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2008 Practice Plans

This is a collection of my tackle youth football practice plans from 2008. Since I did not know at the time, I would publish the practice plans, they are pretty rough. Some dates are missing from the collection, but this sampling should give you a good idea of how I run my youth football practices. Also, I changed the names of players and coaches to first letter or two and xxx. The practice plans become rather repetitive by the end of the season with only minor details changing, mainly injury issues. I would either email the plans to the coaching staff that day around 2pm or hand out to the coaches before practice. I am now posting the practice plans to the team website so everyone, including parents, can see what's on the agenda for the day. The parents seem to love the communication.

I hope this sampling of my youth football practice plans assists you in your coaching efforts. If you have any suggestions or comments, please feel free to email at coachparker@coachparker.org. Please visit <http://CoachParker.org> for more tips and talk about youth football.

Thank you,
Coach Parker

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Today's Practice Schedule

Tuesday August 12, 2008

Special Notes:- 1st practice – Get your physicals! Must have them done by this Saturday. Parent Volunteer Background Checks, Check ETs air in Helmet, JNs – SNs – Parent letter signed – CK dad is TK. Do not call SN “XX” in front of Dad. County has changed rule, can't practice in full pads until next week, so Sat will be shorts again.

Pre-Practice – Review player helmets. Mouth pieces, cleats etc. QB / Centers take snaps and throw Backs hand off drills, Coaches spend time with new players and help them

Season Practice Objectives –Offense **5:30 pm**
Introduce Coaches – Parker, Cxx, Bxx, Exx, Dxx, Bxx – Team Manager

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rules
Be on time to practice ready to go. Hustle everywhere we do not walk
Get water from water bottle when you need it but do not take forever
Practice Sticker / Iron Man Competition 100 push-ups, 100 setups, & 100 Squat jumps
Keenan Klxx Honorary Captain / Two time MVP – New players look to Keenan

Name Game (include parents if there are there) **5:40 pm**

2 Lines - Dynamic Warm ups **5:50 pm**

Break Out 1 **6:00 pm**
10 / 20 Yard dash – Cxx / Exx
Offensive Formation / Holes – T-shirts - Parker
Punting / KickKgx / Receiving – Parker / Dxx

Break Out 2 **6:30 pm**
PAT / PAT Holding / Long Snapping – Cxx / Bxx
Stance – E
Defense Formations – T-shirts – Parker / Dxx

Tug –O – War – Towel Game / Shark **7:00 pm**

Stance Cadence Sprint **7:20 pm**

Coaches Talk / Practice Sticker – End Practice **7:25 pm**

After Practice
Coaches – Talk to Parents – Mingle and Socialize!

Today's Practice Schedule

Thursday August 14, 2008

Special Notes:- 2nd practice - Wear full pads Saturday so we can check before practice.
Lxx & Bxx need background check forms. New Player BL. B won practice sticker and brain sticker. Please make sure players are not talkgxx when others are talkgxx. Let's get them sharp in lines and drills etc.

Pre-Practice – check gear – talk to players and parents
QB's throwing – P, H, B, B, Centers, E, B, B
Linemen – C, K, B, Y, A, H and B– Work on footwork for quickness
All others are receivers

Two Lines - Season Practice Objectives –Offense & Defense	5:30 pm
Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rules Be on time to practice ready to go	
Name Game	5:40 pm
2 Lines Dynamic Warm ups	5:50 pm
Break Out 1	6:00 pm
Stance - Exx Offensive Formation / Holes – T-shirt – Cxx Punting / Kickgxx / Receiving – Parker / Dxx	
Break Out 2	6:30 pm
PAT / PAT Holding / Long Snapping – Cxx Form Tackling – Exx / Dxx Defense Formations – T-shirts - Parker	
Break Out 3	7:00 pm
Backs – Throwing, Pitching, Handoffs, -Cxx / Dxx Linemen – Blocking – Wedge, SAB, GOD, GOO - Parker / Exx	
Cadence Stance Sprints	7:20 pm
Coaches Talk / Practice Sticker – End Practice	7:25 pm

After Practice
Coaches – Talk to Parents – Mingle and Socialize!

Today's Practice Schedule

Friday August 15, 2008

Special Notes:- 3rd practice, Exx and Bmx out. Name starting offensive backfield positions. Zxx and Brx have practice stickers. Check Trxx helmet. Lnxx you are officially a Pirate Asst. Coach!

Pre-Practice – QB Throws, Centers, Snap, Backs & receivers catch, Linemen work on footwork,

2 Lines - Season Practice Objectives **5:30 pm**

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rules
Be on time to practice ready to go

Dynamic Warm Ups **5:35 pm**

Punt Team, KicKgx Team, PAT Team Line-ups Walk Thrus - Btxx **5:40 pm**

Break Out Offense **6:00 pm**

Linemen –Positions Parker / Exx

Formations

Blocking – GOD, SAB, Wedge (plays below)

Drills / Stance / Wide Feet

Running Backs – Positions – Cxx / Dxx

Formations

Sweep, Counter, FB Blast, QB Sneak

Break Defense **6:30 pm**

LBS, Dends – Positions / Formations / Drills – Parker

Backs – Positions / Formations / Drills – Cxx

Linemen – Positions / Formations / Drills – Exx / Dxx

Walk Thru **7:00 pm**

Offense - Cxx

Defense - Parker

Cadence Stance Sprints **7:20 pm**

Coaches Talk / Practice Sticker – End Practice **7:25 pm**

After Practice
Coaches – Talk to Parents – Mingle and Socialize!

Today's Practice Schedule

Saturday 8/16/08

Special Notes:- Indoor Practice - Check Gear, Cxx out, Mostly Defense

Pre-Practice – Check Gear

Practice Objectives – Introductions / Fundamentals – Two Lines **1:30 pm**
Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Blocking – Two Lines **1:40 pm**

Warm-ups - Special Teams– Punt, PAT, Kick Return – Btxx / Parker **2:00 pm**

Defense 6-2 Line-ups (6-2 Wide - Cobra, Tango, Dbl Whopper Manic, Slant) **2:20pm**
Responsibilities
Keys
Blitz
Pass Responsibilities

Defense Position Break Outs **2:40 pm**
Line –Exx, Btxx (gaps, resp, blitz)
LBs / D-ends – Parker (Contain and reads)
Backs – Dxx (corner always outside Rcvr, FS next rcvr, then LB)

Cadence Sprints **3:00 pm**

End **3:10 pm**

After Practice
Coaches – Talk to Parents – Mingle and Socialize!

Today's Practice Schedule

Tuesday 8/20/08

Special Notes:- Brsx Out sick, Check Klxx's neck and Btxx Neck Helmet

Pre-Practice – Snapper snap to buckets, starting backs take hand offs from Berndt & Bx shot gun snaps
Lineman work on SAB punch steps, other backs work on Crazy 8 drills

Practice Objectives – Introductions / Fundamentals – Two Lines **5:30 pm**
Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence jogs **5:40 pm**

Offense Break Outs **5:50pm**
Backs (Cxx / Dxx) 2nd string runs Rowdy / Loud rotate QB runners
Lineman (Exx Btxx Parker) SAB, Line Up Gaps, Band off Brothers

Defense Break Outs **6:10 pm**
Line –Exx, Btxx (gaps, resp, blitz)
LBs / D-ends – Parker (blitz, Contain and reads)
Backs – Dxx (blitz, corner always outside Rcvr, FS next rcvr, then LB)

Offense Walk Thrus against air (more reps coach call play at line) **6:30 pm**
Run 2nd team downfield in a Rowdy / Loud

Defense Walk Thrus against air (more reps coaches line up as back) **7:00pm**
Run 2nd team next to them

Tree Run with whistle sprints and slow downs

End **7:30 pm**

After Practice
Coaches – Talk to Parents – Mingle and Socialize!

