



**ON FIELD**



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**COACH'S PLAN**

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## 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



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

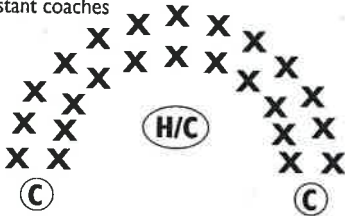
## PRACTICE PLAN - A

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

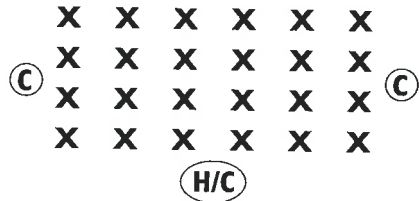
# PRACTICE PLAN - A

24/ players  
1/ head coach  
2/ assistant coaches

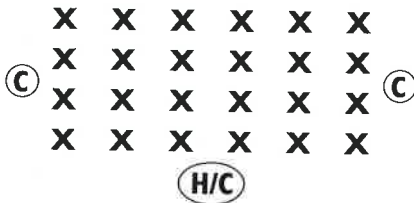
## Segment 1



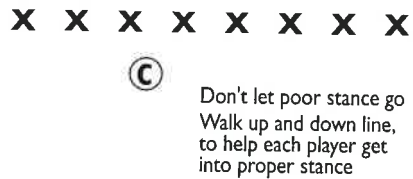
## Segment 2



## Segment 3

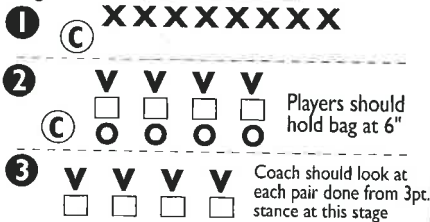


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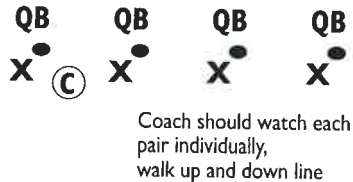


Done in  
3 stages

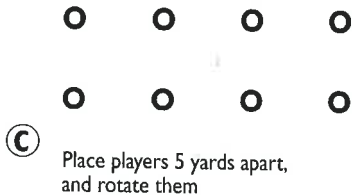
## Segment 5



## Segment 6-7

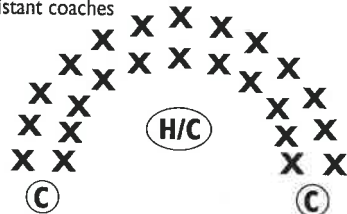


## Segment 8



## 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

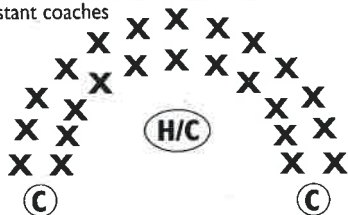
SEGMENT	TIME (MIN)	DRILL	COACHING POINTS
1	5	Introduction p. 26	<ul style="list-style-type: none"> <li>• Attendance/ note lateness, address after practice.</li> <li>• Life Skill for week. • Be organized.</li> <li>• J.P.D. Team rules / Identify units.</li> </ul>
2	10	Stretching (Agilities) p. 27	<ul style="list-style-type: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



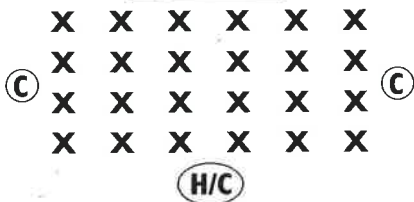
# PRACTICE PLAN - B

24/ players  
1/ head coach  
2/ assistant coaches

## Segment 1



## Segment 2-3

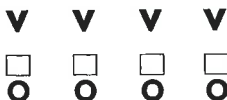


## Segment 4



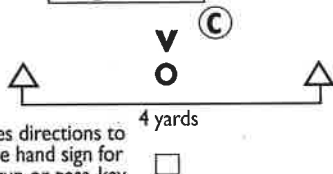
(C) Don't let poor stance go  
Walk up and down line,  
to help each player get  
into proper stance

