



Practice Session 4

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 – 10 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

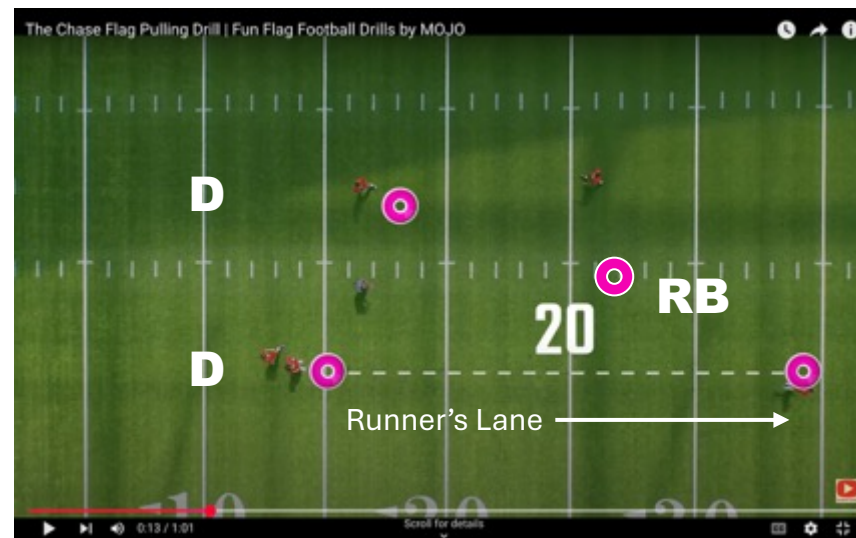
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Flag Drill / Warm Up

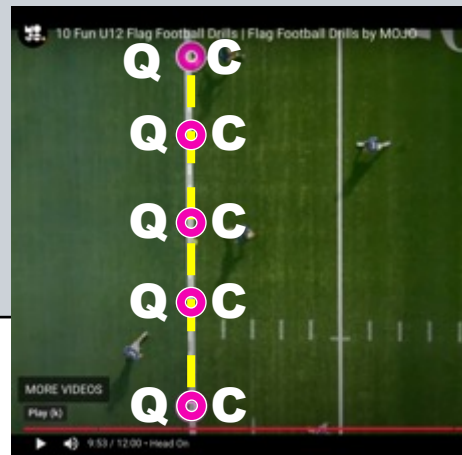
Activity	Equipment	Details	Instruction
The Chase (modified)	<ul style="list-style-type: none">• 3 Cones• 1 flag belt per player• 1 football per runner	<ul style="list-style-type: none">• Video• Place 2 cones 20 yards apart to create a Runner's Lane• Add a 3rd cone placed 5-10 yards to the side of the Runner's Lane 1st cone and 3 yards closer to the Runner's Lane end cone• Divide players into Runners and Chaser• Start the Runners and Chasers at the same time• Goal is for Runners to make it to the end cone in the Runner's Lane before being tagged by the Chaser	<p>Chaser</p> <ul style="list-style-type: none">• Chaser aims for the near hip of the Runner• Be aware of potential cut backs by the Runner <p>Runner</p> <ul style="list-style-type: none">• It's all about speed and if the Chaser catches up, then it's about Jukes

Highlight = Change



QB / Receiver Warm Up

Activity	Equipment	Details	Instruction
The Drop	1 ball per 2 players	<ul style="list-style-type: none">Divide players into pairs – designate a Centre/Receiver the other the QBSet QB in shot gun positionAfter the snap the QB can practice a 3-step drop back<ul style="list-style-type: none">During another play the QB can practice a Roll OutThe Centre now becomes the Receiver running a pre-determined routeDropping back provides the QB with time and distance from the Rusher	<p>QBs</p> <ul style="list-style-type: none">3 Step Drop<ul style="list-style-type: none">1st Step – Big Step Back2nd Step – Crossover Step3rd Step – Gather by stopping with back foot, come to balance over your lower halfRemind QB to keep their eyes up and looking up fieldStay on the balls of their feet and pivoting so their front foot and shoulder are targeting a ReceiverDuring drop back, carry the ball in the ready positionAll of the above applies for a Roll Out <p>Receivers</p> <ul style="list-style-type: none">Remind Receivers to run crisp quick routes to give the QB the best chance to make a successful passNote: Receivers should run the same pattern to avoid colliding with each other

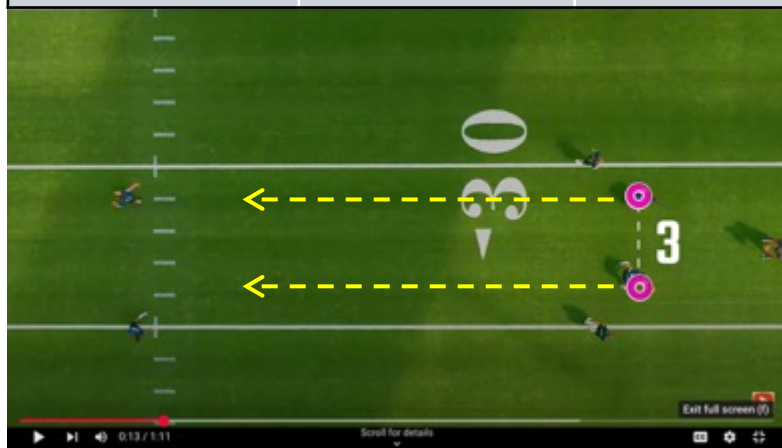


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Defense Form

Activity	Equipment	Details	Instruction
Down the Line	2 Cones 1 football (coach)	<ul style="list-style-type: none">• Video• Players work on defensive footwork• Place 2 cones 3 yards apart to create starting point• Divide team in half• Coach stands before the starting point facing the players• On the Coach's call the player backpedals and after taking 5-7 steps the coach points football to the left or right• The players turn in that direction	<ul style="list-style-type: none">• Lean forward while backpedaling<ul style="list-style-type: none">• Shoulders over knees• Knees over toes• Push off the balls of their feet• Stay off their heels• Chins and eyes up so they can see what the offense is doing• To turn – plant their foot on the ground, open their hips to get their toe pointing in the direction they want to go and finally, “elbow the air” to help bring their head and body around smoothly



Highlight = Change



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 – Provide 10 plays to introduce over the seasonOlder Age Group – Provide 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.

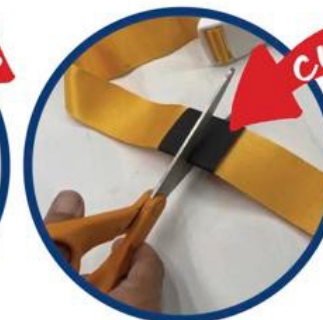
! CAUTION:



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

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