Today's Practice Schedule

Friday 8/22/08

Special Notes:- Tomorrow Arvada Days, Pictures, Jerseys, 8am Where?

Pre-Practice – Snapper snap to buckets, starting backs take hand offs from Berx & Bxxx shot gun snaps
Lineman work on SAB punch steps, other backs work on Crazy 8 drills

Practice Objectives – **5:30 pm**
Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence jogs **5:40 pm**

Offense Break Outs **5:45pm**
Backs (Cxx / Dxx) 2nd string runs Rowdy / Loud rotate QB runners
Lineman (Exx Btxx Parker) SAB, Line Up Gaps, Band off Brothers, GOO

Oklahoma Drill with Blocker **6:00pm**

Defense Break Outs **6:15 pm**
Line –Exx, Btxx (gaps, resp, blitz)
LBs / D-ends – Parker (blitz, Contain and reads)
Backs – Dxx (blitz, corner always outside Rcvr, FS next rcvr, then LB)

Offense Walk Thrus against air (more reps coach call play at line) **6:30 pm**

Defense Walk Thrus against air (more reps coaches line up as back) **7:00pm**

Tree Run with whistle sprints and slow downs

End **7:30 pm**

After Practice
Coaches – Talk to Parents – Mingle and Socialize!

Practice Schedule - Monday 8/24/08

Special Notes:- Great Job at Arvada Days – very proud of everyone – Bxx review team book

Pre-Practice –

1. QBs - (Parker, Dxx, Httx) work on Snaps (shotgun & under) with Centers (Bx, Kgxx, Bttx)
 - Throw Quick Slants to TE after exchange (Brsx, Gexx, Redx, Lmxx)
2. Running Backs – Crazy 8 Drills (ball change hands on cuts) and Hand off Drills then catching passes with QBs
3. Linemen – Run the Square
4. Time Lmxx against Dxx in 10 and 20 yard dash
5. Kickers – Brx & Bxx Punting and KicKgxx

Practice Objectives – Cadence Warm Ups - Two Lines

5:30 pm

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence Sprints

5:35 pm

Special Teams – Kick Off (Bxx, Trxx, Zxx) & Punt (Bxx, Gnxx, Exx)

5:40 pm

Blocking & Tackling Drills (Position specific tackling and blocking – shed blockers inside) 6:00 pm

Defensive Backs (open field sweeps and after catch)

Linebackers / Fullbacks (Lead Blockers Middle and Ends contain)

Linemen (with blocker and in backfield)

Offensive Break Outs

6:20 pm

Backs (Cxx / Dxx) 2nd string runs Rowdy / Loud rotate QB runners

I want to see Dxx at Wing and Zxx at FB

Lineman (Exx, Bttx Parker) GOD, GOO Line Up Gaps, BoB, Pulling, Communication

Defense Break Outs

6:40 pm

Line –Exx, Bttx (**gaps**, resp, blitz) Make sure they know the Gaps

LBs / D-ends – Parker (blitz, Contain and reads, trips Mike to Safety)

Backs – Dxx (blitz, corner always outside Rcvr, FS next rcvr, then LB, backside Corner has TE watch slant and screen)

Pass Coverage – backs and LBs last 5 minutes

Offense Walk Thrus against air (more reps coach call play at line)

7:00 pm

Run 2nd team backs next play in a Rowdy / Loud

Defense Walk Thrus against air (more reps coaches line up as backs)

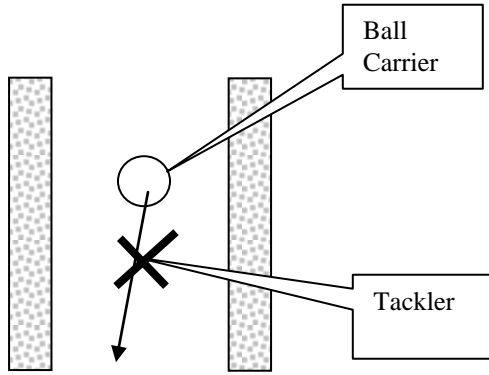
7:15 pm

Cadence Sprints (huddle up)

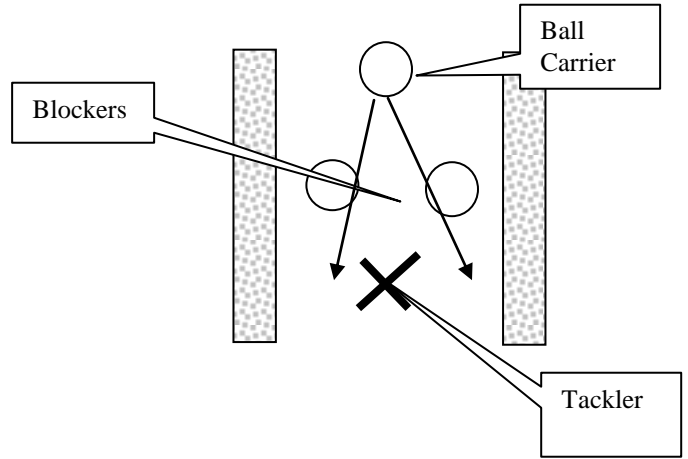
End – Coaches talk to Parents - Smile and be friendly

7:30 pm

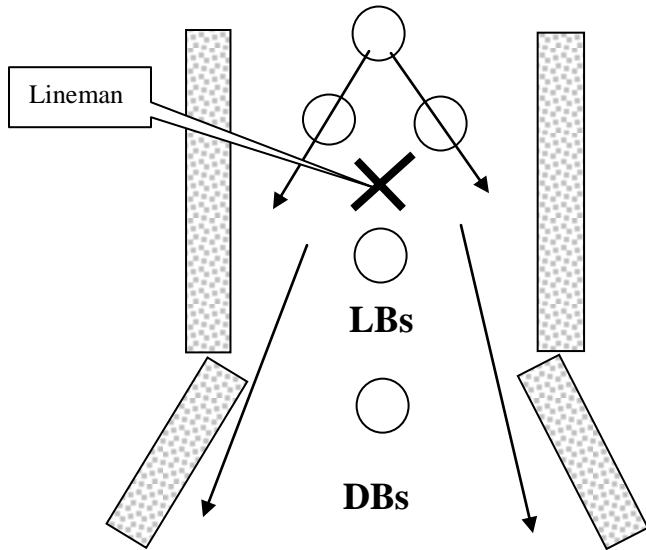
Close Quarters Oklahoma (on backs)



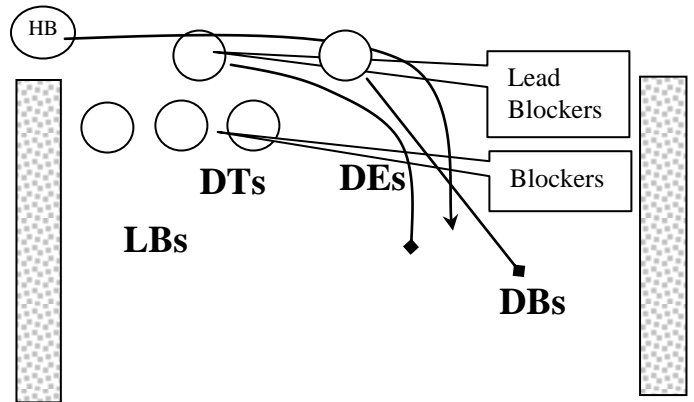
Blocker & Runner OK Drill (stances)



