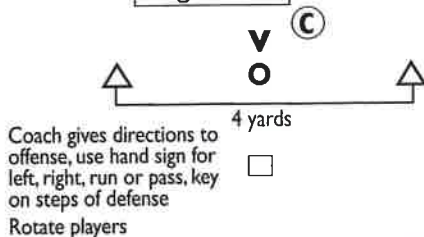
Segment 4



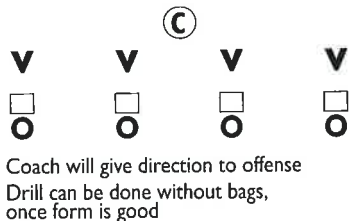
Segment 5



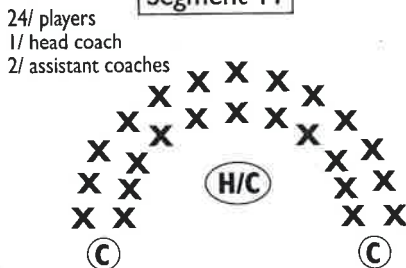
Segment 6



Segment 9



Segment 11



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
(X) = center

(H/C) = head coach
(C) = coach
(O) = football
(Δ) = cone
(□) = bag

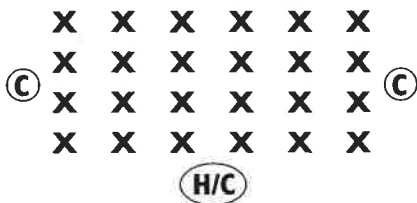
Defensive Line/Offensive Line

PRACTICE PLAN - O

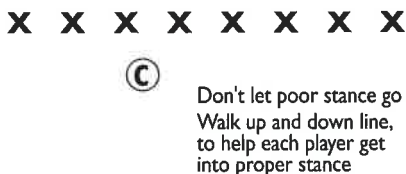
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Stance, Start & Alignment OL p. 32	<ul style="list-style-type: none"> • First step/ good 3 pt. stance/ roll from 4 pt. if needed. • Spacing between center and guards. • Solid base/ balance stance/ flat back.
3	10	6 Point Progression p. 39	<ul style="list-style-type: none"> • Start with 2 lines facing each other. • Use bag/ partner last. • Toes forward, not back, get head across body. • Land on hands/ sky-eyes, bull your neck.
4	15	Reach Block Pass Block p. 52, 56	<ul style="list-style-type: none"> • Keep hands out in front of body. Maintain separation. • Chop feet/ mirror defender/ keep body in front of defender. • Shoot hands and recoil. • Solid, balanced stance.
5	10	Form Tackling p. 71	<ul style="list-style-type: none"> • Safety of self. • Safety of opponent. • Bag 6-inches away. • 6-inch power step. • Use 3 whistles. • Sink hips/ slide face. • Chest plate makes contact. • Rake-arms feet parallel.
6	10	Stance, Start & Alignment DL p. 37	<ul style="list-style-type: none"> • 3 point stance/ first step. • Head-up/ one yard off OL. • Must read OL/ use mirror step. • Shoot hands/ get off block.
7	15	Reading for Run/Pass Pass Rush Technique p. 75-76	<ul style="list-style-type: none"> • When to use each and why. • Done from read step. • Stay in lanes. • Aim for up field shoulder of QB.
8	10	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
9	30	Competition with O & Review p. 109-110	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - O

