

Day 1: No pads

Activity	Time	Objectives												
Introductions to the Parents	10-15 mins.	<p>Introductions of Coaches and philosophies</p> <p>Safety Concerns: properly fitted equipment, tight chinstrap, good mouthguard, warm-ups, head up tackling (need to see what your hitting). Concussions review</p> <p>Expectations of Parents: good sportsmanship examples, Staying off the field, not getting on officials, no badmouthing</p> <p>Expectation of Players: Winning is an Attitude</p> <p>Need to establish a hard work ethic, playing with heart and desire and knowing the fundamentals are what makes any team successful.</p> <p>Every player will have a role in the teams success.</p> <p>Plan our work and work our plan.</p> <p>Dominating the opponent physically and mentally with attitude</p> <p>We all know you learn from your mistakes, but you also learn by your successes.</p> <p>Offense wins games, Defense wins championships</p>												
Introduction to the Team	5 mins	Winning is an Attitude, working hard, playing as a team												
Form running	10 mins	<p>Good form = faster, stronger runners</p> <table border="0"><tr><td>High knees</td><td>High Kicks (Frankenstein)</td></tr><tr><td>Butt Kicks</td><td>Explosions out of stance, staying low</td></tr><tr><td>Leaps and Bounds</td><td>Sideways running</td></tr><tr><td>back peddle</td><td>standing long jumps</td></tr><tr><td>karyoke</td><td>Lunges with half twist</td></tr><tr><td>shuffle</td><td></td></tr></table>	High knees	High Kicks (Frankenstein)	Butt Kicks	Explosions out of stance, staying low	Leaps and Bounds	Sideways running	back peddle	standing long jumps	karyoke	Lunges with half twist	shuffle	
High knees	High Kicks (Frankenstein)													
Butt Kicks	Explosions out of stance, staying low													
Leaps and Bounds	Sideways running													
back peddle	standing long jumps													
karyoke	Lunges with half twist													
shuffle														
Team Stretch	5 mins	counts of 8 out loud with clap after count of 8												
4 corners (2 groups)	7 mins	sprint, shuffle, back peddle, shuffle												
Break	3 mins													
Ball Exchange Drills	10-15 mins	<p>Fundamentals of holding and exchanging the ball</p> <p>high and tight, 3 points of pressure; bunny ears (finger over point)</p> <p>cover both tips, forearm against body, two arms when in danger</p> <p>Inside arm up-thumb facing down (like looking at your watch)</p> <p>Chest up and straight and leaning forward</p>												
Drill 1		Simple QB to RB exchange through LOS												
Drill 2		2 Lines facing each other, exchanges on the run												
Flicker Ball	15-20 mins	<p>5 on 5 (2 fields)</p> <p>1 point for reception, 2 pts for interception</p>												

Day 2: No Pads

Activity	Time	Objectives
Form running	10 mins	Good form = faster, stronger runners High knees Butt Kicks Leaps and Bounds back peddle karyoke shuffle High Kicks (Frankenstein) Explosions out of stance, staying low Sideways running standing long jumps Lunges with half twist

Team Stretch	5 mins	counts of 8 out loud with clap after count of 8
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Offensive Stances Offensive spacing	10-15 mins	O-line, RB stances; Exploding out of stances Cadence and knowing the count 5 yards sprints out of stances on count
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Break	3-5 mins	
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Ball Exchange Drill Drill 1 Drill 2	10-15 mins	Fundamentals of holding and exchanging the ball Simple QB to RB exchange through LOS 2 Lines facing each other, exchanges on the run
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Ball Carriers

Diamond Drill	5-10 mins	make the right cut with D (triangle) in their face make a move at far cone and head
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Blocking and Read Drill	10 mins	Run to shield and block, running back needs to read where to run
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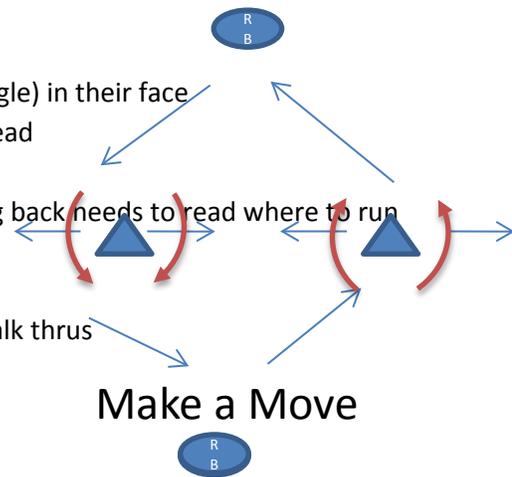
O line Drill

