



Practice Session 6

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 / 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



Session Plan Review & Reminders

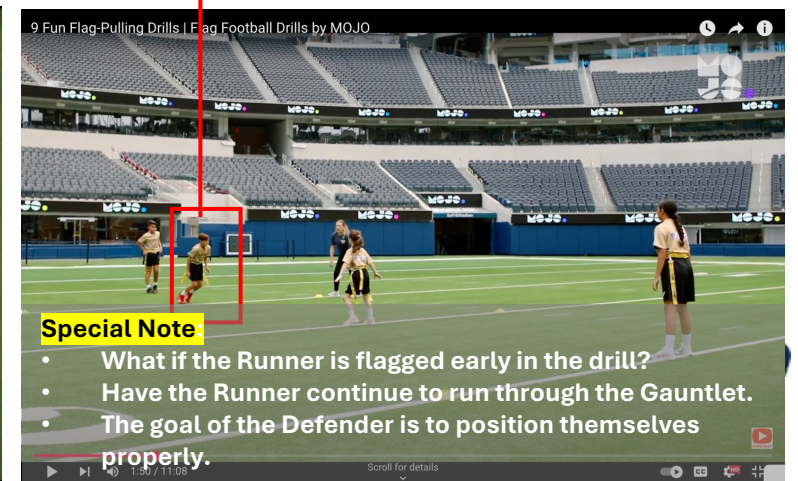
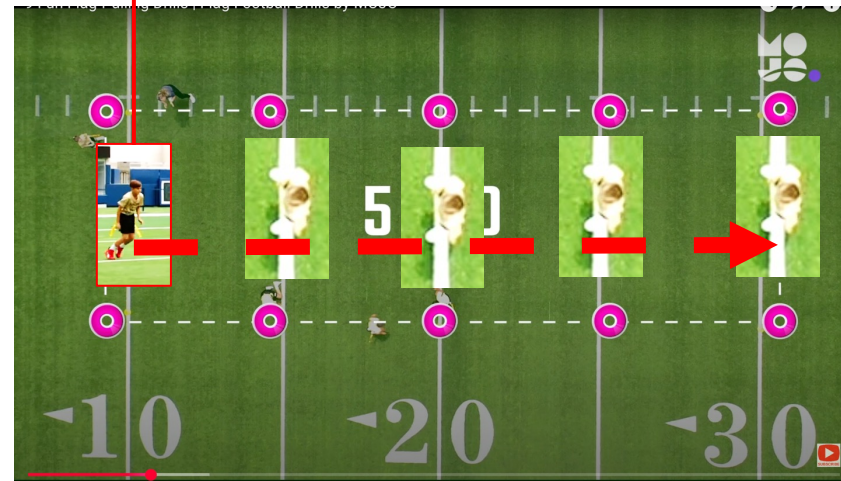
| Segment | Time | Rationale |
|------------------------------|-------------|--|
| Review Practice Session Plan | 1-2 minutes | Makes them understand the game plan |
| Mouth Guards | | <ul style="list-style-type: none">• Reminder to have mouth guards• We have some at the tent for those who forget |
| 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



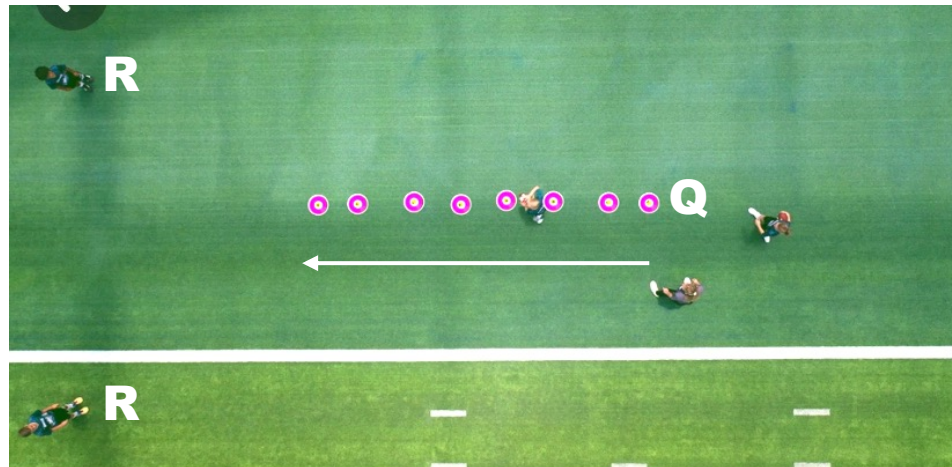
Flag Drill

| 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><u>Defenders</u></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><u>Runner</u></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 |