Segment 1

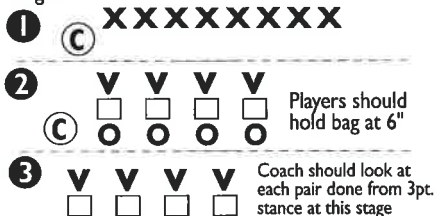


Segment 2

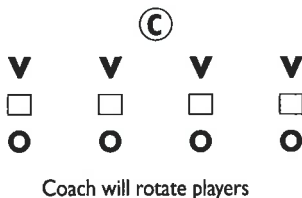


Done in
3 stages

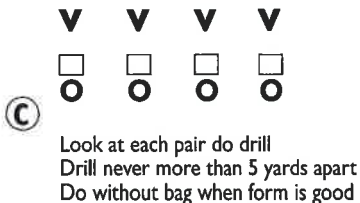
Segment 3



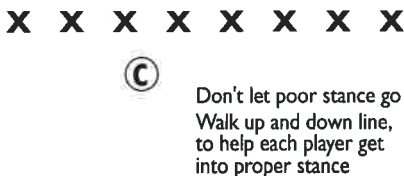
Segment 4



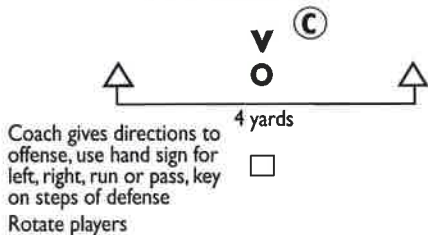
Segment 5



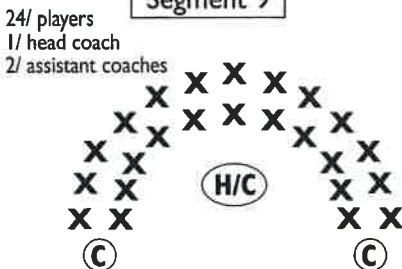
Segment 6



Segment 7-8



Segment 9



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
⊗ = center

(H/C) = head coach
(C) = coach
● = football
△ = cone
□ = bag

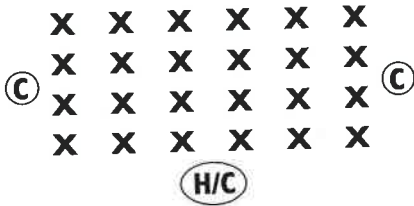
QB/OL/RB

PRACTICE PLAN - P

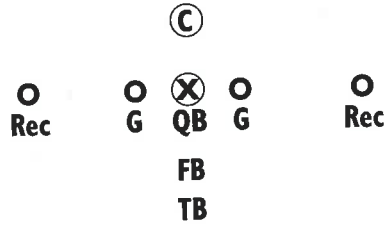
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Offensive Stance, Start & Alignment from a Huddle p. 33, 81-82	<ul style="list-style-type: none"> • Done in groups. • Know who is who in each group. • No talking in huddle. • Proper alignment from ball.
3	10	Reach Block p. 52	<ul style="list-style-type: none"> • Shoulders and body low. • Stance/ alignment/ first step. • Feet in wide base/ drive feet and move defender.
4	15	Block for Dive with C & QB p. 54	<ul style="list-style-type: none"> • Done in groups. • Center steps/ OL to call/ away from call. • Direction ball is going. • Good tempo/ rotate groups.
5	15	Stance, Start & Alignment DL p. 37	<ul style="list-style-type: none"> • 3 point stance/ first step. • Head-up/ one yard off OL. • Must read OL/ use mirror step.
6	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
7	10	QB/C Exchange (Dive/Toss) p. 46, 48	<ul style="list-style-type: none"> • Steps of center/ run/ pass. • Center/ two hands/ pop up ball. • QB stance/ seating of ball. • Done in units. • First step (open). • Hand placement under center.
8	10	Run Dive & Toss Plays p. 81-88	<ul style="list-style-type: none"> • Done in groups. • All players know role on each play. • Set tempo/ rotate groups.
9	5	Review/Organization p. 81-88	<ul style="list-style-type: none"> • Know your teams. • Small, medium, heavy. • Players should know rotation.
10	30	Competition with Q p. 111-112	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - P

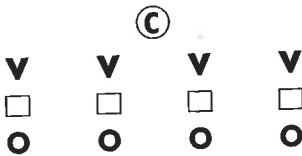
Segment 1



Segment 2

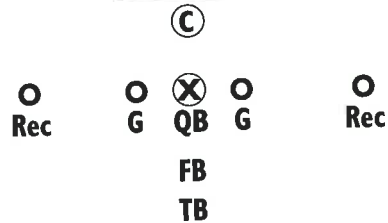


Segment 3



Coach will rotate players

Segment 4

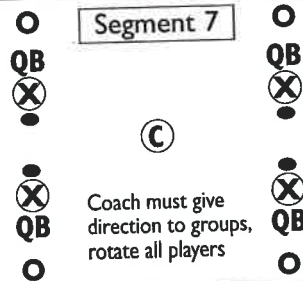


Segment 5

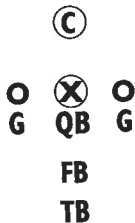


(C) Don't let poor stance go
Walk up and down line,
to help each player get
into proper stance

Segment 7

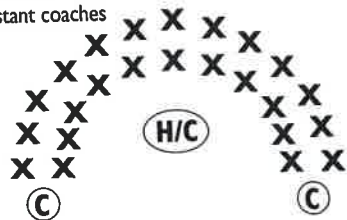


Segment 8



Segment 10

24/ players
1/ head coach
2/ assistant coaches



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
X with dot = center

(H/C) = head coach
(C) = coach
● = football
△ = cone
□ = bag

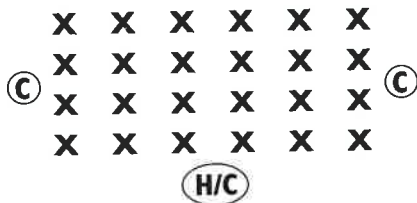
Defensive Line/Linebackers

PRACTICE PLAN - Q

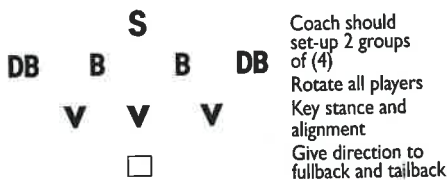
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Defensive Stance, Start & Alignment from a Huddle p. 38, 81, 83	<ul style="list-style-type: none"> • Done in groups. • Don't let poor stance go/ know where to line-up. • Review first step and aiming points.
3	10	Form Tackling p. 71	<ul style="list-style-type: none"> • Safety of self. • Safety of opponent. • Bag 6-inches away. • 6-inch power step. • Use 3 whistles. • Sink hips/ slide face. • Chest plate makes contact. • Rake-arms feet parallel.
4	15	Tackling Circuit p. 71-74	<ul style="list-style-type: none"> • Done in groups. • Do entire tackling drill circuit. • Open field/ side line/ lateral butt.
5	15	Mirror Drill from a Huddle p. 65	<ul style="list-style-type: none"> • Done in groups. • Line-up/ first step only. • Set good tempo/ all players should know where to go. • Check stances.
6	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
7	15	Competition #1 with P p. 111-112	<ul style="list-style-type: none"> • Page # 111-112. • Observe, correct, and encourage.
8	10	Reading for Run/Pass p. 76	<ul style="list-style-type: none"> • Shoulders and body low. • Stance/ alignment/ first step. • Balance 3 point stance/ read step/ shoot hands. • Get off the block.
9	10	Defending Dive/Toss p. 80	<ul style="list-style-type: none"> • Done in groups. • Go over each position reads. • Set tempo/ pre-snap reads. • Go over flow to and flow away.
10	5	Review/Organization p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	15	Competition #2 with P p. 111-112	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - Q

