



Practice Session 8

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

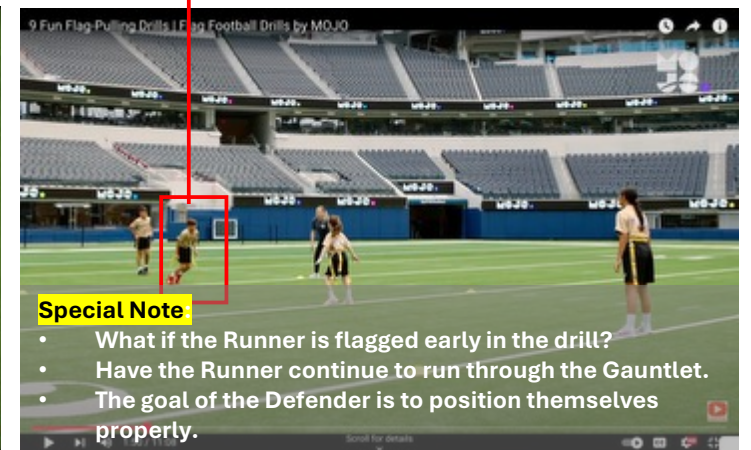
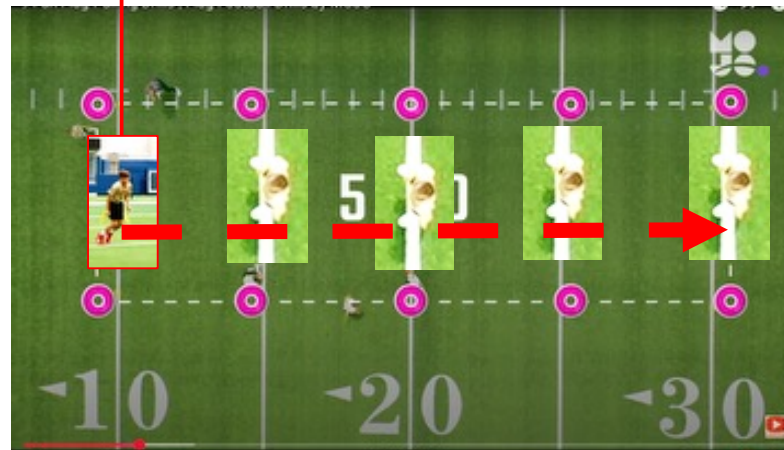
- Practice is from 7:00 – 7:30pm.
- Most likely you will only get 20 minutes of practice.
- Our recommendation is to have a warm up and focus practicing plays.

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">• Completion Percentages• Practice the plays you will implement
Defensive Development	Players	Practice any plays or techniques to cover offensive players



Warm Up, 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

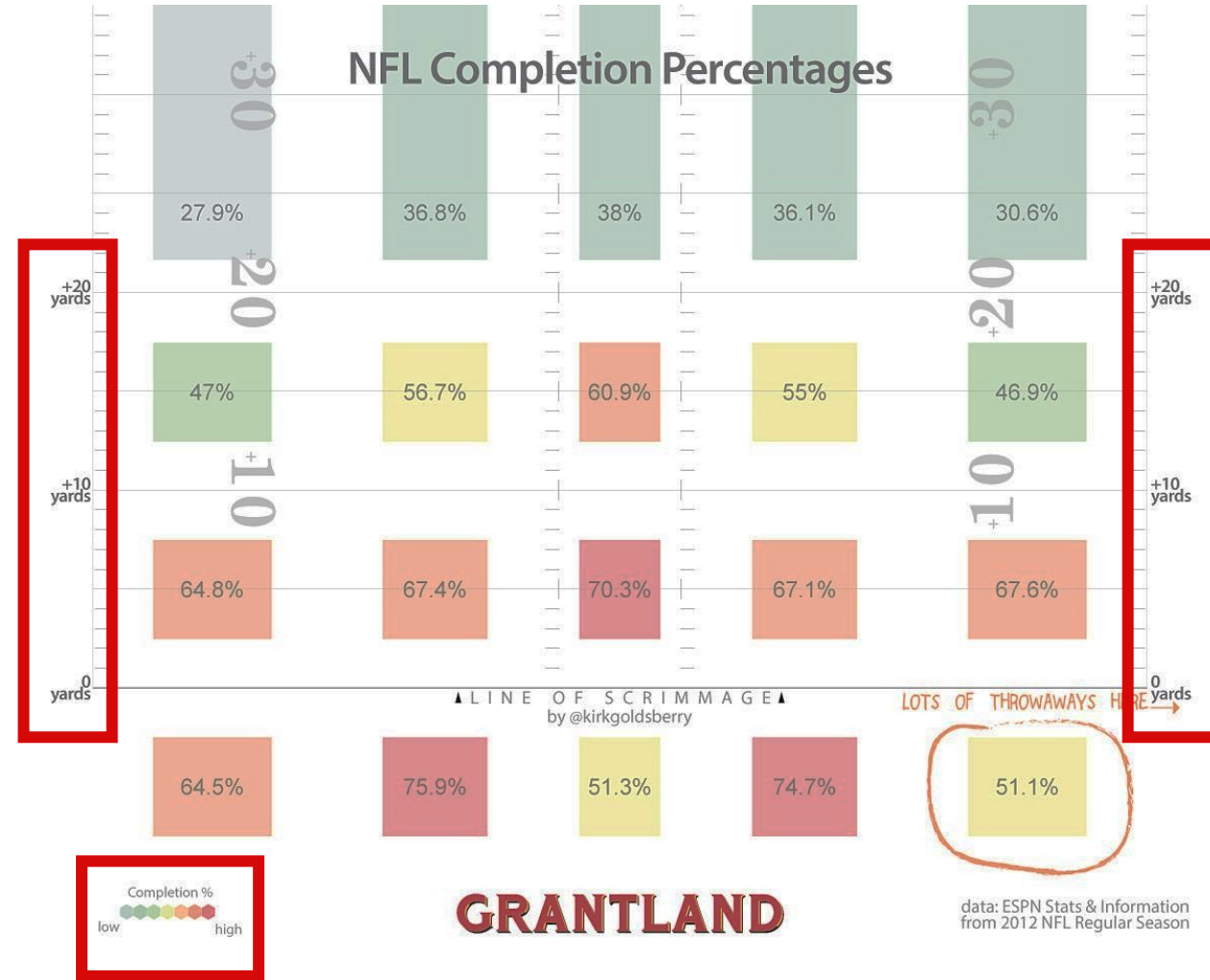


Special Note

- 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.

Completion Percentages

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



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)

