

FOOTBALL



HELP DESK

'Helping Coaches Helping Kids'

Standard Practice Schedule (2 hour practice)

5:55 Arrive @ Field, Ready To Go (Dressed)

Anyone late or not dressed stays after practice to do his warm-ups.

6:00 Start Practice - 7-10 lines of 2-3 players

- 1) Dynamic Warm Ups
- 2) Every Day Drills
 - Cadence Clap Drill
 - 2, 3 & 4 pt stances and hold each for 60 seconds
 - LEG Progressions
 - Tackling Circuit - Form tackling and/or live tackling
Triangle, Shimmy, Sideline, Slide & Fill or 'The Bullpen'

6:30 Defensive Drill Work - Also Install Schemes Individually

- **Linemen:** Exploding from 4pt. Stance (move on ball only), Rip & Swim Moves, Grass Grabbing for Double-Teams and Taking On Lead Blockers.
- **Backs and Ends:** Alignment, 1st Steps at Snap, Who/How to Read, Containment, Blitzes, Pass Responsibilities and Taking On Lead Blockers.

6:45 Offensive Drill Work - Also Install Schemes or Plays Individually

- **Linemen:** Footfire Progression, Wedge Progression, TKO, Sleds & Chutes, Down, Trap, Kick-out & Double-Team Blocks, Pulling and Sealing.
- **Backs:** Formations, Motion, Play Calls, Ball Carrying, Ball Fakes, Kick-out, Downfield & Down Block, Giving and Receiving Handoffs.

7:00 Offense, Defense or Special Team Time - Team Install & Scrimmage Time

7:45 Conditioning and Cool Down

- **Birddog / Greyhound** - Defensive Pursuit Drill chasing 'rabbits'
- **Enduro Drill** - Circle Up, 1 coach calling exercises and time in middle, others walking around mentally challenging the players.
- **Perfect Jumping Jacks** (Team Name Spelled Out Jumping Jacks)
- **Relay Races** (Conditions, Develops Chemistry and Competitive Spirit)
- **Deer Hunters** (40 yard square box) 4 'deer hunters' w/ nerf footballs.

7:55 Coach's Talk, Helmet Stickers, Etc. - One knee, no helmets. NO TALKING.

8:00 Coaches Meeting

- Positives and negatives of today's practice & suggestions for tomorrow.
- Punishment for tardy or misbehaving players: Laps, Bellies, Etc.