



**July 22 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**



# July 22 Practice Session Summary

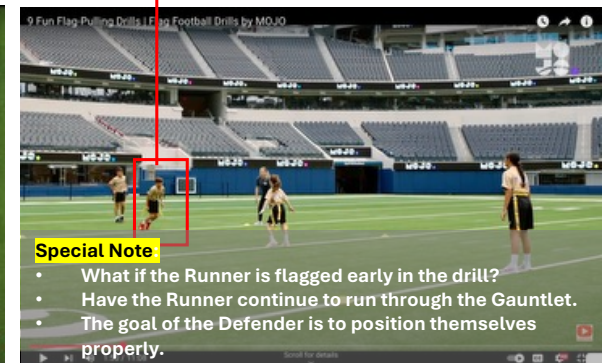
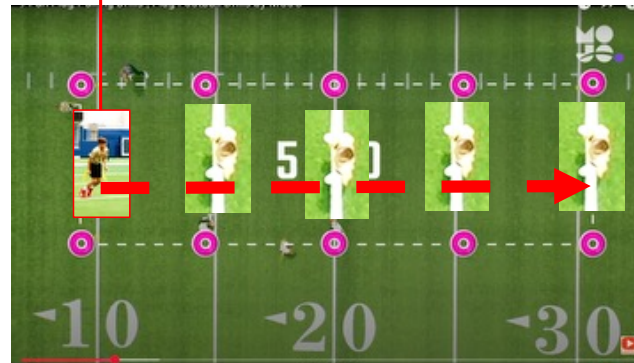
- Practice is from 7:00 – 7:30pm.
- Most likely you will only get 20 minutes of practice.
- Our recommendation is to have a warm up and focus practicing plays.

Segment	Who is Included	Rationale
Warm Up	Players	Gets players off on a "fun foot" and get to know each other
Play Development	Players	<ul style="list-style-type: none"><li>• Completion Percentages</li><li>• Practice the plays you will implement</li></ul>
Defensive Development	Players	Practice any plays or techniques to cover offensive players



# July 22 – Warm Up, 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>Defenders</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>Runner</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>

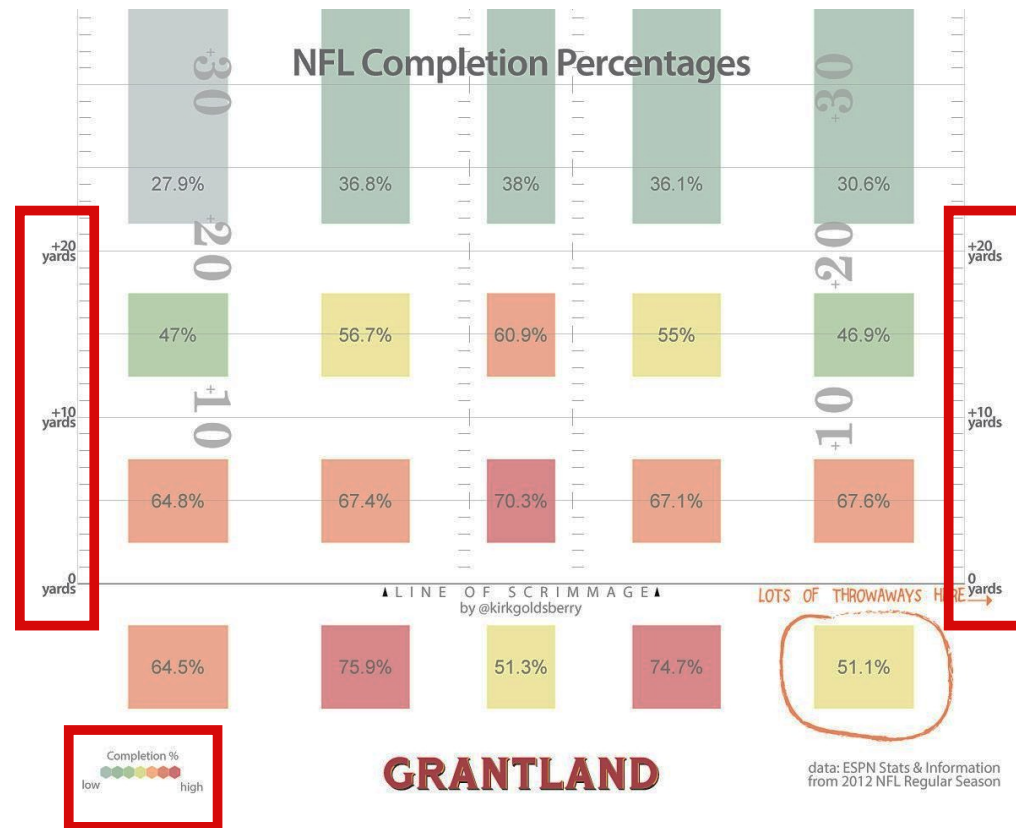


## Special Note

- 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.

# July 22 – Completion Percentages

- A reminder of Completion Percentages as you plan our your game day plan



# July 22 – 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> – Provide 10 plays to introduce over the season</li> <li><a href="#">Older Age Group</a> – Provide 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>