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



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). |

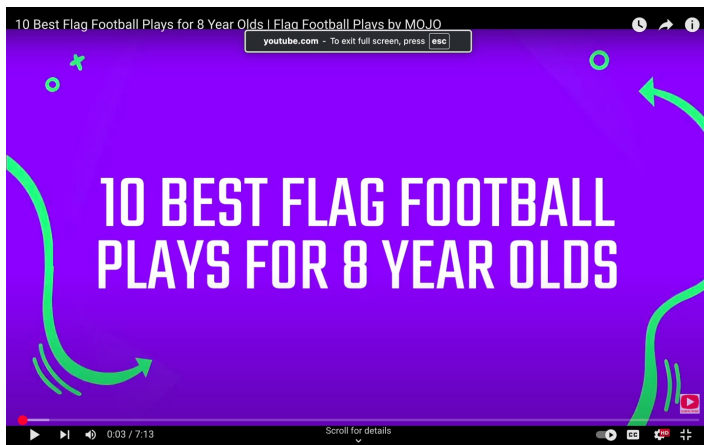


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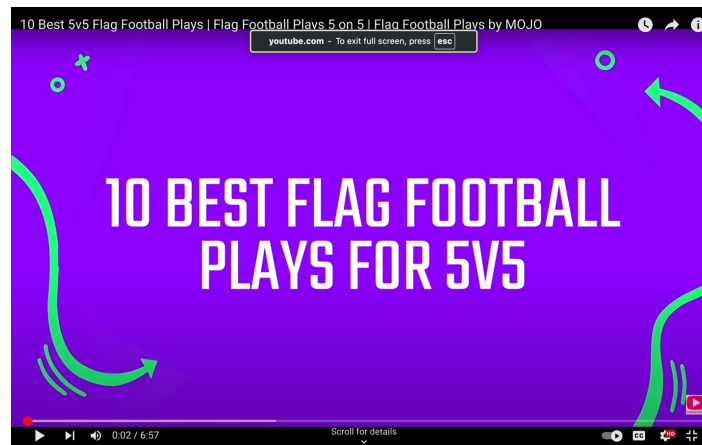


Play Development

| 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 speedPractice 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 season10 Year Olds – Provides 10 plays to introduce over the seasonOlder Age Group – Provides 10 plays to introduce over the season | <ul style="list-style-type: none">Practice at full speedEnsure QB drops back after getting the snap (unless they are in shot gun) |



Highlight = Change



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.

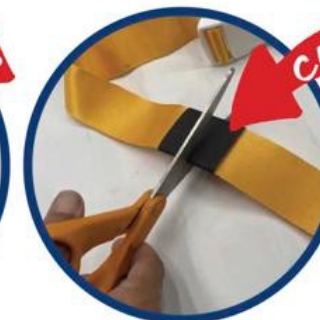
! CAUTION:



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



1. WRAP TAPE AROUND BELT



2. CUT THROUGH
THE TAPED EDGE



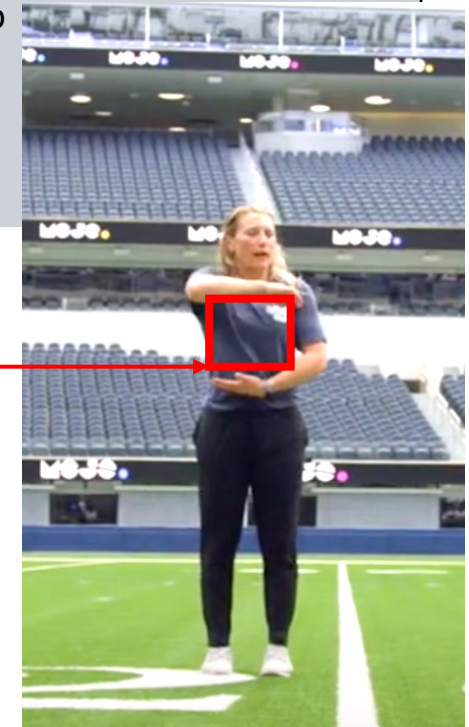
3. WRAP ADDITIONAL LAYER OF TAPE
AROUND CUT EDGE

Highlight = Change

Handoff Form

| Activity | Equipment | Details | Instruction |
|---------------|-----------------------|--|--|
| Handoff Relay | 2 Cones 1 football | <ul style="list-style-type: none">VideoCreate starting points by placing 2 cones roughly 10 yards apartDivide players in half with one group at either coneGive the first player in one of the lines the ballOn the Coach's call the ball carrier runs toward the other player at the other coneThe person at the other cone does the same but provides a target for the handoffContinue 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 |

The "Bread Basket"



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June 24 – How to Shorten Belts



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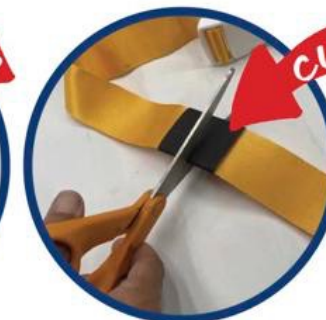
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