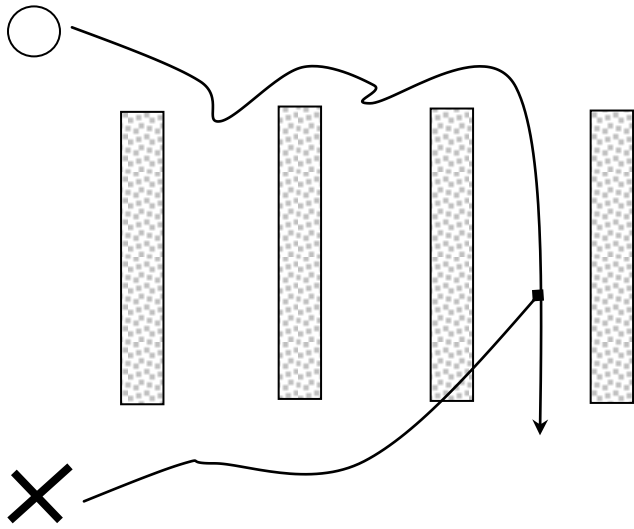
Full Ok Drill



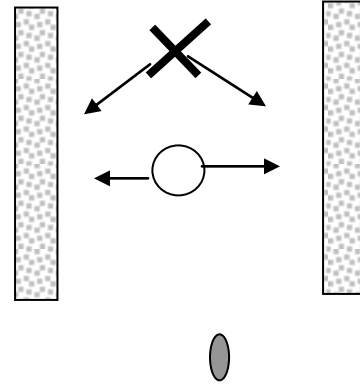
Sweep Angle Tackle Drill



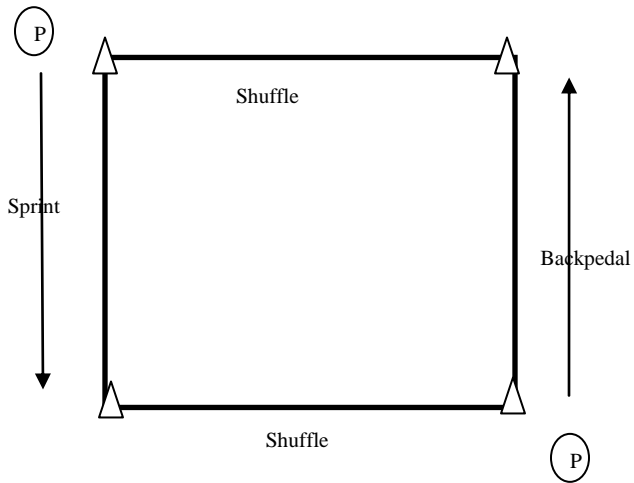
3 Lane Tackling Drill



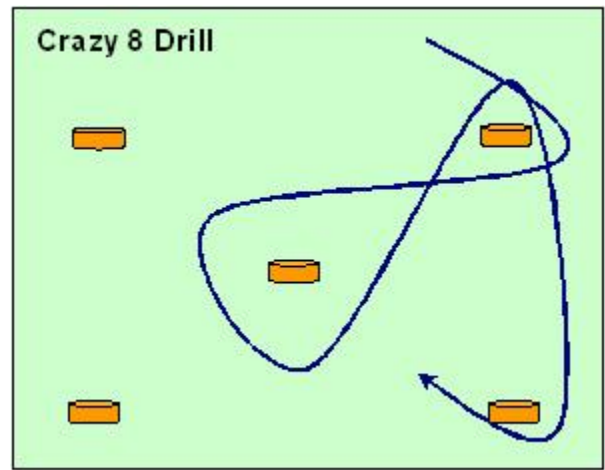
Blocking Mirror Drill – Pass Block



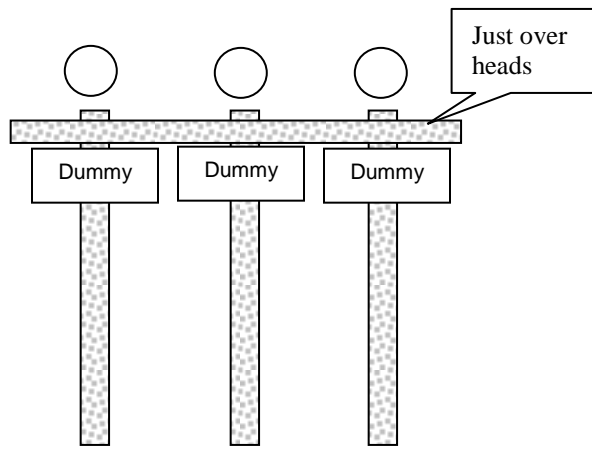
Run the Square



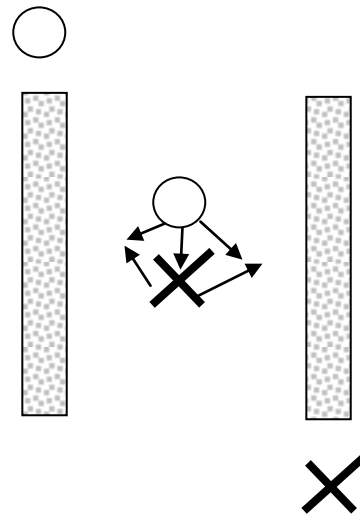
Blocker & Runner OK Drill (stances)