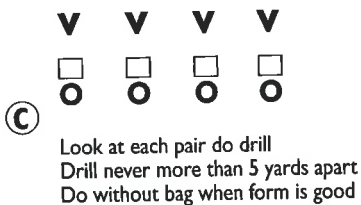
Segment 1



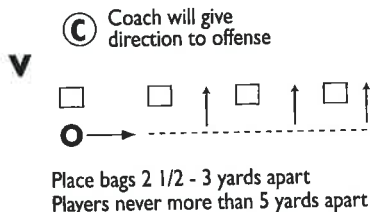
Segment 2



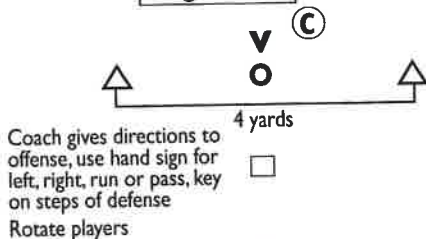
Segment 3



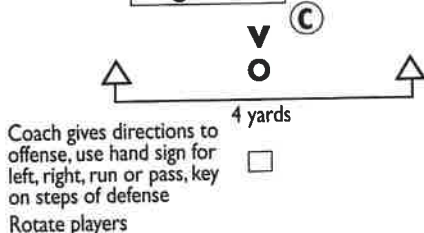
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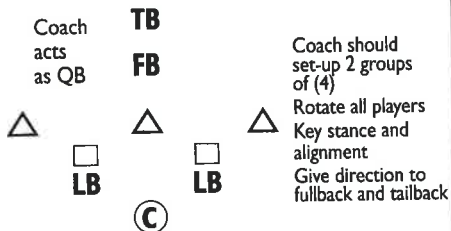
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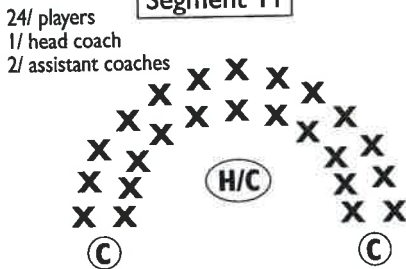
Segment 8



Segment 9



Segment 11



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
⊗ = center

(H/C) = head coach
(C) = coach
● = football
△ = cone
□ = bag

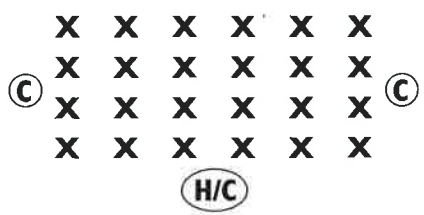
QB/OL/RB/DL/LB

PRACTICE PLAN - R

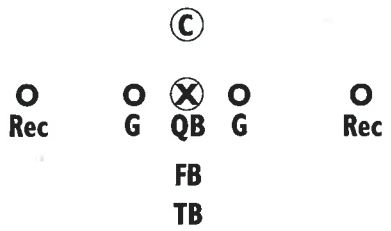
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Offensive Stance, Start & Alignment from a Huddle p. 33, 81-82	<ul style="list-style-type: none"> • Done in groups. • Know more than one position. • Set tempo for team. • Players should know their groups.
3	10	Reach Block from a Huddle p. 55	<ul style="list-style-type: none"> • Shoulders and body low. • Stance/ alignment/ first step. • Feet in wide base/ drive feet and move defender. • Get face across body of defender.
4	10	Block for Dive and Toss p. 53-54	<ul style="list-style-type: none"> • Shoulders and body low. • Head up – see what you're blocking. • Stance/ alignment/ first step. • Feet in wide base/ drive feet and move defender.
5	10	Defensive Stance, Start, & Alignment from a Huddle p. 38, 81, 83	<ul style="list-style-type: none"> • Done in groups. • Don't let poor stance go/ know where to line-up. • Review first step read step. • Flow to and flow away.
6	10	Reading for Run/Pass p. 76	<ul style="list-style-type: none"> • Mirror step, from 3 point. • Shoot hands and stay low. • Get off block. • Arch back.
7	10	Review/Organization p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
8	50	Competition with R p. 113-114	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - R

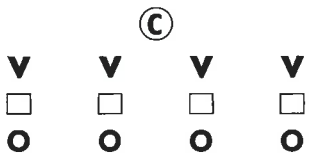
Segment 1



Segment 2

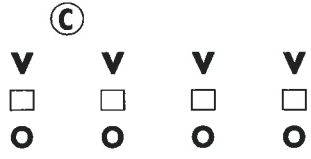


Segment 3



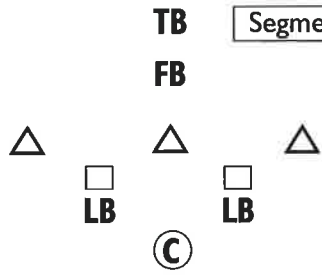
Coach will rotate players

Segment 4



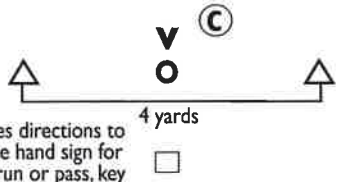
Be sure each player has a solid first step, with balance