## Segment 5



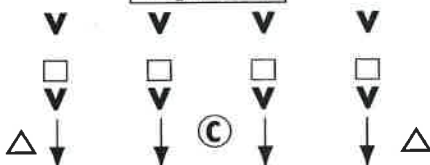
(C) Look at each pair do drill  
Drill never more than 5 yards apart  
Do without bag when form is good

## 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

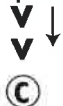
## Segment 8



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)

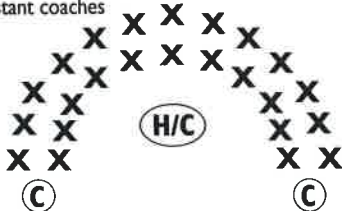
(turn at 5 yds.) (Back Pedal / Turn & Run)



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  
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**●** = football  
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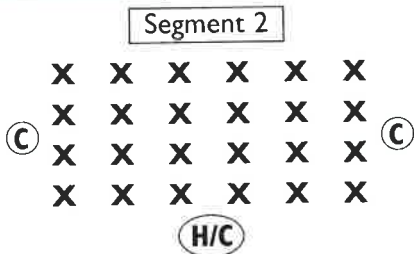
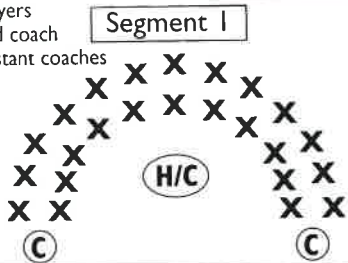
# Basic Offensive & Defensive Skills

## PRACTICE PLAN - C

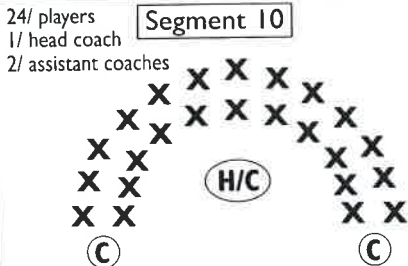
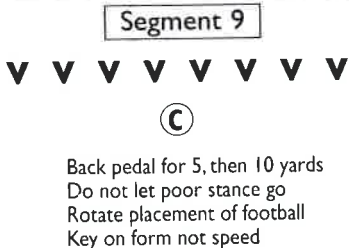
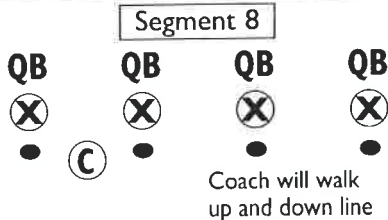
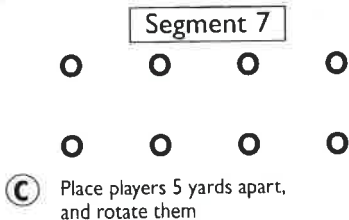
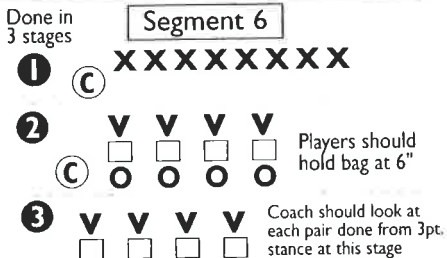
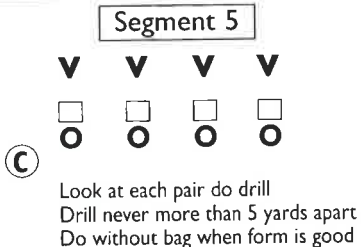
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1	10	Introduction p 26	<ul style="list-style-type: none"> <li>• Attendance/ note lateness, address after practice.</li> <li>• Life Skill for week. • Be organized.</li> <li>• J.P.D. Team rules / Identify units.</li> </ul>
2	10	Stretching (Agilities)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

