



Practice Session 2

# The 4 Pillars of Our Mission:

## **Character:**

**It's not about winning, but trying your best**

## **Experience:**

**Make each session fun**

## **Play Equity:**

**Equal play time & play involvement**

## **Safety:**

**Keeping players safe from physical & emotional harm**



# Practice Session Summary

- This session is 32 minutes in length

Segment	Time	Rationale
Session Plan Review & Reminders	1-2 minutes	Makes them understand the game plan
Flag Drill	5 minutes	Gets the practice on flag pulling and serves as a warm up
QB / Receiver Drills	5 minutes	Gets your two QBs warmed up along with your receivers
Hand Off Drill	5 minutes	Gets some practice in on hand offs
Play Development	15 minutes	<ul style="list-style-type: none"><li>• Practice the plays you introduced yesterday</li><li>• Introduce one more play</li></ul>



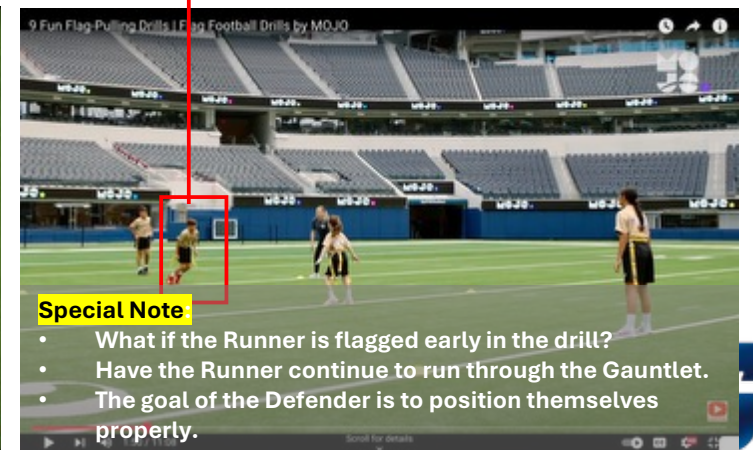
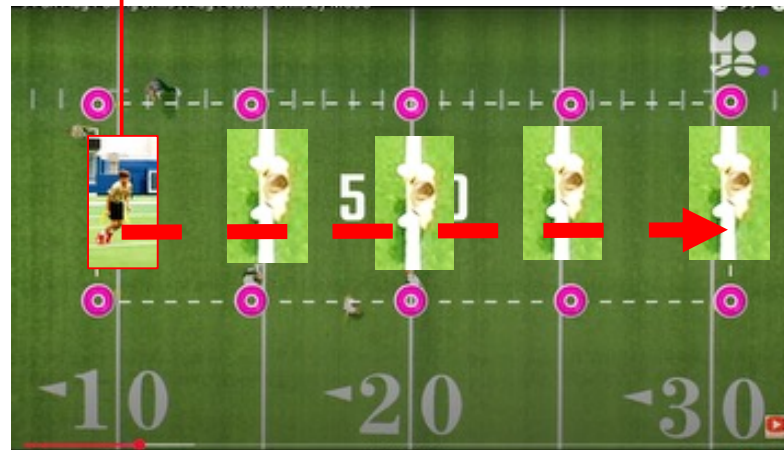
# Session Plan Review & Reminders

Segment	Time	Rationale
Review Practice Session Plan	1-2 minutes	Makes them understand the game plan
Mouth Guards		<ul style="list-style-type: none"><li>• Reminder to have mouth guards</li><li>• We have some at the tent for those who forget</li></ul>
Tuck in Shirts		All shirts must be tucked in
Flags		Have they cut their flags (see last page for instructions)
Rules		<ul style="list-style-type: none"><li>• 8-10 years old – 10 steamboats, rush</li><li>• 11-12 – 7 steamboats, rush</li><li>• 13-15 – rush on snap from 7 yards out<ul style="list-style-type: none"><li>• up to 2 rushers that must ID themselves to referee</li><li>• they do not have to rush, but if they rush there can be no delays</li></ul></li></ul>



# Flag Drill

Activity	Equipment	Details	Instruction
The Gauntlet	10 cones 1 football Flags for each player	<ul style="list-style-type: none"><li>• <a href="#">Video</a> – Drill # 2 – 1:25 point of video</li><li>• Each player has a flag</li><li>• Place one Defender on each field line<ul style="list-style-type: none"><li>• Their goal is to flag the runner</li><li>• The Defenders can only move along the line</li></ul></li><li>• Place one player at the "top" of the area with a ball<ul style="list-style-type: none"><li>• Their goal is to run through the Gauntlet from one end to the other</li><li>• Remember, no spinning is allowed</li></ul></li></ul>	<p><b><u>Defenders</u></b></p> <ul style="list-style-type: none"><li>• Use shuffle step to move along the line</li><li>• It makes you "larger" and more difficult for the runner to get around</li><li>• It also helps in runner cut backs</li></ul> <p><b><u>Runner</u></b></p> <ul style="list-style-type: none"><li>• Avoid coming to a complete stop and then juking</li><li>• It is more effective to sprint straight with quick jukes</li></ul>