Segment 5



Coach should set-up 2 groups of (4)
Rotate all players
Key stance and alignment
Give direction to fallback and tailback

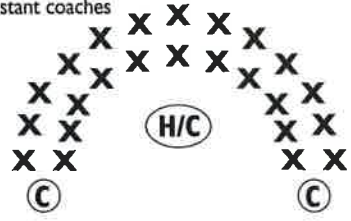
Segment 6



Coach gives directions to offense, use hand sign for left, right, run or pass, key on steps of defense
Rotate players

Segment 7

24/ players
1/ head coach
2/ assistant coaches



KEY	O = offensive player	H/C = head coach
	X = any player, offense or defense	C = coach
	V = defensive player	● = football
	⊗ = center	△ = cone
		□ = bag

DL/DB/Safety

PRACTICE PLAN - T

SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Defensive Stance, Start & Alignment from a Huddle p. 38, 81, 83	<ul style="list-style-type: none"> • Player making calls in huddle. • Players should know where to go. • From huddle, then line-up. • This should be done for each group.
3	10	Form Tackling p. 71	<ul style="list-style-type: none"> • Safety of self. • Safety of opponent. • Bag 6-inches away. • 6-inch power step. • Use 3 whistles. • Sink hips/ slide face. • Chest plate makes contact. • Rake-arms feet parallel.
4	15	DB Coverage Skills p. 69	<ul style="list-style-type: none"> • Done in pairs/ hands should dangle/ narrow stance. • Stay above the receiver. • Read lower body of receiver. • Push-off outside foot/ run through inside shoulder of receiver.
5	15	Pass Rush (Rip/Swim) p. 75	<ul style="list-style-type: none"> • Use of correct techniques. • Read steps, stay in lanes. • Aim for up field shoulder of quarter back.
6	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
7	15	Competition #1 with S p. 115-116	<ul style="list-style-type: none"> • Page # 115-116. • Observe, correct, and encourage.
8	10	DB Ball Drills p. 70	<ul style="list-style-type: none"> • Take ball at highest point. • Stance/ catch balls away from body. • Tuck and make bingo call.
9	10	Group Reads Defending the Pass p. 85-88	<ul style="list-style-type: none"> • Run all pass plays at them. • Review flow to and flow away concept. • Review each positions responsibility on each play. • QB should know who main target is.
10	5	Review/Organization p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	15	Competition #2 with S p. 115-116	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

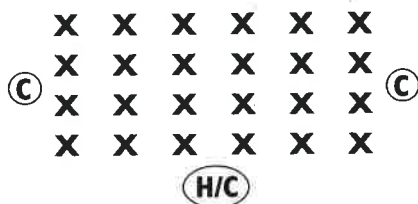
QB/OL/WR

PRACTICE PLAN - S

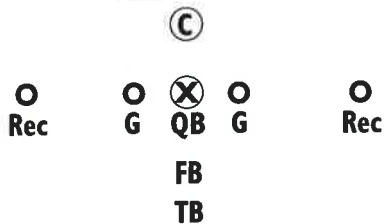
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Offensive Stance, Start & Alignment from a Huddle p. 33, 81-82	<ul style="list-style-type: none"> • Done in groups. • Know who is who in each group. • No talking in huddle. • Proper alignment from ball.
3	10	6 Point Progression p. 39	<ul style="list-style-type: none"> • Start with 2 lines facing each other. • Use bag/ partner last. • Toes forward, not back, get head across body. • Land on hands/ sky-eyes, bull your neck.
4	15	Out Pass/In Pass p. 87 p. 62-63	<ul style="list-style-type: none"> • Good stance. • Precise pattern do not round off. • Get to correct levels. • Run full speed, play side and back side.
5	15	Pass Blocking p. 56	<ul style="list-style-type: none"> • Review all steps. • Step through with offensive line. • Back field steps of running backs. • Patterns for receivers.
6	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
7	15	Competition #1 with T p. 115-116	<ul style="list-style-type: none"> • Page # 115-116. • Observe, correct, and encourage.
8	10	Catching p. 41-42	<ul style="list-style-type: none"> • Done in units. • Ball for each unit. • Make window. • Hands away from body. • Eyes in hands. • Catch and tuck.
9	10	Stop & Go Pass p. 64	<ul style="list-style-type: none"> • Done in units. • Depth of pattern. • Sell-it/ fake stalk. • Buzz your feet/ foot fire.
10	5	Review/Organization p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	15	Competition #2 with T p. 115-116	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - S

