

Week 2:

Agenda:

- 1.) Announcements – (Here to work, no walking on the field on Sundays, breaking huddles)
- 2.) Warm Up
 - a. Lap
 - b. Stretch
 - c. Dynamic Stretch
- 3.) Team Break Down – Coaches are assigned their teams for the year
- 4.) Individual Team practice
 - a. Passing Routes: Button Hook, Post, Down & in/out, Post, Quick Slant, Fly or Go Route (I do NOT want Hail Mary terminology used)
 - b. QB (Coach) Choice: Tell them a route and have the kids run it-If they do not run the correct route do not throw the ball
 - c. Handoffs and Pitches (Proper technique)
 - d. Defense-Handoff drill or flag tag
 - e. Special Team- Laterals and punt return Drill
 - f. Breaking the huddle
- 5.) Scrimmage

Week 3

Agenda:

- 1.) Announcements – (Sportsmanship-11 players on each team everyone needs to get the ball, coaches are human-pick them up!)
- 2.) Warm Up
 - a. Lap
 - b. Stretch
 - c. Dynamic Stretch- Butt-kicks, high knees, over hurdle/under hurdle, karaoke, walk ups)
- 3.) Station Work (Split up teams into five groups)
 - a. Scrimmage- Field One
 - b. Passing Routes-Field two (Button Hook, Slant, Post, Hitch and Go, Down and in/out, Fly)
 - i. Coaches Choice-Choose route, if they do not run it correctly hold on to ball)
 - c. Punt Return Drill – Hail Mary Drill (hook and ladder)
 - i. Focus on Laterals (Staying behind ball)
 - ii. Focus on Defense – Staying in Lane
 - d. Defense
 - i. Flag Tag
 - ii. CB drill (MH will explain at field)
 - e. Foot Speed Drill – Huddle & Playbook work
- 4.) Scrimmage (If time)

Week 4

Agenda:

- 1.) Announcements – (Keep your hands to yourself. This is not romper room. If you can't...you will sit...if you still can't...refunded out)
- 2.) Warm Up
 - a. Lap
 - b. Stretch
 - c. Dynamic Stretch- Butt-kicks, high knees, over hurdle/under hurdle, karaoke, walk ups)

- 3.) Station Work (Split up teams into five groups)
 - a. Speed Football
 - i. 2-4minutes to get a touchdown and back down the field (either another TD or Sprint)
 - ii. All players on offense must be set before the next play starts
 - iii. Players must pass the ball
 - iv. Player who catches the ball becomes QB-NO PASS BACKS!!!
 - b. Interception Drill – Passing routes with defender
 - i. WR does not move- Probably a coach
 - ii. Defense learns to cut in front of WR to make INT
 - iii. Passing route drill with defender
 1. One line
 2. First person Offense
 3. Second person defense
 4. Run around staggered cone and coach throws pass to end zone
 - c. Punt Return Drill – Hail Mary Drill (hook and ladder)
 - i. Focus on Laterals (Staying behind ball)
 - ii. Focus on Defense – Staying in Lane
 - d. Defense – Flag Pull Drill
 - i. Hexagon Cones
 - ii. Offense teaching points:
 1. Run through the field
 2. Do not slow down to juke
 3. One move Max
 - iii. Defensive coaching points
 1. Pull flag
 2. Aim for hip
 3. Stay on feet
- 4.) Scrimmage (If time)

Week 5

Agenda:

- 1.) Announcements – (Keep your hands to yourself. PERIOD!)
- 2.) Warm Up
 - a. Lap
 - b. Stretch
 - c. Dynamic Stretch- Butt-kicks, high knees, over hurdle/under hurdle, karaoke, walk ups)
- 3.) Station Work (Split up teams into Four groups)
 - a. Speed Football - (RS and JN)
 - i. 2-4minutes to get a touchdown and back down the field (either another TD or Sprint)
 - ii. All players on offense must be set before the next play starts
 - iii. Players must pass the ball
 - iv. Player who catches the ball becomes QB-NO PASS BACKS!!!
 - b. Post and Break Drill / Read and React Drill – (BB and MR)
 - i. See attached documents
 - c. Jingle Jangle / Defense Drills – (DG and HSD)

- i. Footwork (4 Corners with Pass from coach at completion of drill)
 - ii. Gap Drill (MH will explain in beginning of practice)
 - iii. Sharks and Minnows Drill (Similar-not the same)
 - d. Passing Patterns / Tip Drill **(MC and HSM)**
 - i. Passing Patterns HAVE to be run better. (Fly, Post, Down in/out, slant, button hook)
 - ii. Tip Drill – (See Attached)
- 4.) Scrimmage (If time)

Week 6

Agenda:

- 1.) Announcements – **(Great weekend of games-Keep up the intensity 4 weeks left)**
- 2.) Warm Up
 - a. Lap
 - b. Stretch
 - c. Dynamic Stretch- Butt-kicks, high knees, over hurdle/under hurdle, karaoke, walk ups)
- 3.) Station Work (Split up teams into Four groups)
 - a. Speed Football - **(RS and JN)-We are not there yet, I will be on hand to make sure they are getting it.**
 - i. 2-4minutes to get a touchdown and back down the field (either another TD or Sprint)
 - ii. All players on offense must be set before the next play starts
 - iii. Players must pass the ball
 - iv. Player who catches the ball becomes QB-NO PASS BACKS!!!
 - b. Gauntlet Drill- Read and React Drill (If time)– **(BB and MR)**
 - i. See attached document
 - c. Jingle Jangle / Defense Drills – **(DG and JC)**
 - i. Footwork (4 Corners with Pass from coach at completion of drill)
 - ii. Swarm Drill
 - iii. Sharks and Minnows Drill (Similar-not the same)
 - d. Passing Patterns / Tip Drill **(MC and COR)**
 - i. Passing Patterns HAVE to be run better. (Fly, Post, Down in/out, slant, button hook)
 - ii. Tip Drill – (See Attached)
- 4.) Scrimmage (If time)

Week 7

Agenda:

- 1.) Announcements – **(Keep up the intensity 3 weeks left)**
- 2.) Warm Up
 - a. Lap
 - b. Stretch
 - c. Dynamic Stretch- Butt-kicks, high knees, over hurdle/under hurdle, karaoke, walk ups)
- 3.) Station Work (Split up teams into Four groups)
 - a. Speed Football - **(RS and JN)-Let's try it one more week. Hopefully they get it.**

- i. 2-4minutes to get a touchdown and back down the field (either another TD or Sprint)
 - ii. All players on offense must be set before the next play starts
 - iii. Players must pass the ball
 - iv. Player who catches the ball becomes QB-NO PASS BACKS!!!
 - b. Square Defense Drill **(MR and BB)**
 - i. One line of offense/One line of defense
 - ii. Game to 7. Offense scores=1pt
 - iii. Defense rips flag=1 point
 - iv. Interception Drill and then Sideline Post with Defense
 - c. Jingle Jangle / Defense Drills – **(DG and MC)**
 - i. Footwork (4 Corners with Pass from coach at completion of drill)
 - ii. Swarm Drill
 - iii. Punt return Drill. Focus on Laterals
 - d. Passing Patterns / Tip Drill **(JC and COR)**
 - i. Duel Passing Patterns
 - ii. Tip Drill – (See Attached)
- 4.) Scrimmage (If time)

Week 8

Agenda:

Field One: Scrimmage or NFL Ultimate (RS,JN)

Field Two: Accuracy Throw Challenge (MR and BB)

Field Three: Longest Punt/Pass Challenge (JC and DG)

Field Four: 40 yard Dash (MC,JF,COR)