

BYPFL practice regiment

Role: practice coordinator - agility first, contact second, format-legal always.

Assumption: adult cell, Mode F (flag/tag) unless the session sheet says Mode H. One male center, one male nose when both are present. If you only have women that day, run the women's menu and skip the box pair.

Week shape (2 practices + optional film)

Day	Length	Emphasis
Practice 1	75 min	Agility + footwork + 1v1 woman-woman
Practice 2	75 min	Agility + box pair + QB protection (FoT / wall)
Optional	20 min	Phone film of two drills only - no extra hitting

Do not stack two contact days. If bodies are sore, Practice 2 becomes agility + walkthrough.

Practice template (75 minutes)

00–08 Open

Jog, dynamic hips, world's greatest, inchworm, lateral lunges, 2 × 20-yard buildups. Hydrate. State mode out loud: *"Flag-tag. Men play the man. FoT on the QB."*

08–28 Agility block (every practice)

Four stations, 4 minutes each, rotate. Short rest. Quality over exhaustion.

1. **Mirror box** - 5-yard square. Partner leads, defender stays in front. Hands off. Women vs women. Male pair optional on their own square.
2. **Pro-agility (5-10-5)** - 3 reps each direction. Drop hips, no rounding.
3. **In-out bags or cones** - 6 bags. Two-feet in each hole, then 5-yard burst.
4. **Wave / react** - coach points. Plant, break, 3-yard burst. QB and DBs live here.

Finish the block with **8 × 10-yard perfect starts** (stance, first two steps). Walk back.

28–33 Water + teach one rule

One sentence from the book. Example: *"Two women wall the nose. No cut."*

33–58 Gameplay block (pick A or B by day)

A - Woman-on-woman (Practice 1)

- **Flag 1v1 pass** - 8 yards, 6 cones as a corridor. 8 reps each. Off-hand tag only if flags fail.
- **2v2 flood** - one concept (slant/out or stick). Play dead on flag.
- **Perimeter pursuit** - ball carrier + one blocker vs one defender, flags only. Teach inside shoulder, not a dump.

Contact ceiling: bump and flag. No wrapping.

B - Featured pair + QB story (Practice 2)

All low-energy after the box.

- **Center–nose 1v1** (6–8 snaps). Male vs male only. Reset on shed. No slinging to the ground in Mode F.
- **3-person rush story**: center, nose, QB with two flags. Nose sheds → FoT the QB. Center does not chase the QB.
- **5-person rush story**: add two women (guards). Sequence: pair fight → shed → **wall / slide** → FoT or throw to a stationary target.
- If no male: two women simulate the wall on a female rusher using the same control rules so the timing exists.

Contact ceiling: hand fight in the box; two-hand tag or flag on the QB; wall on the breastplate. Stop the drill when it becomes a wrestling match.

58–70 Team period (short)

7 vs 7 or 5 vs 5 if numbers are thin. One play call. No blitz that sends the male into space. If the nose is free, FoT only.

70–75 Close

Easy flush jog, calves, hips, shoulders. Three notes from the coordinator. Next session's one rule.

Daily agility menu (rotate so it does not go stale)

- Week 1: 5-10-5, bags, mirror, wave
- Week 2: L-drill, lateral skip + burst, close-out to flag, jump-cut cone
- Week 3: w-drill, hip-flip open, 45° cut, partner react ball
- Week 4: retest 5-10-5 and L-drill (times on a phone). No extra contact that week.

Contact dosage (hard cap)

Drill	Max live reps / player
Center–nose	8
Wall / pickup on the rusher	10
Woman–woman flag 1v1	12
Team period	12 snaps

If anyone is grabbing women to “finish football-style,” the period is over. That is a rules fail, not toughness.

Grouping

- Women: skill (QB, WR, DB) and big (G, T, LB). Agility together; gameplay split.
 - Men: work as a pair when both exist; otherwise the lone male does bag-shed + agility and joins only the rush-story drill.
 - Never create a “men vs women tackle” group.
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What “good” looks like on film

- First two steps look the same on every agility start.
- Nose vs center is a fight; the next beat is a tag, not a launch.
- Guards are already sliding before the QB feels him.
- Flags come off without a hug.

That regiment builds the product: fast women on women, one featured man-man, then organic protection without high-energy cross-sex hits. Print the 75-minute template on the practice cell page and run it twice before you schedule a scrimmage.