Segment 1

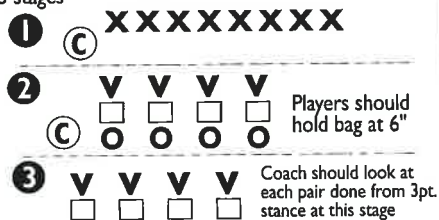


Segment 2

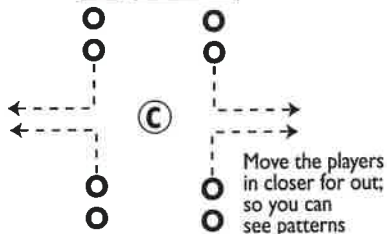


Done in 3 stages

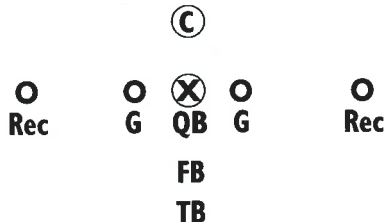
Segment 3



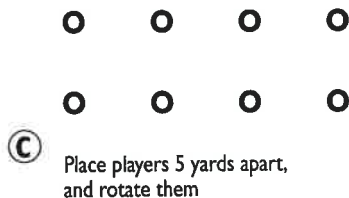
Segment 4



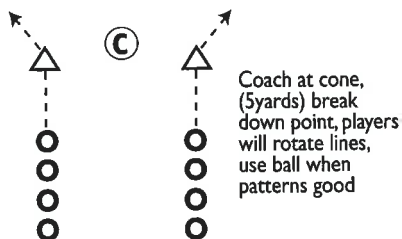
Segment 5



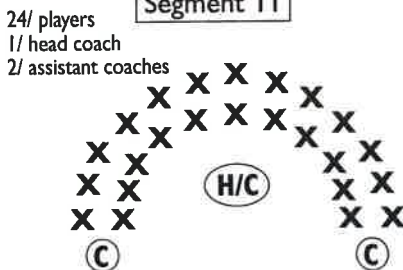
Segment 8



Segment 9



Segment 11



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
X = center

H/C = head coach
C = coach
● = football
Δ = cone
□ = bag

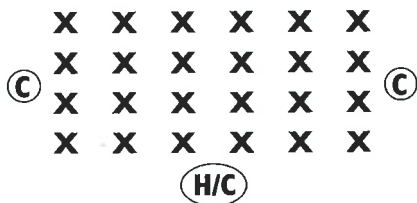
DL/DB/Safety

PRACTICE PLAN - T

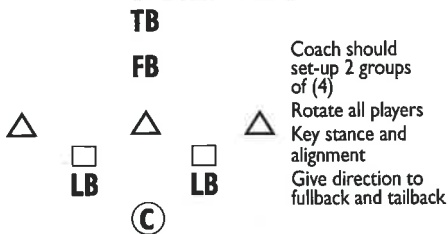
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Defensive Stance, Start & Alignment from a Huddle p. 38, 81, 83	<ul style="list-style-type: none"> • Player making calls in huddle. • Players should know where to go. • From huddle, then line-up. • This should be done for each group.
3	10	Form Tackling p. 71	<ul style="list-style-type: none"> • Safety of self. • Use 3 whistles. • Safety of opponent. • Sink hips/ slide face. • Bag 6-inches away. • Chest plate makes contact. • 6-inch power step. • Rake-arms feet parallel.
4	15	DB Coverage Skills p. 69	<ul style="list-style-type: none"> • Done in pairs/ hands should dangle/ narrow stance. • Stay above the receiver. • Read lower body of receiver. • Push-off outside foot/ run through inside shoulder of receiver.
5	15	Pass Rush (Rip/Swim) p. 75	<ul style="list-style-type: none"> • Use of correct techniques. • Read steps, stay in lanes. • Aim for up field shoulder of quarter back.
6	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
7	15	Competition #1 with S p. 115-116	<ul style="list-style-type: none"> • Page # 115-116. • Observe, correct, and encourage.
8	10	DB Ball Drills p. 70	<ul style="list-style-type: none"> • Take ball at highest point. • Eyes in hands. • Stance/ catch balls away from body. • Tuck and make bingo call.
9	10	Group Reads Defending the Pass p. 85-88	<ul style="list-style-type: none"> • Run all pass plays at them. • Review flow to and flow away concept. • Review each positions responsibility on each play. • QB should know who main target is.
10	5	Review/Organization p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	15	Competition #2 with S p. 115-116	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - T

