



Practice Session 3

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

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# 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 – 10 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>

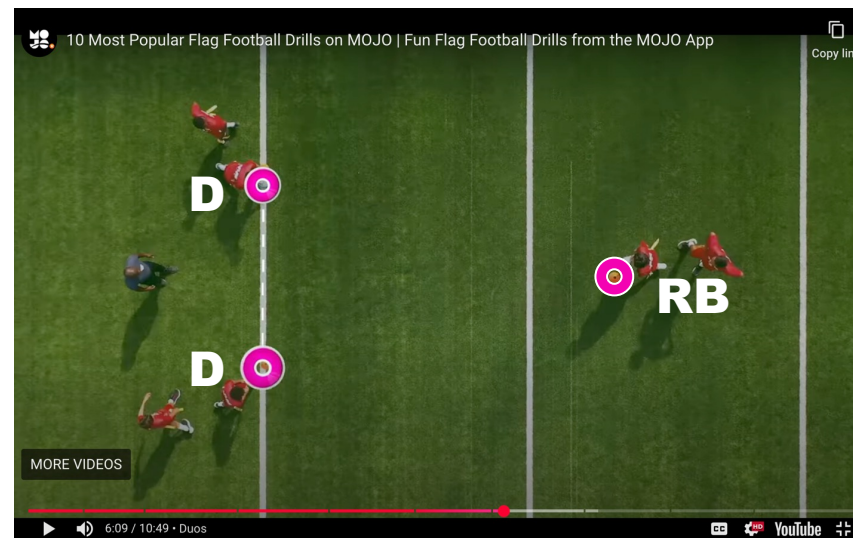
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# Flag Drill / Warm Up

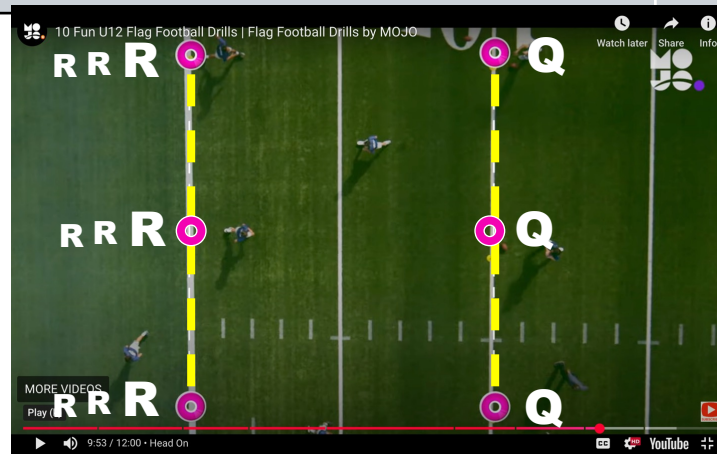
Activity	Equipment	Details	Instruction
<b>Dynamic Duo (modified)</b>	<ul style="list-style-type: none"><li>• 3 Cones</li><li>• 1 flag belt per player</li><li>• 1 football per runner</li></ul>	<ul style="list-style-type: none"><li>• <a href="#">Video</a></li><li>• Place 2 cones 5 yards apart to create a starting positions for the Defenders</li><li>• Add a 3<sup>rd</sup> cone placed 7 yards in front of the middle of the first two cones creating a triangle shape – this is where the Running Back goes</li><li>• The Running Back is trying to get past the two cones line</li><li>• The Defenders are racing towards the Running Back in order to flag them</li></ul>	<p><b><u>Defenders</u></b></p> <ul style="list-style-type: none"><li>• Players work together to flag the Running Back</li><li>• Reaching the Running Back at the same time is key</li><li>• Encourage communication</li><li>• Reach for the top of the flag for the best change to flag the Running Back</li></ul> <p><b><u>Runner</u></b></p> <ul style="list-style-type: none"><li>• Avoid coming to a complete stop and then juking</li><li>• It is more effective to sprint straight with quick jukes</li></ul>

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# QB / Receiver Warm Up

Activity	Equipment	Details	Instruction
Head On	6 cones 3 footballs	<ul style="list-style-type: none"><li>• Use 6 cones to create two parallel lines</li><li>• One line are the QBs, the other Receivers</li><li>• Receivers run directly to the QB</li><li>• QB throws the ball directly to the Receiver's chest</li></ul>	<p><b>QBs</b></p> <ul style="list-style-type: none"><li>• Remind QBs<ul style="list-style-type: none"><li>• Proper grip on ball</li><li>• Proper shoulder &amp; foot stance (perpendicular to receiver)</li><li>• Proper follow through of throwing arm and back foot</li></ul></li></ul> <p><b>Receivers</b></p> <ul style="list-style-type: none"><li>• Teaches Receivers to run back to a pass</li><li>• Use proper hand technique (diamond for balls above the #s and soup for balls below the numbers)</li><li>• Look the ball into their hands</li></ul>



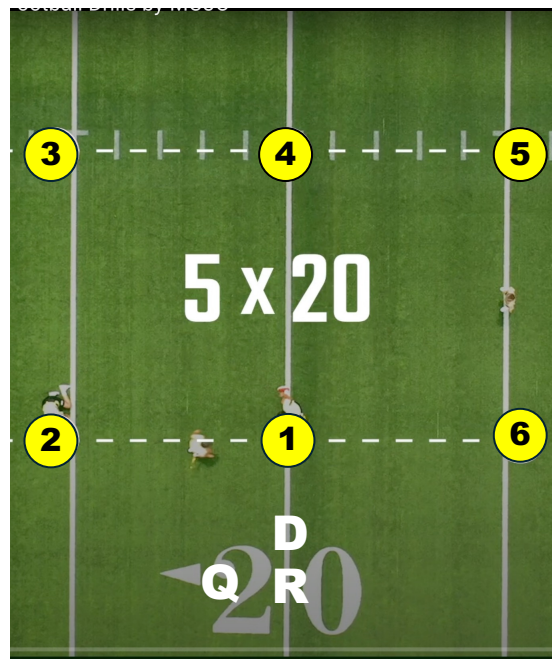
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# Defense Form