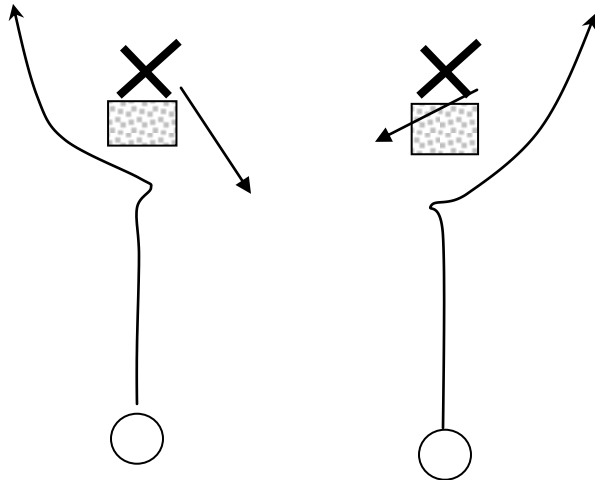
Board Blocking Drill



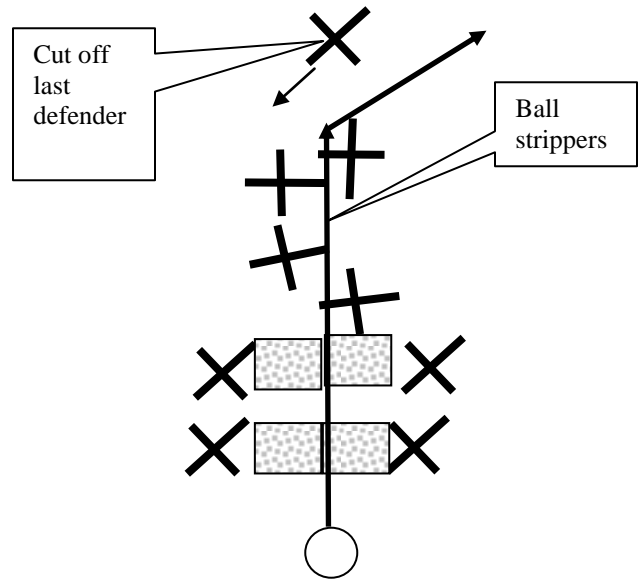
Stay Fitted on Defender Drill



Stutter Cut For Backs

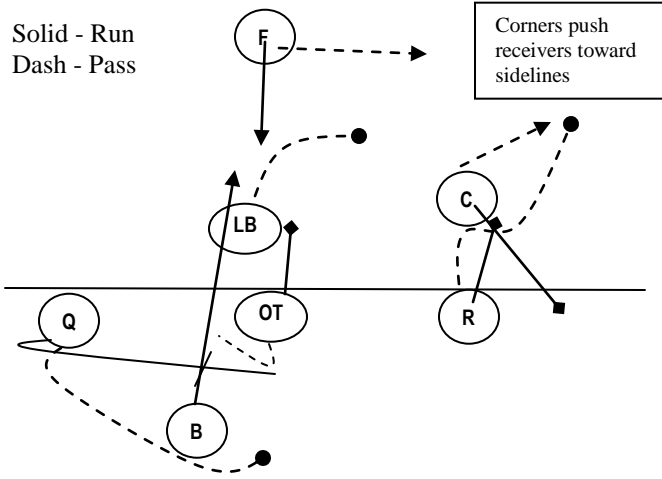


Bag Gauntlet



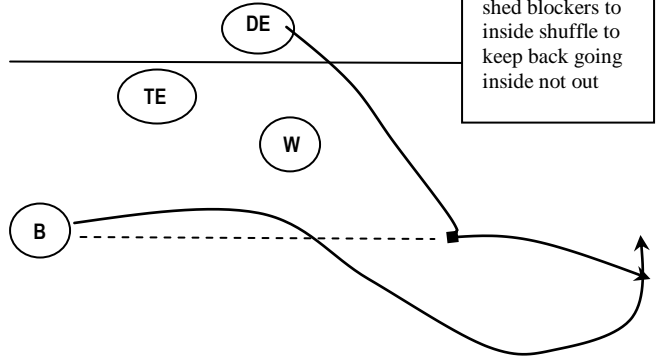
Run or Pass

Solid - Run
Dash - Pass

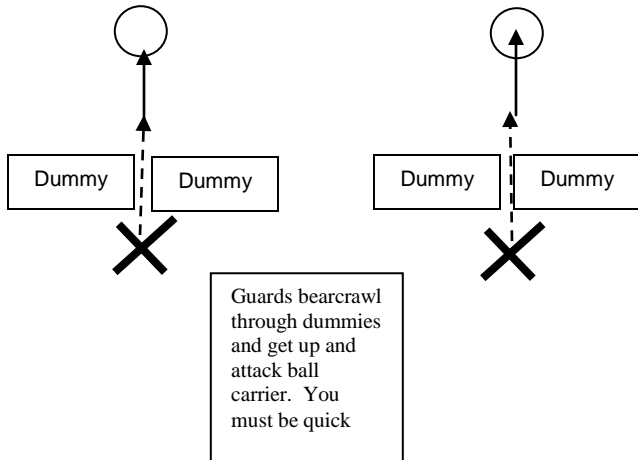


Contain Drill

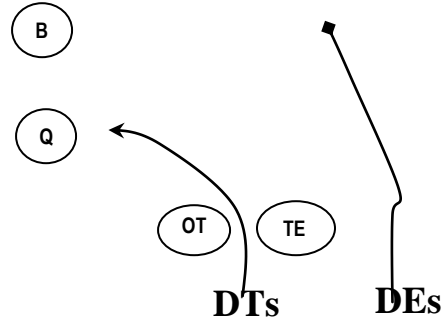
DE keep outside shoulder free shed blockers to inside shuffle to keep back going inside not out



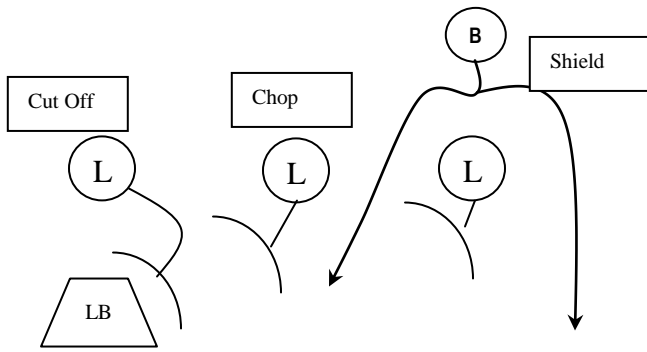
Bear Crawler Drill



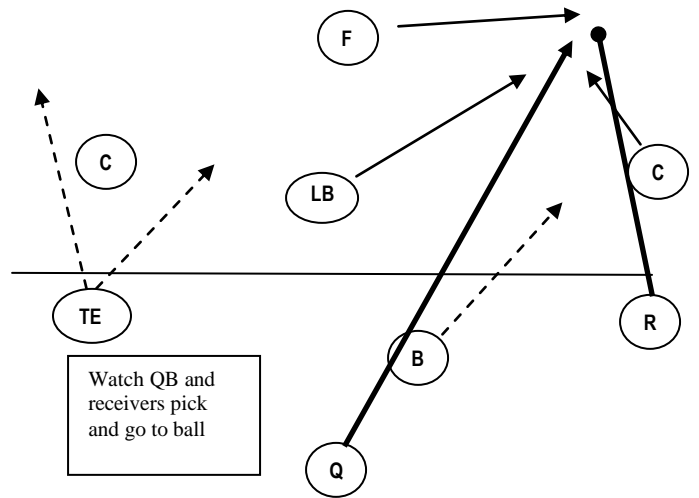
Swim around or RIP



Beat the Blocks



Swivel



Practice Schedule - Tuesday 8/25/08

Special Notes:- Keep up expectations especially ->>>> Offensive Line Block two men!

Pre-Practice –

1. QBs - (Parker, Dxx, Htxx) work on Snaps (shotgun & under) with Centers (Bx, Kgxx, Btxx)
 - Throw Quick Slants to TE after exchange (Brsx, Gexx, Redx, Lmxx)
2. Running Backs – Crazy 8 Drills (ball change hands on cuts) and Hand off Drills then catching passes with QBs
3. Linemen – TShirts Hole Numbers Relearn, 97, 75, 53, 32, 24, 46, 68,
4. Time Lmxx against Dxx in 10 and 20 yard dash
5. Kickers – Brx & Bxx Punting and KicKgxx

Practice Objectives – Cadence Warm Ups - Two Lines **5:30 pm**
Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence Sprints **5:35 pm**

Special Teams – Kick Off (Bxx, Trxx, Zxx) & Punt (Bxx, Gnxx, Exx) **5:40 pm**

Defense Break Outs **6:00 pm**

Line –Exx, Btxx (gaps, resp, blitz) Tackles learn the RIP / SWIM
LBs / D-ends – Parker (blitz, Contain and reads, trips Mike to Safety) RIP / SWIM
Backs – Dxx (blitz, corner always outside Rcvr, FS next rcvr, then LB, backside Corner has TE watch slant and screen – Mike to middle backside DE punch TE if trips other way)
Pass Coverage – backs and LBs last 5 minutes **6:15 pm**

Defense Walk Thrus against air (more reps coaches line up as backs) **6:20 pm**

Offensive Break Outs **6:45 pm**

Backs (Cxx / Dxx) 2nd string runs Rowdy / Loud rotate QB runners
I want to see Dxx at Wing and Zxx at FB
Lineman (Exx, Btxx Parker) SAB PART GOO Line Up Gaps, BoB, Pulling, Communication
6-2, 5-3, 7-1 defenses

Offense Walk Thrus against air (more reps coach call play at line) **7:05 pm**

Run 2nd team backs next play in a Rowdy / Loud
Offensive Line – Freeze on third step first 10 minutes then track to trees last 10 with different
Defensive fronts even and odd man