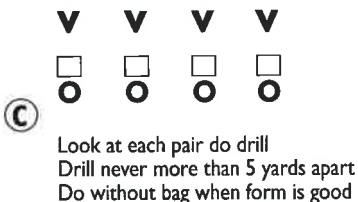
Segment 1



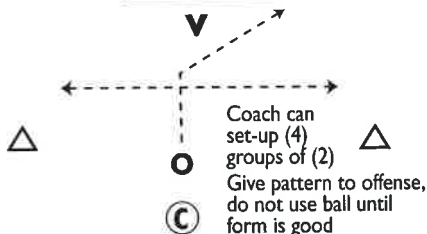
Segment 2



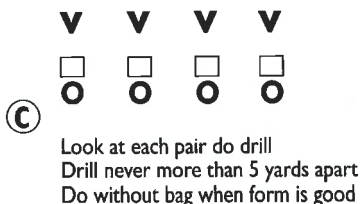
Segment 3



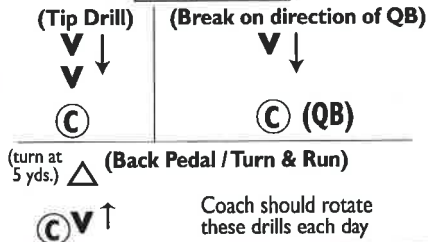
Segment 4



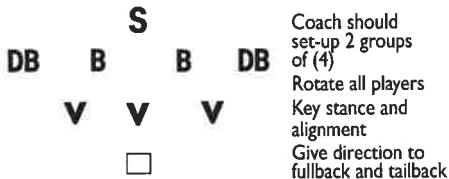
Segment 5



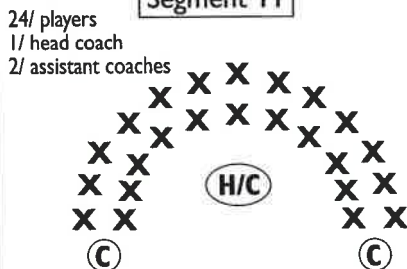
Segment 8



Segment 9



Segment 11



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
(X) = center

(H/C) = head coach
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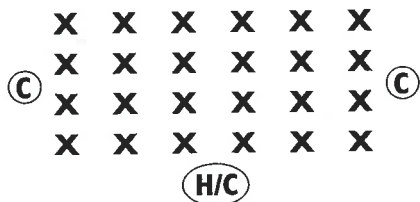
QB/TB/FB/OL

PRACTICE PLAN - U

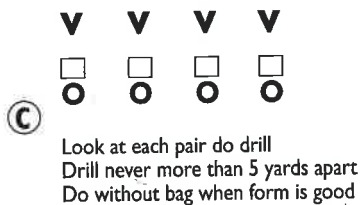
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Form Tackling/ 6 Point Progression p. 71, 39	<ul style="list-style-type: none"> • Start in line group/ whole line goes at once. • Use bag/ partner last. • Toes forward, not back. • Land on hands/ sky-eyes.
3	10	Offensive Stance, Start & Alignment from a Huddle p. 33, 81-82	<ul style="list-style-type: none"> • Done in groups. • Know more than one position. • Set tempo for team. • Players should know their groups.
4	10	Pass Plays - Pass Patterns Out/In/Stop & Go p. 87	<ul style="list-style-type: none"> • Done in pairs. • Know where you are on field. • Depth of patterns. • Do not use balls until patterns are good. • Head fake. • Good push.
5	10	Defensive Alignment from a Huddle p. 38	<ul style="list-style-type: none"> • Do not let poor stance go. • Review all defensive stances. • Rotate all groups.
6	10	Group Reads Defending the Pass p. 85-88	<ul style="list-style-type: none"> • Run all plays at them. • Flow to/ flow away concept. • Review all keys, for each position. • Read level of the ball.
7	10	Review/Organization p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
8	50	Competition with U p. 117-118	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - U

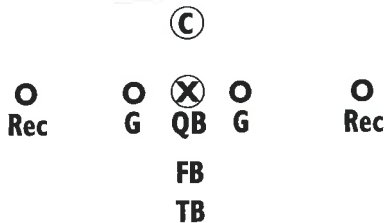
Segment 1



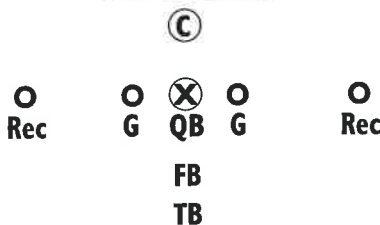
Segment 2



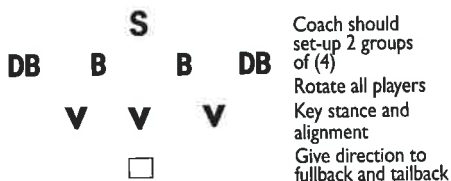
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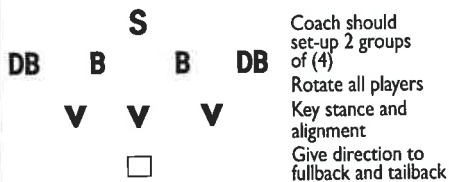
Segment 4



