



Practice Session 5

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 – 7 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

Highlight = Change



Flag Drill / Warm Up

Activity	Equipment Required	Details
Ultimate Football	8 cones 1 football	<ul style="list-style-type: none">• 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

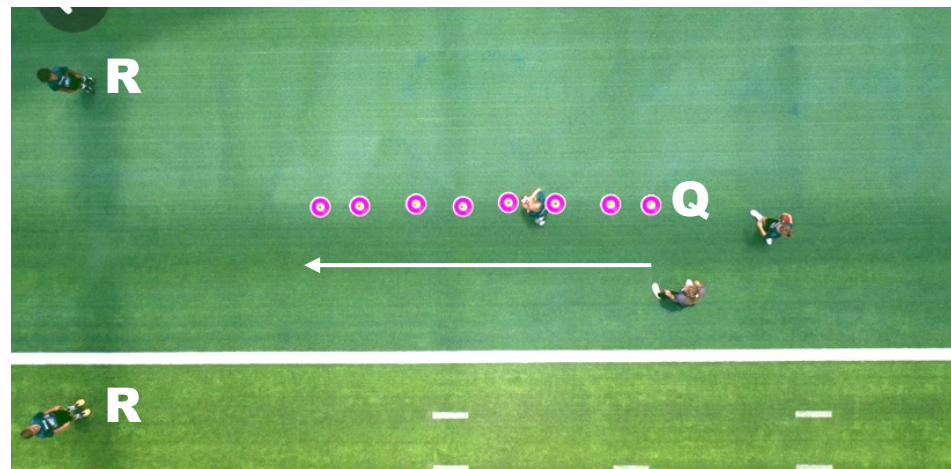


Highlight = Change



QB / Receiver Warm Up

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



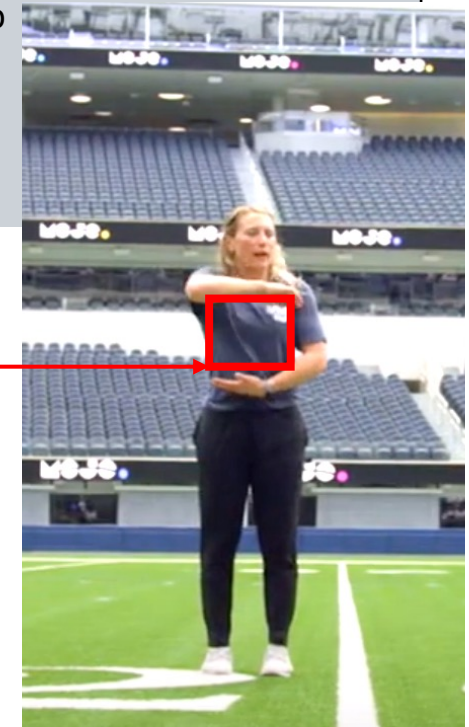
Highlight = Change



Handoff Form

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

The "Bread Basket"



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.

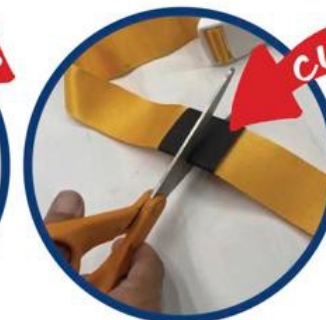
! CAUTION:



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

Highlight = Change