Cadence Sprints (huddle up) **7:25 pm**

End – Coaches talk to Parents - Smile and be friendly **7:30 pm**

Practice Schedule - Wednesday 8/26/08

Special Notes:- Scrimmage and Weigh-in tomorrow – bring jersey! Practice Stickers – Kgxx, Redx

Pre-Practice –

1. QBs - (Parker, Dxx, Htxx) work on Snaps (shotgun & under) with Centers (Bx, Kgxx, Btxx)
 - Throw Quick Slants to TE after exchange (Brsx, Gexx, Redx, Lmxx)
2. Running Backs – Crazy 8 Drills (ball change hands on cuts) and Hand off Drills then catching passes with QBs
3. Linemen – TShirts Hole Numbers Relearn, 97, 75, 53, 32, 24, 46, 68,
4. Time Lmxx against Dxx in 10 and 20 yard dash
5. Kickers – Brx & Bxx Punting and KicKgxx

Practice Objectives – Cadence Warm Ups - Two Lines **5:30 pm**

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence Sprints **5:35 pm**

Special Teams – Kick Return & Punt (Bxx, Gnxx, Exx) **5:40 pm**

Defense Break Outs **6:00 pm**

Line –Exx, Btxx (gaps, resp, blitz) Tackles learn the RIP / SWIM

LBs / D-ends – Parker (blitz, Contain and reads, trips Mike to Safety) RIP / SWIM

Backs – Dxx (blitz, corner always outside Rcvr, FS next rcvr, then LB, backside Corner has TE watch slant and screen – Mike to middle backside DE punch TE if trips other way)

Pass Coverage – backs and LBs last 5 minutes **6:15 pm**

Offensive Break Outs **6:20 pm**

Backs (Cxx / Dxx) 2nd string runs Rowdy / Loud rotate QB runners

I want to see Dxx at Wing and Zxx at FB

Lineman (Exx, Btxx Parker) SAB PART GOO Line Up Gaps, BoB, Pulling, Communication

6-2, 5-3, 7-1 defenses

Offense Walk Thrus against air (more reps coach call play at line) **6:40 pm**

Run 2nd team backs next play in a Rowdy / Loud

Offensive Line – Freeze on third step first 10 minutes then track to trees last 10 with different Defensive fronts even and odd man

Defense Walk Thrus against air (more reps coaches line up as backs) **7:10 pm**

Cadence Sprints (huddle up) **7:25 pm**

End – Coaches talk to Parents - Smile and be friendly **7:30 pm**

Practice Schedule - Wednesday 9/4/08

Special Notes:- Dxx Sticker, Kgxx Sticker for scrimmage

Pre-Practice –

1. QBs - (Parker, Dxx, Httx) work on Snaps (shotgun & under) with Centers (Bx, Kgxx, Bttx)
 - Throw Quick Slants to TE after exchange (Brsx, Gexx, Redx, Lmxx)
2. Running Backs – Crazy 8 Drills (ball change hands on cuts) and Hand off Drills then catching passes with QBs
3. Linemen – Learn the holes – Square drill twice
4. Kickers – Brx, Klxx & Bxx Punting, PAT and KicKgxx

Practice Objectives – Cadence Warm Ups - Two Lines **5:15 pm**

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence Sprints **5:20 pm**

Special Teams – Kick Off, Kick Return Punt, Punt Return& PAT Line-ups **5:30 pm**

Big OK Drill **5:50 pm**

Offensive Break Outs **6:10 pm**

Backs (Cxx / Dxx)

Lineman (Exx, Bttx Parker) SAB Part, Wedge, Pass Block

Defense Break Outs **6:25 pm**

Line –Exx, Bttx (**gaps**, resp, blitz) Make sure they know the Gaps do not stand up if u are bearcrawler
LBs / D-ends – Parker (blitz, Contain and reads, trips Mike to Safety)

Backs – Dxx (blitz, corner always outside Rcvr, FS next rcvr, then LB, backside Corner has TE watch slant and screen)

Pass Coverage – backs and LBs last 5 minutes

Defense Walk Thrus against air (more reps coach call play at line) **6:45 pm**

Offense Walk Thrus against air (more reps coaches line up as backs) **7:05 pm**

Cadence Sprints (huddle up)

End – Coaches talk to Parents - Smile and be friendly **7:15 pm**

Today's Practice Schedule

Friday 9/5/08

Special Notes: Zxx out sick,

Pre-Practice – Snapper snap to buckets, starting backs take hand offs from Berndt & Bx shot gun snaps
Lineman work on SAB punch steps, other backs work on Crazy 8 drills

Practice Objectives – **5:15 pm**
Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Game Simulation **5:25 pm**
Kick Off
Defense 6 plays
Punt Return
Offense 6 plays
Punt
Defense 4 plays
Kick Return
Offense 4 plays
PAT
Kick Off
Defense 4 plays
Punt Return
Offense 4 plays
PAT
Kick Off

End **6:45 pm**

After Practice
Coaches – Talk to Parents – Mingle and Socialize!

Practice Schedule - Tuesday 9/9/08

Special Notes:- Carnation Bowl team we beat last year beat us in Playoffs to win Carnation Bowl we can still have a great season. We must Block and Penetrate on Defese.

Pre-Practice –

1. QBs - (Parker, Bxx, Htxx) work on Snaps (shotgun & under) with Centers (Bx, Kgxx, Btxx)
- Throw Quick Slants to TE after exchange (Brsx, Gexx, Redx, Lmxx)
2. Running Backs – Crazy 8 Drills (ball change hands on cuts) and Hand off Drills then catching passes with QBs
3. Linemen – Learn the holes – Square drill twice
4. Kickers – Brx, Klxx Punting, PAT and KicKgxx

Practice Objectives – Cadence Warm Ups - Two Lines **5:15 pm**
Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence Sprints **5:20 pm**

Special Teams – Kick Off (Bxx, Trxx, Zxx) & Punt **5:30 pm**

Blocking & Tackling Drills (Position specific tackling and blocking – shed blockers inside) **5:35 pm**
Reaction Time Drills

Special Team Punt **5:50 pm**

Offensive Break Outs **6:00 pm**
Backs (Cxx / Dxx)
Lineman (Exx, Btxx Parker) SAB Part, GOO BoB, Pulling, Communication – Keep low and don't go down field

Special Teams – Kick Off (Bxx, Trxx, Zxx) & Punt **6:20 pm**

Defense Break Outs **6:25 pm**
Line –Exx, Btxx (**gaps**, resp, blitz) Make sure they know the Gaps do not stand up if u are bearcrawler
LBs / D-ends – Parker (blitz, Contain and reads, trips Mike to Safety)
Backs – Dxx (blitz, corner always outside Rcvr, FS next rcvr, then LB, backside Corner has TE watch slant and screen)
Pass Coverage – backs and LBs last 5 minutes

Offense Walk Thrus against air (more reps coach call play at line) **6:45 pm**

Defense Walk Thrus against air (more reps coaches line up as backs) **7:05 pm**

Special Team Punt **7:15 pm**

End – Coaches talk to Parents - Smile and be friendly **7:15 pm**

Today's Practice Schedule

Friday 9/12/08

Special Notes: Gym Practice – Game tomorrow

Pre-Practice – Snapper snap to buckets, starting backs take hand offs from Berndt & Bx shot gun snaps
Lineman work on SAB punch steps, other backs work on Crazy 8 drills

Practice Objectives – **5:30 pm**
Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Warm Ups **5:40 pm**

Offense Break Outs **5:55 pm**

Defense Break Outs **6:15 pm**

Game Simulation – Walk Throughs **6:30 pm**

Kick Off
Defense 6 plays
Punt Return
Offense 6 plays
Punt
Defense 4 plays
Kick Return
Offense 4 plays
PAT
Kick Off
Defense 4 plays
Punt Return
Offense 4 plays
PAT
Kick Off

End **7:30 pm**

After Practice
Coaches – Talk to Parents – Mingle and Socialize!

