

Sample Practice Schedule

5:30pm Warm-Up

- Stretch
 - Head Rolls, Windmills, Jumping Jacks, Toe Touch, Hurdler Stretch
- Short Jog
- Box Run (4 Cones) From 3 point Stance
 - Bear Crawl
 - Back Peddle
 - Shuffles
 - High Knees

5:45pm Water Break

5:50pm Explain Offensive & Defensive Objective/Postions/Alignment/Technique

- Offensive Line – 3 Pt. Stance
- Running Back – 2 Pt. Stance
- Defensive Line – 3 Pt. Stance
- Linebacker/ Safety – 2 Pt. Stance

6:05pm Defensive Station Drills (3 Groups – 5 min each)

- Group 1: Flag Grabbing
- Group 2: Angle of Pursuit
- Group 3: 1 x 1 Flag Grabbing

6:20pm Offensive Station Drills (3 Groups – 5 min each)

- Group 1: 2 x 2 Blocking
- Group 2: QB/ RB Exchange/ Passing
- Group 3: QB/ Center Exchange

6:35pm Water Break

6:40pm Walk thru – Line up Offense/ Defense

- Position Recognition

6:50pm Conditioning Drill: Sharks & Minnows

Designate an area on the field for play (~30yds x 30yds). All players must stay within this designated area. Start with one or two players designated as the “Shark(s)”. The rest of the players are the “Minnows”. The object of the “Shark” is to grab the flag of the “Minnows”. Once a “Minnow” has their flag grabbed, they then become “Sharks”, and attempt to grab the flag from the other “Minnows”. At the start of the game the “Minnows” should be on the run trying to avoid the “Sharks”. The game ends when there is only 1 “Minnow” remaining.

7:00pm Post Practice Talk/ End of Practice