



Practice Session 7

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

- Take this last full session of practice to improve on basic skills and solidify your play list.

Segment	Who is Included	Rationale
Warm Up	Players	Gets players off on a "fun foot" and get to know each other
Route Intro	Players	Allows you to intro terminology to be used during season
Skill Development	Players	Introduce and practice each skill required for season
Play Development	Players	Introduce 5-6 plays for next week's game



Warm Up Segment

Activity

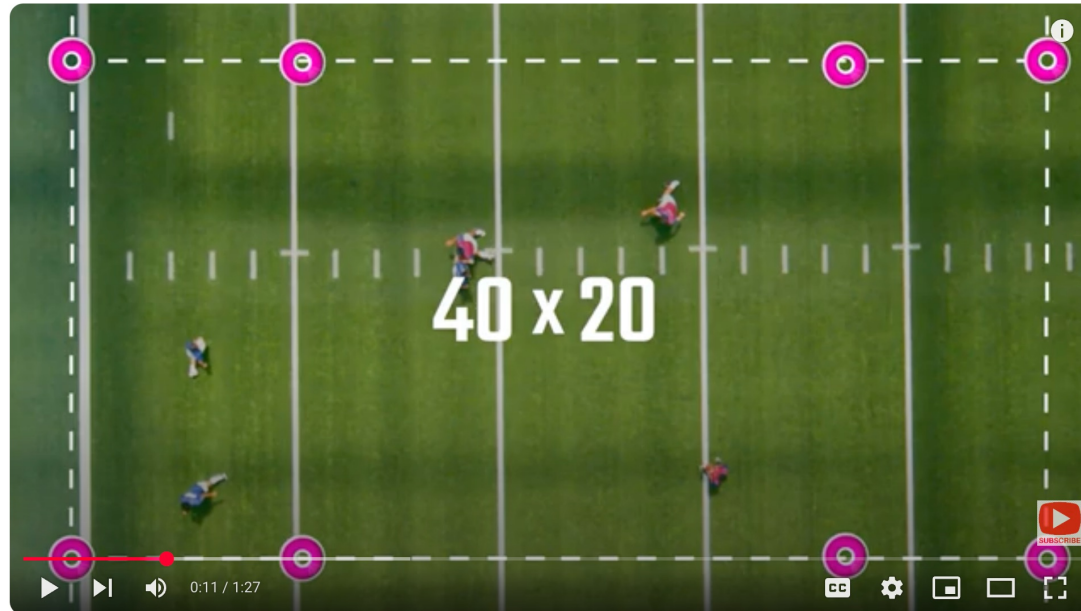
Equipment Required

Details

Ultimate Football

8 cones
1 football

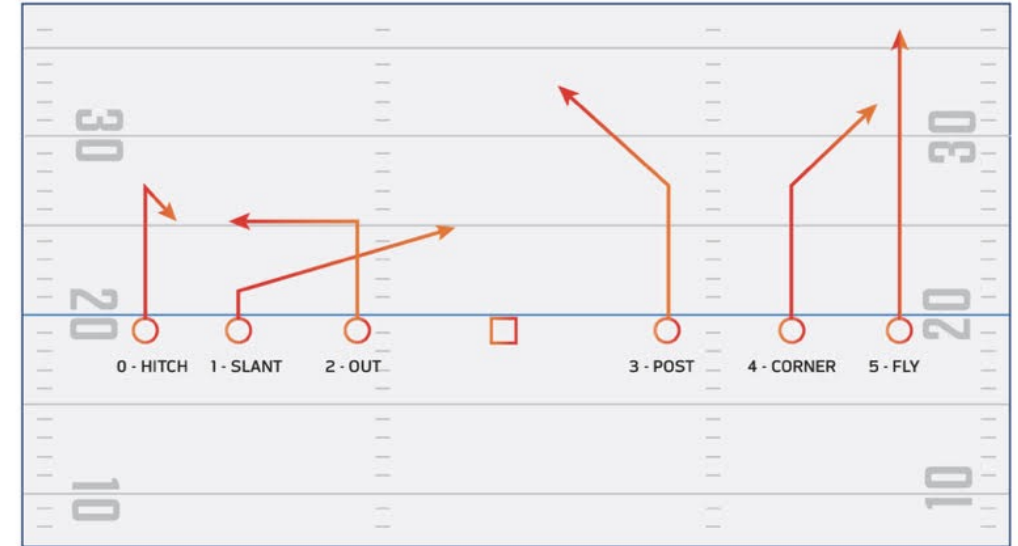
- Split team into two groups by using the reversible jersey
- Place 4 cones to create a large rectangular space
- Use 4 additional cones to mark an endzone at each end
- This video will explain how to run the game - [LINK](#)