Practice Schedule - Tuesday 9/16/08

Special Notes:- Keep up the intensity – Bx out this Saturday – Who is Center?

Pre-Practice –

1. QBs - (Parker, Bxx, Htxx) work on Snaps (shotgun & under) with Centers (Bxx, Kgxx, Btxx)
 - Throw Quick Slants to TE after exchange (Brsx, Gexx, Redx, Lmxx)
2. Running Backs – Crazy 8 Drills (ball change hands on cuts) and Hand off Drills then catching passes with QBs
3. Linemen – Learn the holes – Square drill twice
4. Kickers – Brx, Klxx Punting, PAT and KickGxx

Practice Objectives – Cadence Warm Ups - Two Lines

5:15 pm

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence Sprints

5:20 pm

Special Teams – Kick Off (Bxx, Trxx, Zxx)

5:30 pm

Wedge Formation Practice w/ Backs

5:35pm

Blocking & Tackling Drills (Position specific tackling and blocking – shed blockers inside)

5:45 pm

Reaction Time Drills

Special Team Punt

6:00 pm

Offensive Break Outs

6:05 pm

Backs (Cxx / Dxx)

Lineman (Exx, Btxx Parker) SAB Part, GOO BoB, Pulling, Communication – Keep low and don't go down field – Tank and Gonzo Plays

Special Teams – Kick Return

6:20 pm

Defense Break Outs

6:25 pm

Line –Exx, Btxx (**gaps**, resp, blitz) Make sure they know the Gaps do not stand up if u are bearcrawler
LBs / D-ends – Parker (blitz, Contain and reads, trips Mike to Safety)

Backs – Dxx (blitz, corner always outside Rcvr, FS next rcvr, then LB, backside Corner has TE watch slant and screen)

Pass Coverage – backs and LBs last 5 minutes

Defense Walk Thrus against air (more reps coach call play at line)

6:45 pm

Offense Walk Thrus against air (more reps coaches line up as backs)

7:05 pm

Special Team PAT

7:15 pm

End – Coaches talk to Parents - Smile and be friendly

7:15 pm

Practice Schedule - Wed 9/17/08

Special Notes:- Keep up the intensity – Bx out this Saturday – Bxx at Center?

Pre-Practice –

1. QBs - (Parker, Bxx, Htxx) work on Snaps (shotgun & under) with Centers (Bxx, Kgxx, Btxx)
- Throw Quick Slants to TE after exchange (Brsx, Gexx, Redx, Lmxx)
2. Running Backs – Crazy 8 Drills (ball change hands on cuts) and Hand off Drills then catching passes with QBs
3. Linemen – Learn the holes – Square drill twice
4. Kickers – Brx, Klxx Punting, PAT and KicKgxx

Practice Objectives – Cadence Warm Ups - Two Lines

5:15 pm

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence Sprints

5:20 pm

Special Teams – Kick Off (Bxx, Trxx, Zxx)

5:30 pm

Play walk throughs - Tango, Gonzo, So Long, Wedge

5:35pm

Blocking & Tackling Drills (Position specific tackling and blocking – shed blockers inside)

Reaction Time Drills

5:50 pm

Special Team Punt

6:00 pm

Offensive Break Outs

6:05 pm

Backs (Cxx / Dxx)

Lineman (Exx, Btxx Parker) SAB Part, GOO BoB, Pulling, Communication – Keep low and don't go down field – Tank and Gonzo Plays

Special Teams – Kick Return

6:20 pm

Defense Break Outs

6:25 pm

Line –Exx, Btxx (**gaps**, resp, blitz) Make sure they know the Gaps do not stand up if u are bearcrawler
LBs / D-ends – Parker (blitz, Contain and reads, trips Mike to Safety)

Backs – Dxx (blitz, corner always outside Rcvr, FS next rcvr, then LB, backside Corner has TE watch slant and screen)

Pass Coverage – backs and LBs last 5 minutes

Defense Walk Thrus against air (more reps coach call play at line)

6:45 pm

Offense Walk Thrus against air (more reps coaches line up as backs)

7:05 pm

Special Team PAT

7:15 pm

End – Coaches talk to Parents - Smile and be friendly

7:15 pm

Today's Practice Schedule

Friday 9/19/08

Special Notes: Game tomorrow – Adams??? – Stickers tomorrow.

Pre-Practice – Snapper snap to buckets, starting backs take hand offs from Berndt & Bxx snaps
Lineman work on SAB punch steps, other backs work on Crazy 8 drills

Practice Objectives – **5:15 pm**
Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Warm Ups **5:20 pm**

Offense Break Outs **5:30 pm**

Defense Break Outs **5:55 pm**

Game Simulation – Walk Throughs **6:15 pm**

Kick Off
Defense 6 plays
Punt Return
Offense 6 plays
Punt
Defense 4 plays
Kick Return
Offense 4 plays
PAT
Kick Off
Defense 4 plays
Punt Return
Offense 4 plays
PAT
Kick Off

End **7:15 pm**

After Practice
Coaches – Talk to Parents – Mingle and Socialize!

Practice Schedule - Thursday 9/25/08

Special Notes:- Zxx Stitches in head, Btxx?

Practice Objectives – Cadence Warm Ups - Two Lines	5:00 pm
Rules 1 -5: Have Fun, Good Grades, Respect, Perfect Practice, Play by the Rule	
Stance / Form Tackling, Angle and Punch Blocking – Two Lines Cadence Sprints	5:05 pm
Special Teams – Kick Off (Bxx)	5:15 pm
Tackling Drills (3 hole, OK Drill, Angle Drill – 3 Stations)	5:20 pm
1 st team LBs, Ends and Def Backs with Parker / Cxx	
Raider Blitz – Corner Contain or Cover, DE hold TE, Corners are responsible for TE if no split	
Free Safety must be last man, AIR free safety and Rover play SKY Zone,	
Corners must not take first step forward on pass team or receiver	
CrackBack Corner now has contain, DE goes to C Gap up field	
Motion Back Free Saftey has motion man if coming into line, Stuff him	
LBs call Slant to motion hole	
Backside corner cheats to strong safety position behind DE if a pass team	
Special Team Punt & Return	5:40 pm
Defensive Break Outs (Linemen Slant to first step, Cross Blitz, 4Gap Blitz)	5:45 pm
Backs (Cxx / Dxx) (Raider/Blood corners now contain DE take out TE)	
Saeftey must break to pass, Corners play man not ball, Cloud Rotation	
Lineman (Exx) – Bearcrawlers must get to QB no production last week	
LBs Ends (Parker) – Must stuff holes and back to pass protection	
Special Teams – Kick Return	6:00 pm
Big OK Drill Tackling	6:05 pm
Defense Walk Thrus against air (more reps coach call play at line)	6:20 pm
Defensive Scrimmage	6:35 pm
Special Team PAT / RUN to Trees	6:50 pm
End – Coaches talk to Parents - Smile and be friendly	7:00 pm

Today's Practice Schedule

Friday 9/26/08

Special Notes: Game tomorrow – Kgxx out today – Stickers tomorrow.