Segment 5

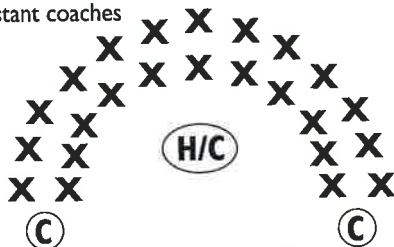


Segment 6



24/ players
1/ head coach
2/ assistant coaches

Segment 8



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
X = center

(H/C) = head coach
(C) = coach
● = football
△ = cone
□ = bag

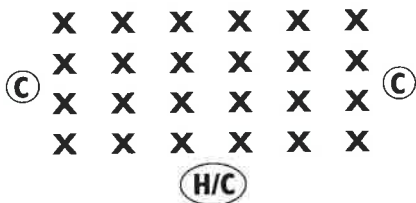
Team Offense

PRACTICE PLAN - V

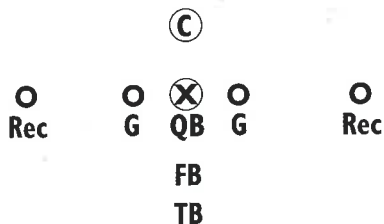
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Team Formation p. 33, 38 p. 81-82	<ul style="list-style-type: none"> • Done from huddle. • Call groups from sidelines. • Review all stances and alignments. • Rotate players in groups.
3	10	6 Point Progression p. 39	<ul style="list-style-type: none"> • Start with 2 lines facing each other. • Use bag/ partner last. • Toes forward, not back, get head across body. • Land on hands/ sky-eyes, bull your neck.
4	20	Offensive Blocking Reach/Drive/Stalk p. 52, 54, 59	<ul style="list-style-type: none"> • Grouped by position. • Review all techniques. • Don't let poor stance go. • Fire off the ball/ good first step.
5	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
6	20	Competition #1 with W Running Plays (Curriculum Guide Only) p. 119-120	<ul style="list-style-type: none"> • Inside reads/ outside reads. • Done as teams. • Rotate players/ must have good tempo.
7	10	Team Pass Live Play Blocking p. 56	<ul style="list-style-type: none"> • Review all pass plays. • Play side and back side of play. • Rotate players on line.
8	10	Team Pass Patterns p. 81-88	<ul style="list-style-type: none"> • Done in groups. • Good tempo/ don't let poor stance go. • Catch ball with proper techniques. • Change patterns quickly, like a game.
9	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
10	20	Competition #2 with W (Curriculum Guide Only) p. 119-120	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - V

Segment 1



Segment 2



Segment 3

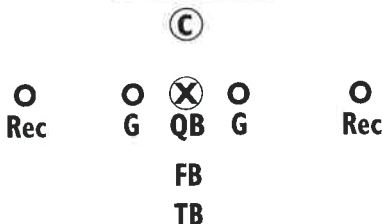
Done in 3 stages

1 XXXXXXXXX

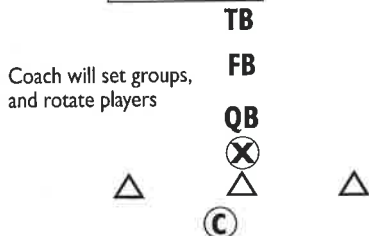
2 V V V V
□ □ □ □
C O O O O Players should hold bag at 6"

3 V V V V
□ □ □ □ Coach should look at each pair done from 3pt. stance at this stage

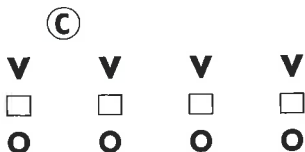
Segment 4



Segment 6



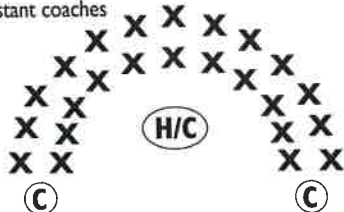
Segment 7



Be sure each player has a solid first step, with balance

Segment 10

24/ players
1/ head coach
2/ assistant coaches



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
X = center

H/C = head coach
C = coach
● = football
△ = cone
□ = bag

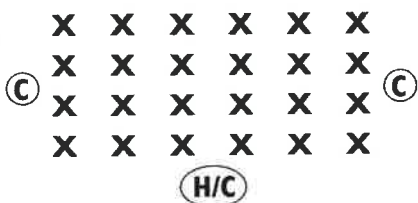
Team Defense

PRACTICE PLAN - W

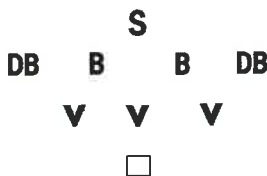
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none"> • Dynamic exercise/ Agilities. • Shuffle/ jumping jacks/ high knee, done as team. • Build discipline by stressing that units work together. • Build discipline within your team.
2	10	Team Formation p. 33, 38 p. 81, 83	<ul style="list-style-type: none"> • Done from huddle. • Call groups from sidelines. • Review all stances and alignments. • Rotate players in groups.
3	10	Form Tackling p. 71	<ul style="list-style-type: none"> • Safety of self. • Safety of opponent. • Bag 6-inches away. • 6-inch power step. • Use 3 whistles. • Sink hips/ slide face. • Chest plate makes contact. • Rake-arms feet parallel.
4	15	Back Pedal and Close for Run p. 68	<ul style="list-style-type: none"> • Grouped by position. • Review all techniques. • Don't let poor stance go.
5	15	Defensive Recognition p. 81-88	<ul style="list-style-type: none"> • Done as group. • Run plays at them. • Set good tempo/ rotate all groups. • Each group does same thing.
6	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
7	15	Competition #1 with V Running Plays (Curriculum Guide Only) p. 119-120	<ul style="list-style-type: none"> • Inside reads/ outside reads. • Be sure alignment is good. • Rotate players/ must have good tempo. • Done as teams.
8	10	Pass Rush Technique p. 75	<ul style="list-style-type: none"> • Done in position groups. • Review all pass rush techniques/ rip and swim. • When and why to use each technique. • Stay in lanes/ break down for tackles.
9	10	DB Coverage Skills p. 69	<ul style="list-style-type: none"> • Done in position groups. • Done in pairs/ hands should dangle/ narrow stance. • Stay above the receiver. • Read lower body of receiver. • Push-off outside foot/ run through inside shoulder of receiver.
10	5	Review p. 81-88	<ul style="list-style-type: none"> • Set-up groups/ small, medium, large. • Rotate all players. • Organize your team. • Set decorum for sideline during competition.
11	15	Competition #2 with V (Curriculum Guide Only) p. 119-120	<ul style="list-style-type: none"> • Review strong/ weak points of competition. • Strong/ weak points of practice week. • Review life-skill of the week.