# 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

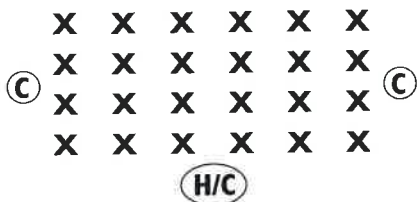
# Center/QB Skills (Run)

## PRACTICE PLAN - D

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

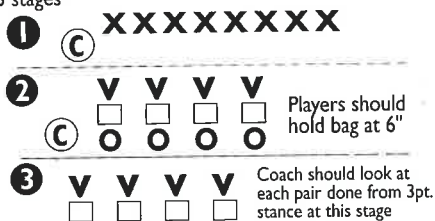
# PRACTICE PLAN - D

## Segment 1

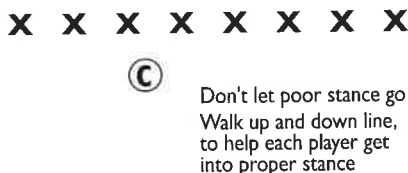


Done in  
3 stages

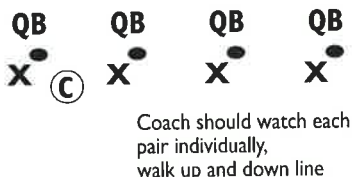
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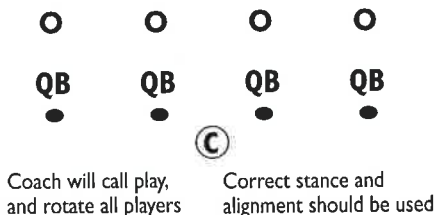
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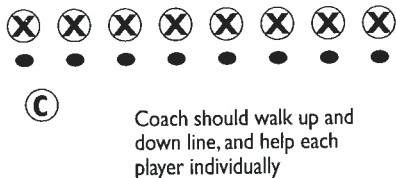
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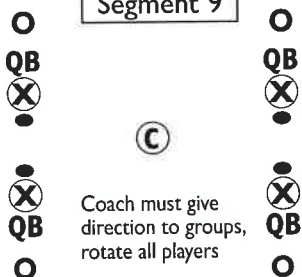
## Segment 6



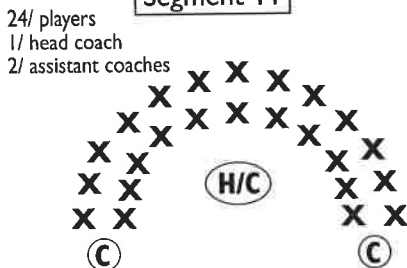
## Segment 8



## 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

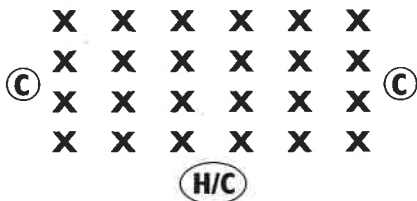
# Center/QB Skills (Pass)