Pre-Practice – Kickers kick PATS, QBs throw, Lineman Wedge, Backs take handoffs

Practice Objectives – **5:00 pm**
Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Warm Ups **5:05 pm**

Offense Break Outs **5:15 pm**

Defense Break Outs **5:30 pm**

Game Simulation – Walk Throughs with opposing team **5:45 pm**

Kick Off
Defense 6 plays
Punt Return
Offense 6 plays
Punt
Defense 4 plays
Kick Return
Offense 4 plays
PAT
Kick Off
Defense 4 plays
Punt Return
Offense 4 plays
PAT
Kick Off

End **7:00 pm**

After Practice
Coaches – Talk to Parents – Mingle and Socialize!

Practice Schedule - Tues 9/30/08

Special Notes:- Keep up the intensity – Lineman I do not want to see you standing straight up the whole practice, bear crawl or keep low. Do not stand straight up.

Pre-Practice –

1. QBs - (Parker, Htxx) work on Snaps (shotgun & under) with Centers (Bx, Kgxx, Btxx)
- Throw Quick Slants to TE after exchange (Brsx, Gexx, Redx, Lmxx)
2. Running Backs – Crazy 8 Drills (ball change hands on cuts) and Hand off Drills, catching passes
3. Linemen – Learn the holes – Square drill twice – Stay Low Drills
4. Kickers – Brx, Klxx Punting, PAT and KicKgxx

Practice Objectives – Cadence Warm Ups - Two Lines **5:00 pm**

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling, Angle and Punch Blocking – Two Lines Cadence Sprints **5:05 pm**

Special Teams – Kick Off (Bxx) **5:15 pm**

Blocking & Tackling Drills (Position specific tackling and blocking – shed blockers inside) **5:20 pm**

Reaction Time Drills

PAT Special Teams – Brx, Trxx, Bx – Kick PATS (25 – 30) - Parker

Special Team Punt – Head to Butt Wedge **5:35 pm**

Offensive Break Outs **5:40 pm**

Backs (Cxx / Dxx) - run hard legs churn drills

Lineman (Exx, Btxx Parker) Kgxx stay low do not stand up, everyone must be on someone all the time no one standing around. Head between defender and back. Brx needs work blocking!

Special Teams – Kick Return **6:00 pm**

Defense Break Outs **6:05 pm**

Line –Exx, Btxx (gaps, resp, blitz) Make sure they know the Gaps do not stand up if u are bearcrawler Bearcrawler is see wedge grab ankles of lineman to trip and pull down. Need more production out of bear crawlers.

LBs / D-ends – Parker (blitz, Contain and reads, trips Mike to Safety)

Backs – Dxx (blitz, corner always outside Rcvr, FS next rcvr, then LB, backside Corner has TE watch slant and screen)

Pass Coverage – backs and LBs last 5 minutes

Defense Walk Thrus **6:25 pm**

Offense Walk Thrus **6:40 pm**

Special Team PAT – Head to Butt wedge **6:55 pm**

End – Coaches talk to Parents - Smile and be friendly

Practice Schedule - Wed 10/01/08

Special Notes:- Keep up the intensity – Lineman I do not want to see you standing straight up the whole practice, bear crawl or keep low. Do not stand straight up. Parker sprung his ankle, needs to stay off.

Pre-Practice –

1. QBs - (Htxx) work on Snaps (shotgun & under) with Centers (Bx, Kgxx, Btxx)
- Throw Quick Slants to TE after exchange (Brsx, Gexx, Redx, Lmxx)
2. Running Backs – Crazy 8 Drills (ball change hands on cuts) and Hand off Drills, catching passes
3. Linemen – Learn the holes – Square drill twice – Stay Low Drills
4. Kickers – Brx, Klxx Gnxx Bxx - Punting, PAT and KicKgxx

Practice Objectives – Cadence Warm Ups - Two Lines **5:00 pm**

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling, Angle and Punch Blocking – Two Lines Cadence Sprints **5:05 pm**

Special Teams – Kick Off (Bxx) **5:15 pm**

Angle Tackling Drill (Position specific tackling and blocking – shed blockers inside) **5:20 pm**

Reaction Time Drills

PAT Special Teams – Brx, Dxx, Bx – Kick PATS (25) - Parker

Special Team PAT – Head to Butt Wedge **5:35 pm**

Offensive Break Outs **5:40 pm**

Backs (Cxx / Dxx) - run hard legs churn drills

Lineman (Exx, Btxx Parker) Kgxx stay low do not stand up, everyone must be on someone all the time no one standing around. Head between defender and back. Brx needs work blocking!

Special Teams – Kick Return **6:00 pm**

Defense Break Outs **6:05 pm**

Line –Exx, Btxx (gaps, resp, blitz) Make sure they know the Gaps do not stand up if u are bearcrawler Bearcrawler is see wedge grab ankles of lineman to trip and pull down. Need more production out of bearcrawlers.

LBs / D-ends – Parker (blitz, Contain and reads, trips Mike to Safety)

Backs – Dxx (blitz, corner always outside Rcvr, FS next rcvr, then LB, backside Corner has TE watch slant and screen)

Pass Coverage – backs and LBs last 5 minutes

Defense Walk Thrus (Go through all blitzes) **6:25 pm**

Offense Walk Thrus **6:40 pm**

Special Team Punt – Head to Butt wedge **6:55 pm**

End – Coaches talk to Parents - Smile and be friendly

Practice Schedule - Tuesday 10/7/08

Special Notes:- Keep up the intensity – Brsx Broke leg – Gexx hurt elbow, Bear sprang ankle, Kgxx sprang ankle, Cxx Strep throat

Pre-Practice –

1. QBs - (Parker, Bxx, Htxx) work on Snaps (shotgun & under) with Centers (Bxx, Kgxx, Btxx)
- Throw Quick Slants to TE after exchange (Gexx, Redx, Lmxx)
2. Running Backs – Crazy 8 Drills (ball change hands on cuts) and Hand off Drills then catching passes with QBs
3. Linemen – Learn the holes – Square drill twice
4. Kickers – Brx, Klxx Punting, PAT and KicKgxx

Practice Objectives – Cadence Warm Ups - Two Lines

5:00 pm

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence Sprints

5:05 pm

Special Teams – Kick Off (Bxx, Trxx, Zxx)

5:15 pm

Btxx Play Walk Thrus

5:30pm

Big OK Drill (Position specific tackling and blocking – shed blockers inside)

6:15 pm

Special Team Punt

6:30 pm

Defense Walk Thrus

6:35 pm

Special Team PAT

6:50 pm

End – Coaches talk to Parents - Smile and be friendly

7:00 pm

Practice Schedule - Wed 10/8/08

Special Notes:- Keep up the intensity HR9 this week – Brsx Broke leg – Gexx hurt elbow, Bear spring ankle, Kgxx sprang ankle, Cxx Strep throat

Captains – Redx, Brsx, Klxx, Parker

Pre-Practice –

1. QBs - (Parker, Htxx) work on Snaps (shotgun & under) with Centers (Bxx, Kgxx, Btxx)
 - Throw Quick Slants to TE after exchange (Gexx, Redx, Lmxx)
2. Running Backs – Hand off drills, strip drills
3. Linemen – Agility drills
4. Kickers – Brx, Klxx Punting, PAT and KicKgxx

Practice Objectives – Cadence Warm Ups - Two Lines

5:00 pm

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence Sprints

5:05 pm

Special Teams – Kick Off Return Trap / Middle Trap

5:15 pm

Big OK Drill (Position specific tackling and blocking – shed blockers inside)

5:35pm

Kick Off (Bxx)