Route Segment

Activity	Equipment Required	Details
Route Intro	Cones	<ul style="list-style-type: none">• Use all your cones to mark out the different routes (one at a time)<ul style="list-style-type: none">○ Slant○ Comeback/Hitch/Button○ 5-Yard Out○ Post/Corner○ Fade○ Fly• Descriptions – Link• Stress that cuts be quick, tight & clean (not rounded)

NFL FLAG ROUTE TREE

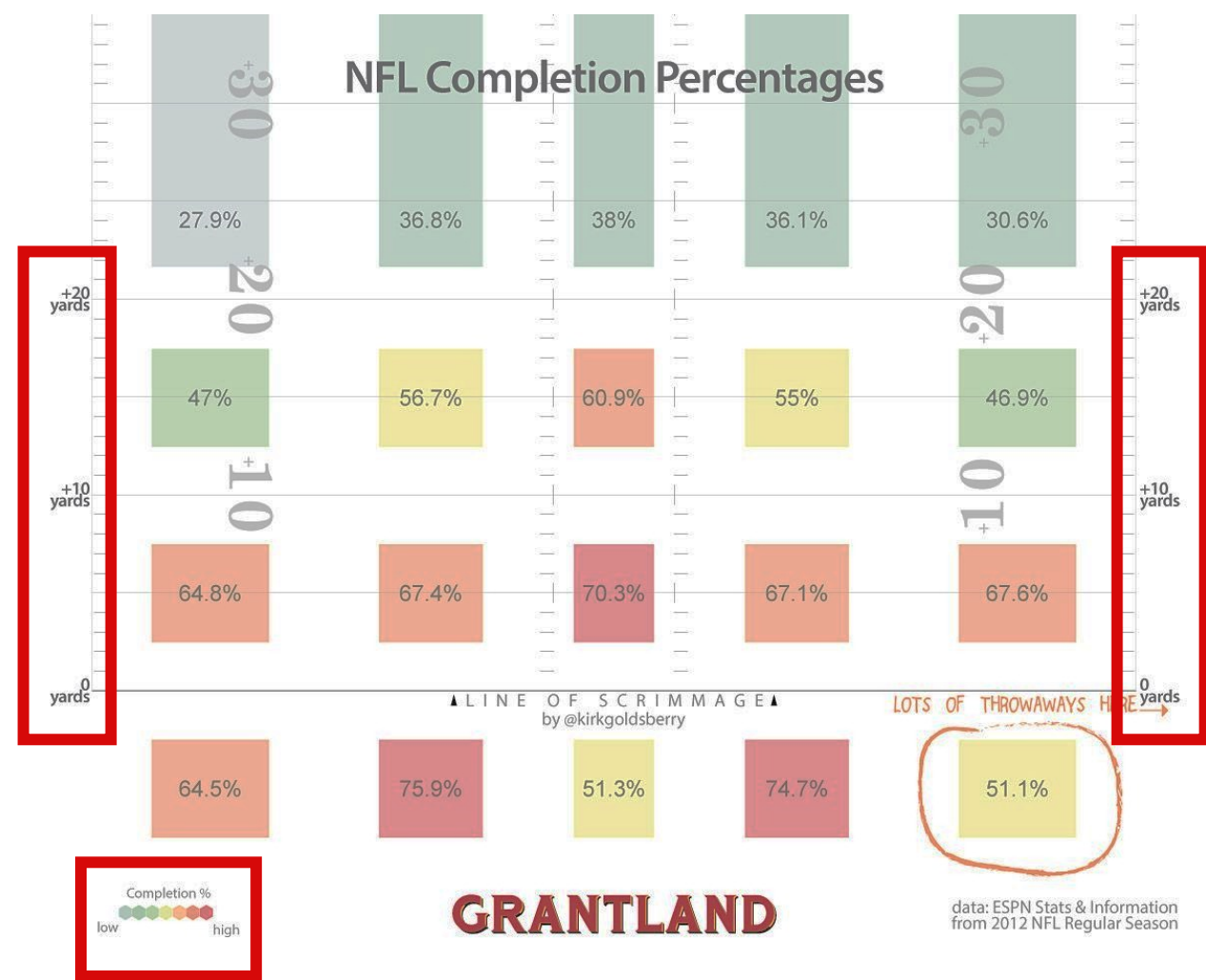


Skill Development Segment

Activity	Equipment Required	Details
Skill Development	Cones Balls Flags	<p>Here are a few basic skill development videos. Please use those appropriate for your age group.</p> <ul style="list-style-type: none">• How to Snap• How to Throw• QB Drills• How to Catch• Flag Pulling• How to Handoff (2-step)

Play Development Segment

Activity	Equip Required	Details
Play Development	Cones Balls Flags	<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 <p>Please keep in mind completion percentages.</p>



data: ESPN Stats & Information from 2012 NFL Regular Season