



June 24 Practice Session Guidance

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



June 24 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 / Warm Up	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">• Practice the plays you introduced yesterday• Introduce one more play

Highlight = Change



June 24 Session Plan Review & Reminders

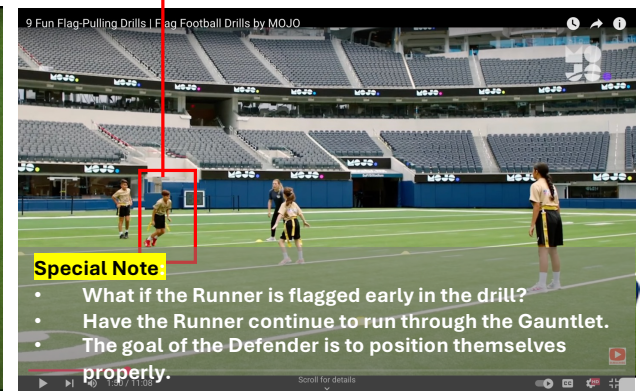
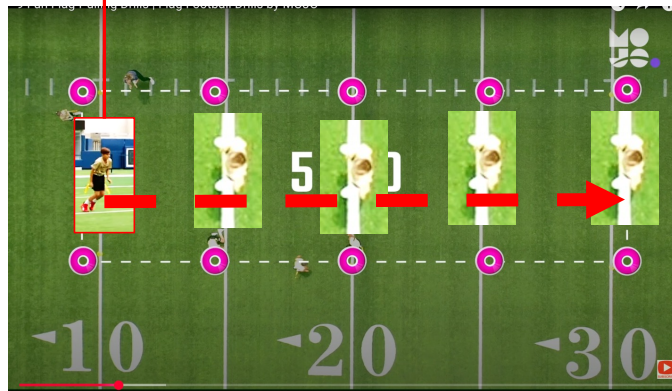
Segment	Time	Rationale
Review Practice Session Plan	1-2 minutes	Makes them understand the game plan
Mouth Guards		<ul style="list-style-type: none"> Reminder to have mouth guards We have some at the tent for those who forget
Tuck in Shirts		All shirts must be tucked in
Flags		Have they cut their flags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

Highlight = Change



June 24 – Flag Drill

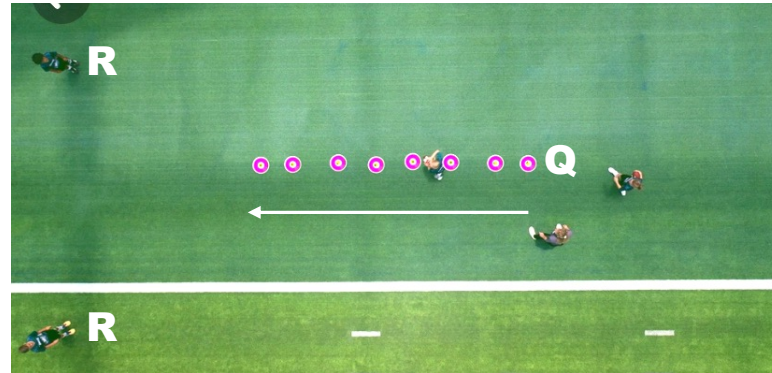
Activity	Equipment	Details	Instruction
The Gauntlet	10 cones 1 football Flags for each player	<ul style="list-style-type: none"> Video – Drill # 2 – 1:25 point of video Each player has a flag Place one Defender on each field line <ul style="list-style-type: none"> Their goal is to flag the runner The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



June 24 – QB / Receiver Warm Up

Activity	Equipment	Details	Instruction
The Cone Shuffle (modified)	8 Cones 2 Balls	<ul style="list-style-type: none"> Place 8 cones 1 yard apart on the ground to create a line Line 2 Receivers up 5 yards in front of the last cone, one to the left and one to the right One at a time, the first player in line in QB throwing position (should facing Receiver) weaves down the line At the last cone, QB takes a step and throws the ball to the Receiver of their choice Increasing the difficulty <ul style="list-style-type: none"> Make it faster When QB gets half way down the line have Receivers run a patter Add a third receiver 	<p>QBs</p> <ul style="list-style-type: none"> Keep in QB position - point shoulder down the line, two hands on the ball at chest level Be on balls of feet while weaving and push off back foot and steer with front foot Keep eyes down field (don't look at pylons – it's OK to step on pylons) <p>Receivers</p> <ul style="list-style-type: none"> Remind Receivers to: <ul style="list-style-type: none"> run crisp quick routes to give the QB the best chance to make a successful pass Keep hands out in front when catching the ball and look the ball into their hands

Highlight = Change



June 24 – Hand Offs Drill

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

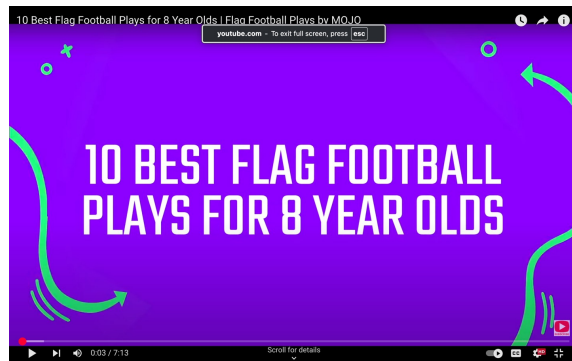


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June 24 – Play Development

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



Highlight = Change



June 24 – 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.

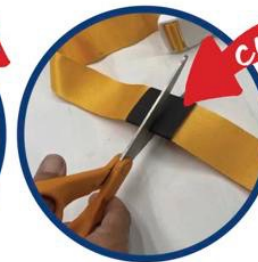
! CAUTION:



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

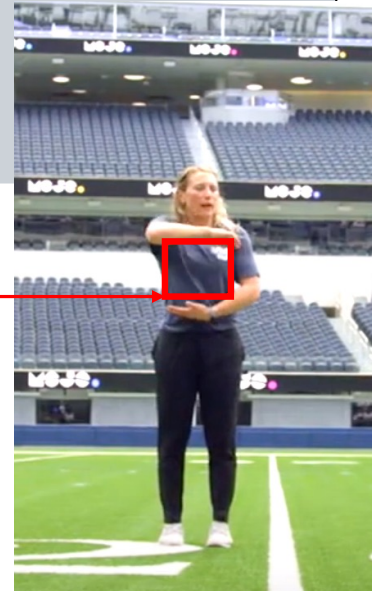
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June 24 – Handoff Form

Activity	Equipment	Details	Instruction
Handoff Relay	2 Cones 1 football	<ul style="list-style-type: none">• Video• Create starting points by placing 2 cones roughly 10 yards apart• Divide players in half with one group at either cone• Give the first player in one of the lines the ball• On the Coach's call the ball carrier runs toward the other player at the other cone• The person at the other cone does the same but provides a target for the handoff• Continue to repeat with players going to the end of the line	<ul style="list-style-type: none">• Handoffs are not only for the QB. They can be used in trick plays by other players.• Start slow and increase speed.• QB<ul style="list-style-type: none">• Keep ball away to body and present the ball to the RB and place it firmly into the RBs "bread basket"• RB<ul style="list-style-type: none">• Make a "bread basket"• Elbow closest to ball is up

Highlight = Change

The "Bread Basket"



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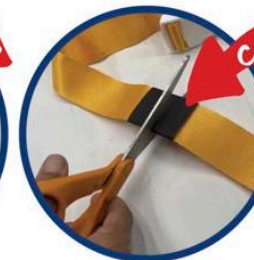
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