## PRACTICE PLAN - E

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

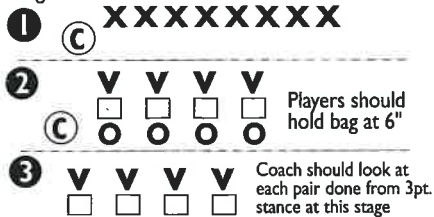
# PRACTICE PLAN - E

## Segment 1

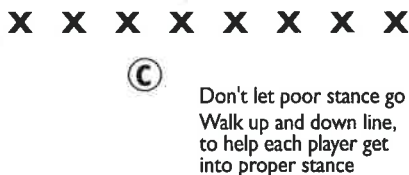


Done in  
3 stages

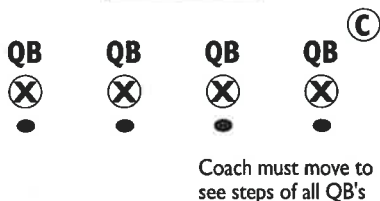
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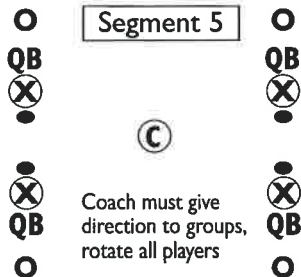
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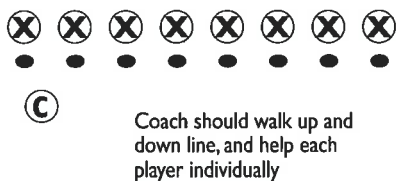
## Segment 4



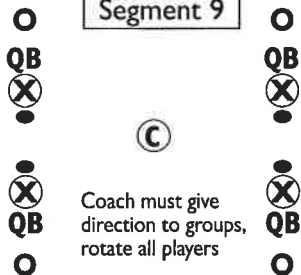
## Segment 5



## Segment 8

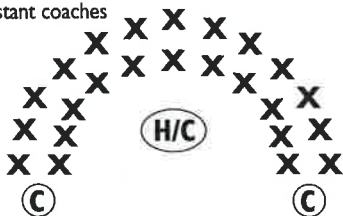


## Segment 9



## 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)

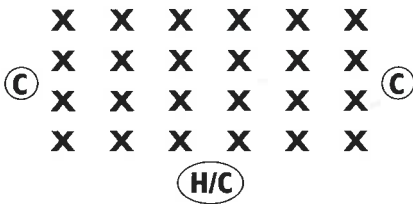
## PRACTICE PLAN - F

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



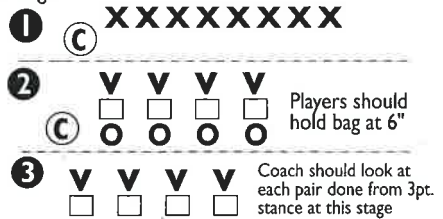
# PRACTICE PLAN - F

## Segment 1

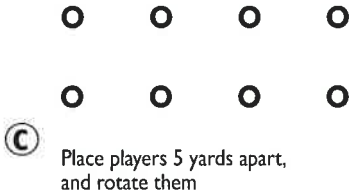


Done in  
3 stages

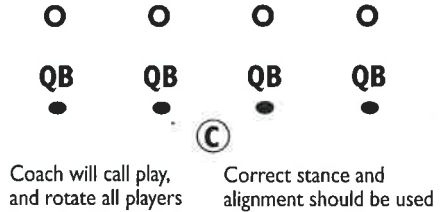
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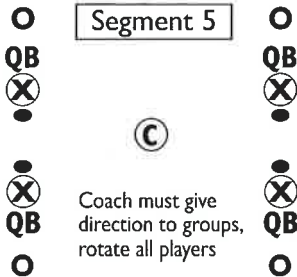
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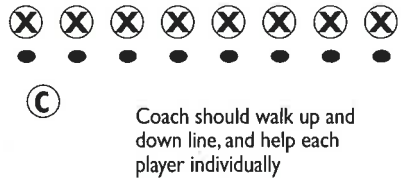
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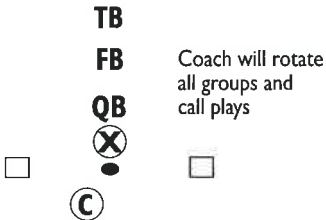
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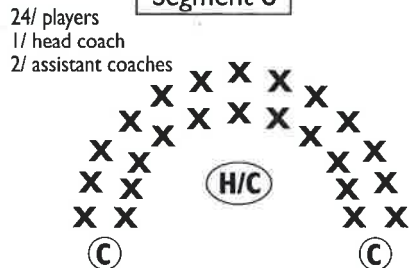
## Segment 6



## Segment 7



## Segment 8



**K**  
**E**  
**Y**

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