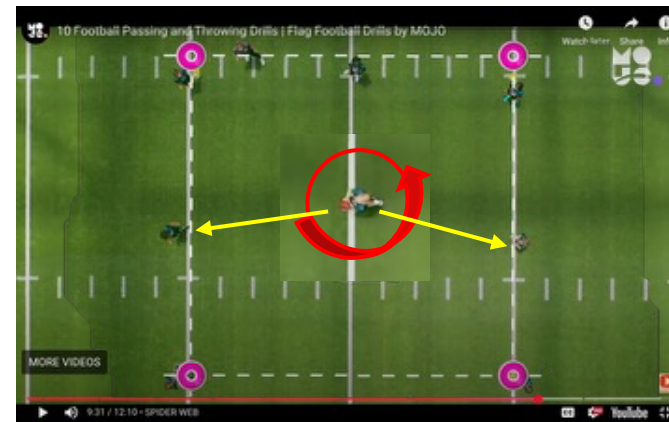


**Special Note**

- What if the Runner is flagged early in the drill?
- Have the Runner continue to run through the Gauntlet.
- The goal of the Defender is to position themselves properly.

# QB / Receiver Warm Up

Activity	Equipment	Details	Instruction
Spider Web (modified)	4 cones 2 footballs	<ul style="list-style-type: none"><li>• <a href="#">Video</a> – 9:22 point of video</li><li>• Place two QBs in middle of square (back-to-back)</li><li>• Starting with Receiver they are looking at, QBs throw ball to each player on the square going either clockwise or counter clockwise</li><li>• More Complex<ul style="list-style-type: none"><li>• Add a pylon for each Receiver</li><li>• Have the Receiver run to the next pylon to their right</li><li>• QB has to throw to where the Receiver is going</li></ul></li></ul>	<p><b><u>QBs</u></b></p> <ul style="list-style-type: none"><li>• Remind QBs<ul style="list-style-type: none"><li>• Proper grip on ball</li><li>• Proper shoulder &amp; foot stance (perpendicular to receiver)</li><li>• Proper follow through of throwing arm and trailing foot</li></ul></li></ul> <p><b><u>Receivers</u></b></p> <ul style="list-style-type: none"><li>• Use proper hand technique (diamond for balls above the #s and soup for balls below the numbers)</li><li>• Look the ball into their hands</li></ul>



# Hand Offs Drill

Activity	Equipment	Details	Instruction
Form	Football	<ul style="list-style-type: none"><li>• <a href="#">Video</a> – Good review of the handoff form</li><li>• Covers<ul style="list-style-type: none"><li>• Bread Basket</li><li>• Arm Position</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Handoffs are not only for the QB. They can be used in trick plays by other players.</li><li>• Start slow and increase speed.</li><li>• For QBs focus on footwork and which hand does the handoff (closest to the player).</li></ul>



# Play Development

Activity	Equipment	Details	Instruction
Existing Plays	Flags Ball	<ul style="list-style-type: none"><li>N/A</li></ul>	<ul style="list-style-type: none"><li>Practice existing plays at half speed and then at full speed</li><li>Practice without defense and then add defensive players</li></ul>
New Plays	N/A	<ul style="list-style-type: none"><li><a href="#">8 Year Olds</a> – Provide 10 plays to introduce over the season</li><li><a href="#">10 Year Olds</a> – Provides 10 plays to introduce over the season</li><li><a href="#">Older Age Group</a> – Provides 10 plays to introduce over the season</li></ul>	<ul style="list-style-type: none"><li>Practice at full speed</li><li>Ensure QB drops back after getting the snap (unless they are in shot gun)</li></ul>



# How to Shorten Belts



HOW TO  
SHORTEN  
YOUR BELTS

## NFL FLAG BELT ASSEMBLY:

- INSERT FLAGS AS SHOWN AND ADJUST THE WAIST BAND.
- EXCESS MATERIAL FROM THE BELT SHOULD BE TUCKED INTO SHORTS.

### ! WARNING:

BELTS ARE NOT DESIGNED TO BE FREELY CUT.  
IF CUT FRAYING WILL OCCUR.

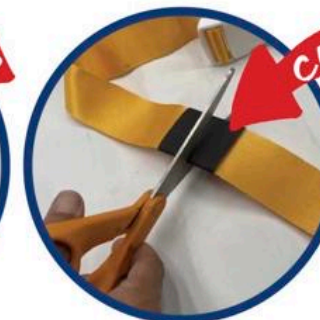
### ! CAUTION:



**IF BELT HAS BEEN CUT, TO PREVENT FRAYING, WE RECOMMEND**



1. WRAP TAPE AROUND BELT



2. CUT THROUGH  
THE TAPED EDGE



3. WRAP ADDITIONAL LAYER OF TAPE  
AROUND CUT EDGE