Activity	Equipment	Details	Instruction
Mirror Drill (modified)	6 Cones 1 football	<ul style="list-style-type: none"><li>• <a href="#">Video</a> - 1:25 point of video</li><li>• Receiver with the ball run towards pylon #1</li><li>• As the Receiver approaches pylon #1 Coach yells out a number indicating pattern that Receiver is to run</li><li>• Defender covers Receiver</li><li>• QB passes ball to Receiver</li></ul>	<p>Defender</p> <ul style="list-style-type: none"><li>• Face Receiver, feet shoulder width apart, knees bent</li><li>• 1 yard distance between Receiver and Defender</li><li>• Defender keeps eye on receiver and with peripheral vision on Quarterback</li><li>• Defender back pedals to keep up with receiver until they cannot</li><li>• Defender swivel hips to turn and run same path as receiver</li></ul>

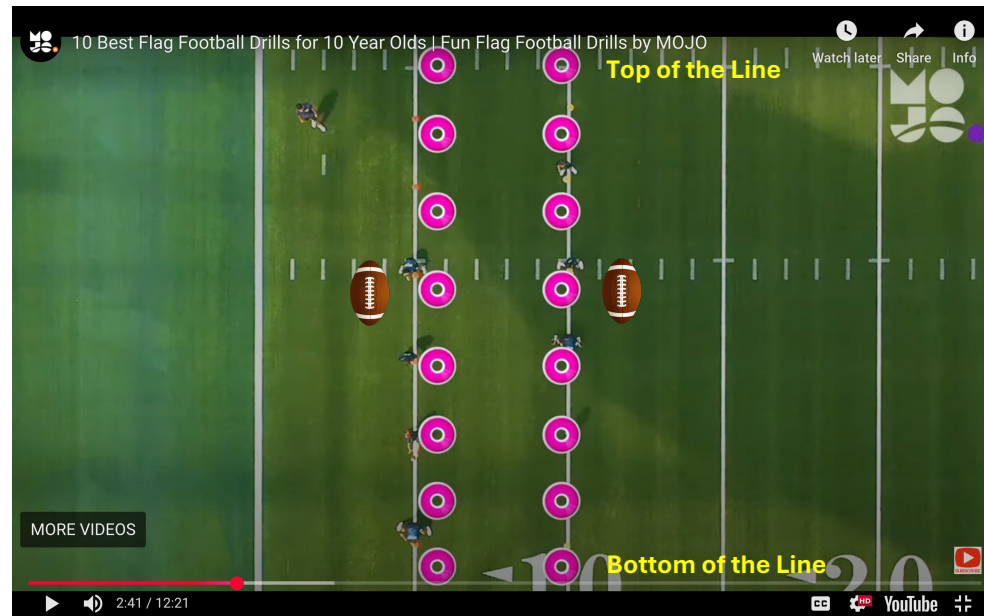
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# Shot Gun Snap Drill

Activity	Equipment	Details	Instruction
Centre Snap Relay	2 lines of 5-8 cones 2 footballs	<ul style="list-style-type: none"><li>• <a href="#">Video</a> - 2:40 point of video</li><li>• Place pylons 5 yards apart in two lines</li><li>• Divide players into both lines and line them up starting at the top of the line</li><li>• Ball is first snapped by the player at the bottom of the line</li><li>• Once player at the top of the line receives the ball they run with the ball to the bottom of the line</li></ul>	<p>Snapper</p> <ul style="list-style-type: none"><li>• Hold ball with two hands</li><li>• Place ball slightly in front of the centre's head and on the ground</li><li>• Move ball back through their legs holding on to it until arms hit their calves</li></ul> <p>QB</p> <ul style="list-style-type: none"><li>• Reach out hands to give centre a target</li></ul>

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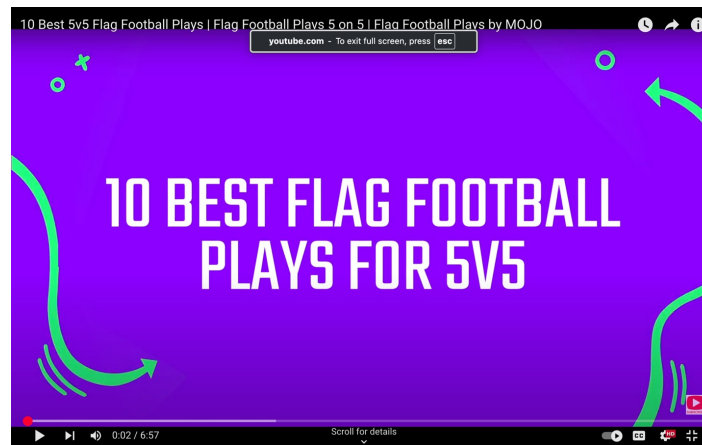


# Play Development

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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# 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.

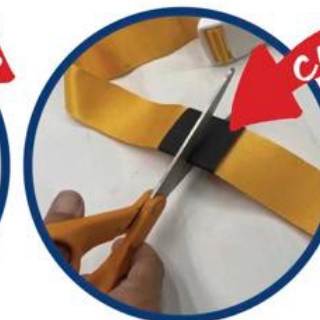
### ! CAUTION:



**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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