PRACTICE PLAN - W

Segment 1

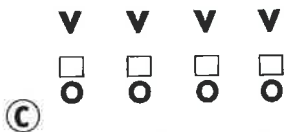


Segment 2



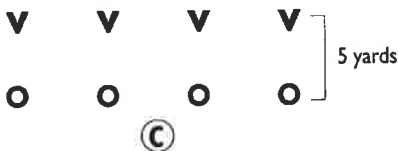
Coach should set-up 2 groups of (4)
 Rotate all players
 Key stance and alignment
 Give direction to fullback and tailback

Segment 3

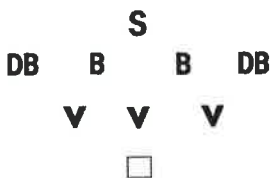


Look at each pair do drill
 Drill never more than 5 yards apart
 Do without bag when form is good

Segment 4

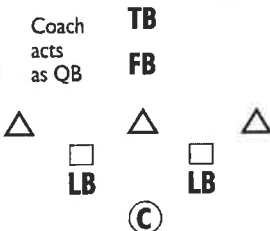


Segment 5



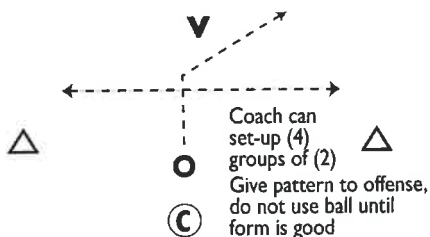
Coach should set-up 2 groups of (4)
 Rotate all players
 Key stance and alignment
 Give direction to fullback and tailback

Segment 7



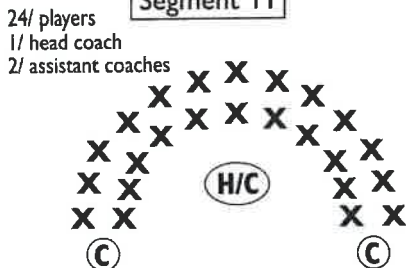
Coach should set-up 2 groups of (4)
 Rotate all players
 Key stance and alignment
 Give direction to fullback and tailback

Segment 9



Coach can set-up (4) groups of (2)
 Give pattern to offense, do not use ball until form is good

Segment 11



24/ players
 1/ head coach
 2/ assistant coaches

KEY	O = offensive player	(H/C) = head coach
	X = any player, offense or defense	(C) = coach
	V = defensive player	● = football
	⊗ = center	Δ = cone
		□ = bag

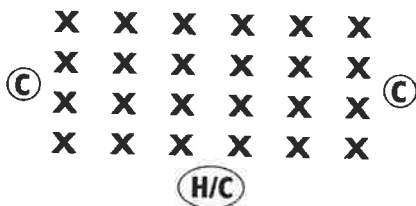
Final Day Team

PRACTICE PLAN - X

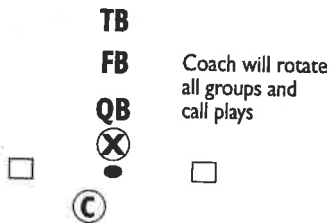
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	10	Stretching (Agilities) p. 27	<ul style="list-style-type: none">• Dynamic exercise/ Agilities.• Shuffle/ jumping jacks/ high knee, done as team.• Build discipline by stressing that units work together.• Build discipline within your team.
2	10	Group Set Up p. 81-88	<ul style="list-style-type: none">• Small, medium, large.• Players should know all rotations.• Spend time on QB/ Center exchange.• Aiming points/ reads for defense.
3	10	Offensive Review p. 81-88	<ul style="list-style-type: none">• Set your game plan.• Player rotation/ who is QB for each group.• Who is the next person in at each position.• Review spacing.
4	10	Defensive Review p. 81-88	<ul style="list-style-type: none">• Set your game plan.• Player rotation.• Reads for run/ pass.• Flow to/ flow away.
5	80	Games 8 on 8	

PRACTICE PLAN - X

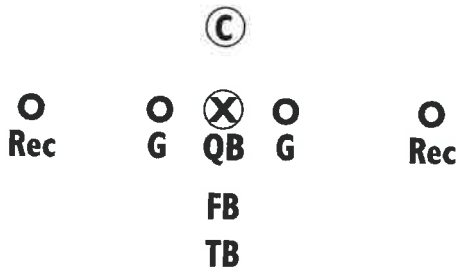
Segment 1



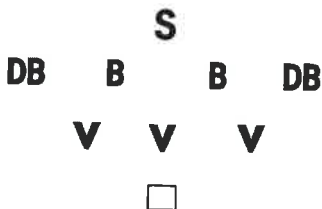
Segment 2



Segment 3



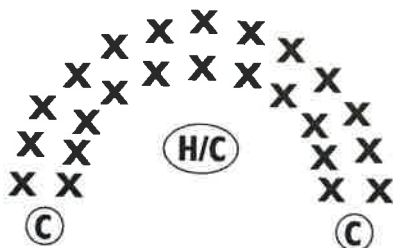
Segment 4



Coach should
set-up 2 groups
of (4)
Rotate all players
Key stance and
alignment
Give direction to
fullback and tailback

Segment 5

24/ players
1/ head coach
2/ assistant coaches



K
E
Y

O = offensive player
X = any player, offense or defense
V = defensive player
X = center

H/C = head coach
C = coach
 ● = football
 △ = cone
 □ = bag