



**June 17 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**



# June 17 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"><li>• Practice the plays you introduced yesterday</li><li>• Introduce one more play</li></ul>

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# June 17 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"> <li>Reminder to have mouth guards</li> <li>We have some at the tent for those who forget</li> </ul>
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"> <li>8-10 years old – 7 steamboats, rush</li> <li>11-12 – 7 steamboats, rush</li> <li>13-15 – rush on snap from 7 yards out                             <ul style="list-style-type: none"> <li>up to 2 rushers that must ID themselves to referee – the referees will not ask</li> <li>the rushers must keep their hands up until the snap</li> <li>failure to do so and then rushing will be an Illegal Rush</li> <li>they do not have to rush, but if they rush there can be no delays</li> </ul> </li> </ul>

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# June 17 – Flag Drill / Warm Up

Activity	Equipment Required	Details
Ultimate Football	8 cones 1 football	<ul style="list-style-type: none"><li>• Split team into two groups by using the reversible jersey</li><li>• Place 4 cones to create a large rectangular space</li><li>• Use 4 additional cones to mark an endzone at each end</li><li>• This video will explain how to run the game - <a href="#">LINK</a></li></ul>



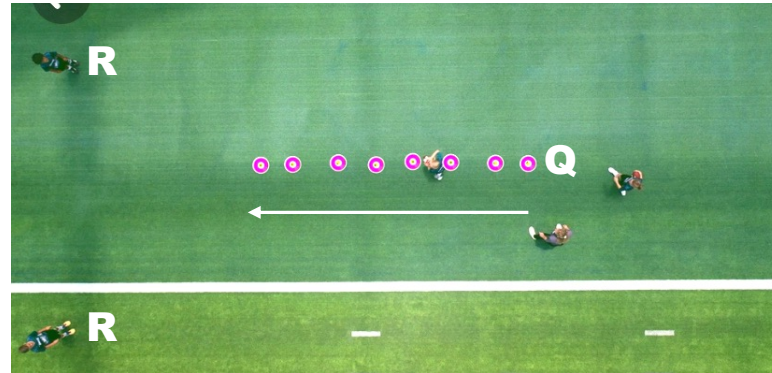
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# June 17 – QB / Receiver Warm Up

Activity	Equipment	Details	Instruction
The Cone Shuffle (modified)	8 Cones 2 Balls	<ul style="list-style-type: none"> <li>Place 8 cones 1 yard apart on the ground to create a line</li> <li>Line 2 Receivers up 5 yards in front of the last cone, one to the left and one to the right</li> <li>One at a time, the first player in line in QB throwing position (should facing Receiver) weaves down the line</li> <li>At the last cone, QB takes a step and throws the ball to the Receiver of their choice</li> <li>Increasing the difficulty <ul style="list-style-type: none"> <li>Make it faster</li> <li>When QB gets half way down the line have Receivers run a patter</li> <li>Add a third receiver</li> </ul> </li> </ul>	<p><b>QBs</b></p> <ul style="list-style-type: none"> <li>Keep in QB position - point shoulder down the line, two hands on the ball at chest level</li> <li>Be on balls of feet while weaving and push off back foot and steer with front foot</li> <li>Keep eyes down field (don't look at pylons – it's OK to step on pylons)</li> </ul> <p><b>Receivers</b></p> <ul style="list-style-type: none"> <li>Remind Receivers to: <ul style="list-style-type: none"> <li>run crisp quick routes to give the QB the best chance to make a successful pass</li> <li>Keep hands out in front when catching the ball and look the ball into their hands</li> </ul> </li> </ul>

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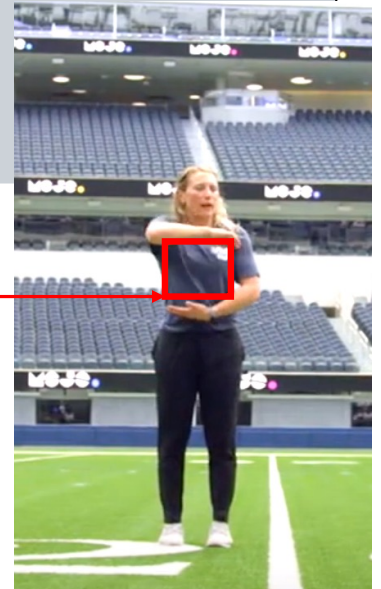


# June 17 – Handoff Form

Activity	Equipment	Details	Instruction
Handoff Relay	2 Cones 1 football	<ul style="list-style-type: none"><li>• <a href="#">Video</a></li><li>• Create starting points by placing 2 cones roughly 10 yards apart</li><li>• Divide players in half with one group at either cone</li><li>• Give the first player in one of the lines the ball</li><li>• On the Coach's call the ball carrier runs toward the other player at the other cone</li><li>• The person at the other cone does the same but provides a target for the handoff</li><li>• Continue to repeat with players going to the end of the line</li></ul>	<ul style="list-style-type: none"><li>• Handoffs are not only for the QB. They can be used in trick plays by other players.</li><li>• Start slow and increase speed.</li><li>• QB<ul style="list-style-type: none"><li>• Keep ball away to body and present the ball to the RB and place it firmly into the RBs "bread basket"</li></ul></li><li>• RB<ul style="list-style-type: none"><li>• Make a "bread basket"</li><li>• Elbow closest to ball is up</li></ul></li></ul>

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The "Bread Basket"



# June 17 – 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>



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# June 17 – 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.

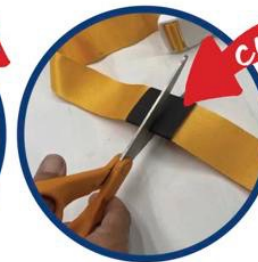
### ! CAUTION:



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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