5:50 pm

Offense Break Outs

6:00 pm

Defense Break Outs

6:15 pm

Defense Walk Thrus

6:30 pm

Offesne Walk Thrus

6:45 pm

End – Coaches talk to Parents - Smile and be friendly

7:00 pm

Practice Schedule - Tuesday 10/14/08

Special Notes:- Keep up the intensity – Brsx Broke leg – Kgxx sprang ankle – get him back on track

Pre-Practice –

1. QBs - (Parker, Htxx) work on Snaps (shotgun & under) with Centers (Bxx, Kgxx, Btxx)
 - Throw Quick Slants to TE after exchange (Gexx, Redx, Lmxx)
2. Running Backs – Crazy 8 Drills (ball change hands on cuts) and Hand off Drills then catching passes with QBs
3. Linemen – Learn the holes – Square drill twice
4. Kickers – Brx, Gnxx, Bxx - Punting, PAT and KicKgxx

Practice Objectives – Cadence Warm Ups - Two Lines

5:00 pm

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence Sprints

5:05 pm

Special Teams – Kick Off (Bxx)

5:15 pm

Big OK Drill

5:30pm

Kick Return

5:50 pm

Offense Break Outs

5:55 pm

Defense Break Outs

6:05 pm

Offense Walk Thrus

6:15 pm

End – Coaches talk to Parents - Smile and be friendly

6:35 pm

Practice Schedule - Wed 10/15/08

Special Notes:- Keep up the intensity – Brsx Broke leg – Kgxx sprang ankle – get him back on track Klxx at school function and Btxx out

Pre-Practice –

1. QBs - (Parker, Htxx) work on Snaps (shotgun & under) with Centers (Bxx, Kgxx, Btxx)
- Throw Quick Slants to TE after exchange (Gexx, Redx, Lmxx)
2. Running Backs – Crazy 8 Drills (ball change hands on cuts) and Hand off Drills then catching passes with QBs
3. Linemen – Learn the holes – Square drill twice
4. Kickers – Brx, Gnxx, Bxx - Punting, PAT and KicKgxx

Practice Objectives – Cadence Warm Ups - Two Lines

5:00 pm

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence Sprints

5:05 pm

Special Teams – Punt

5:15 pm

Offense Break Outs

5:20pm

Special Teams PAT

5:50 pm

Defense Break Outs

5:55pm

Defense Walk Thrus

6:05 pm

Offense Walk Thursday

6:20 pm

End – Coaches talk to Parents - Smile and be friendly

6:35 pm

Practice Schedule - Wed 10/23/08

Special Notes:- Tanx out, Bkxx may be out too

Captains – Bx, Cxx, Exx, Kgxx

Pre-Practice –

1. QBs - (Parker, Htxx) work on Snaps (shotgun & under) with Centers (Bxx, Kgxx, Btxx)
 - Throw Quick Slants to TE after exchange (Gexx, Redx, Lmxx)
2. Running Backs – Hand off drills, strip drills
3. Linemen – Agility drills
4. Kickers – Brx, Klxx Punting, PAT and KicKgxx

Practice Objectives – Cadence Warm Ups - Two Lines

4:50 pm

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking – Two Lines Cadence Sprints

4:55 pm

Special Teams – Kick Off Return Trap / Middle Trap

5:05 pm

Special Teams - Kick Off (Bxx)

5:15 pm

Offense Break Outs

5:25 pm

Defense Break Outs

5:40 pm

Defense Walk Thrus

5:55 pm

Fox and Hen Run

6:15 pm

End – Coaches talk to Parents - Smile and be friendly

6:20 pm

Practice Schedule - Fri 10/29/08

Special Notes:- Klxx Hurt Ankle, Cyxx Knees -- NM5 Saturday 8am

Captains – Parker, Zxx, Trxx, Klxx, Bxx

Pre-Practice –

1. QBs - (Parker, Htxx) work on Snaps (shotgun & under) with Centers (Bx, Kgxx)
 - Throw Quick Slants to TE after exchange (Bxx, Zxx, Redx, Trxx)
2. Running Backs – Hand off drills, strip drills, Hit bag cut drills
3. Linemen – Agility drills
4. Kickers – Brx Gexx Snap to Brx, Dxx Hold, Gnxx Punting, PAT

Practice Objectives – Cadence Warm Ups - Two Lines

4:50 pm

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking

4:55 pm

Special Teams – PAT

5:05 pm

Special Teams - Punt

5:10 pm

Defense Break Outs

5:15 pm

Defense Walk Thrus

5:25 pm

Offense Break Outs

5:35 pm

Offense Walk Thrus

5:45 pm

Running

6:15 pm

End – Coaches talk to Parents - Smile and be friendly

6:20 pm

Practice Schedule - Tuesday 11/4/08

Special Notes:- Playoff Games

Captains – Parker, Redx, Klxx, Trxx,

Pre-Practice –

1. QBs - (Parker, Htxx) work on Snaps (shotgun & under) with Centers (Bx, Kgxx)
- Throw Quick Slants to TE after exchange (Bxx, Zxx, Redx, Trxx)
2. Running Backs – Hand off drills, strip drills, Hit bag cut drills
3. Linemen – Agility drills
4. Kickers – Brx Gexx Snap to Brx, Dxx Hold, Gnxx Punting, PAT

Practice Objectives – Cadence Warm Ups - Two Lines

5:00 pm

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking

5:05 pm

Special Teams – Kick Off Return Trap / Middle Trap

5:15 pm

Special Teams - Kick Off (Bxx)

5:20 pm

OK Tackling Drill – Everyone but Brx, Trxx, Bx, Klxx to PAT

5:25 pm

Defense Break Outs

5:45 pm

Offense Break Outs

6:00 pm

Offense Walk Thrus

6:15 pm

Defense Walk Thursday

6:40 pm

End – Coaches talk to Parents - Smile and be friendly

7:00 pm

Practice Schedule - Wed 11/5/08

Special Notes:- Playoff Games – Klxx, Parker, Htxx, & ?? out for Band Concert

Captains – Parker, Redx, Klxx, Trxx,

Pre-Practice –

1. Running Backs – Hand off drills, strip drills, Hit bag cut drills
2. Linemen – Agility drills
3. Kickers – Brx Gexx Snap to Brx, Dxx Hold, Gnxx Punting, PAT

Practice Objectives – Cadence Warm Ups - Two Lines

5:00 pm

Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule

Stance / Form Tackling and Punch Blocking

5:05 pm

Special Teams – Punt

5:15 pm

Special Teams - PAT

5:20 pm

OK Tackling Drill – Everyone but Brx, Trxx, Bx to PAT

5:25 pm

Defense Break Outs

5:45 pm

Defense Walk Thrus

6:05 pm

Offense

6:35 pm

End – Coaches talk to Parents - Smile and be friendly

7:00 pm

Practice Schedule - Thursday 11/6/08

Special Notes:- Playoff Games

Captains – Parker, Redx, Klxx, Trxx,

Pre-Practice –

1. QB Throw
2. Running Backs – Hand off drills, strip drills, Hit bag cut drills
3. Linemen – Agility drills
4. Kickers – Brx Gexx Snap to Brx, Dxx Hold, Gnxx Punting, PAT

Practice Objectives – Cadence Warm Ups - Two Lines	5:00 pm
Rules 1 -5: Have Fun. Good Grades, Respect, Perfect Practice, Play by the Rule	
Stance / Form Tackling and Punch Blocking	5:05 pm
Special Teams – PAT	5:15 pm
Special Teams – Kick Return	5:20 pm
Offense Break Outs	5:25 pm
Offense Walk Thrus	6:00 pm
Special Teams Punt	6:35 pm
Defense Walk Thrus	6:40 pm
End – Coaches talk to Parents - Smile and be friendly	7:00 pm