Walk Through	5-10 mins	Line up facing each other for walk thrus
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Body Position Drill	10 mins	O line will keep position while D line tries to move to QB 4 yards in backfield Keeping good form, inside position arms extended, thumbs up under shoulder pads
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Break	3-5 mins	
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3 Step Football	15-20 mins	5 on 5 (2 fields) Only 3 steps and must throw the ball 50 yard fields keep moving until dropped pass or interception Cross the goal line for 1 point
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Day 3: Full Pads

Activity

Time

Objectives

Form running

10 mins

Good form = faster, stronger runners

High knees

High Kicks (Frankenstein)

Butt Kicks

Explosions out of stance, staying low

Leaps and Bounds

Sideways running

back peddle

standing long jumps

karyoke

shuffle

Team Stretch

5 mins

counts of 8 out loud with clap after count of 8

D Stances

10-15 mins

4 lines spaced out front to back

D line 3 pts

Watching the ball, exploding low, don't get blocked,

LB Stances

Primary responsibility: Stop the run, first steps forward

DBs

No one behind you, and corners don't cheat

Break

3-5 mins

Defense 5-2/4-3

5-10 mins

Set up the defense and talk about each position briefly

Form Tackling Stations (3 stations)

3 Stations: biggest to smallest

Form Tackle: running up and breaking down to gain control, focus on the waist, lower hips, helmet on ball side, explode through the player, use sidelines

Station 1

10 min

Drill: 1 on 1 Form Tackle across from each other, form tackle walk thrus

Station 2

10 min

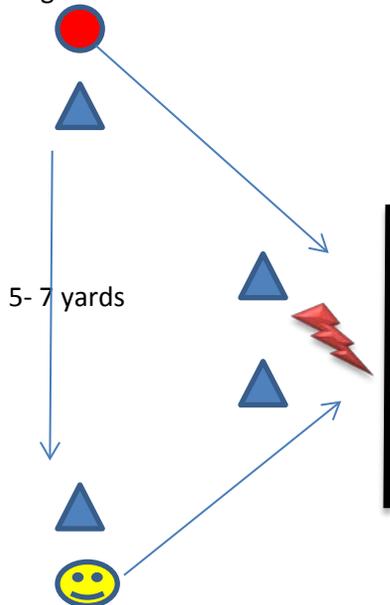
Drill: Individual Angle of pursuit

Station 3

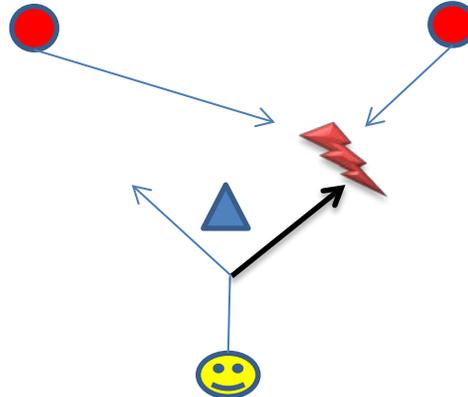
10 min

Drill: Converge Drill

Angle of Pursuit: 1 on 1



Converge Drill



Ball carrier makes a move at cone and defenders converge to make tackle
 Defenders should have head on ball side, ball secured with both arms
 Ball carrier and defenders no more than 10 yards apart, not a high impact drill
 cone will be place at the 5 yd mark, all go on ball carriers movement

Ball carrier has ball on sideline side, defender should have head on ball. Teach how we use the sidelines to help d

4 on 4 one field

10-15 mins

and 5 on 5 second field

Day 4

Activity	Time	Objectives	
Form running	10 mins	Good form = faster, stronger runners High knees Butt Kicks Leaps and Bounds back peddle karyoke	High Kicks (Frankenstein) Explosions out of stance, staying low Sideways running standing long jumps shuffle
Team Stretch	5 mins	counts of 8 out loud with clap after count of 8	

Form Tackling Stations

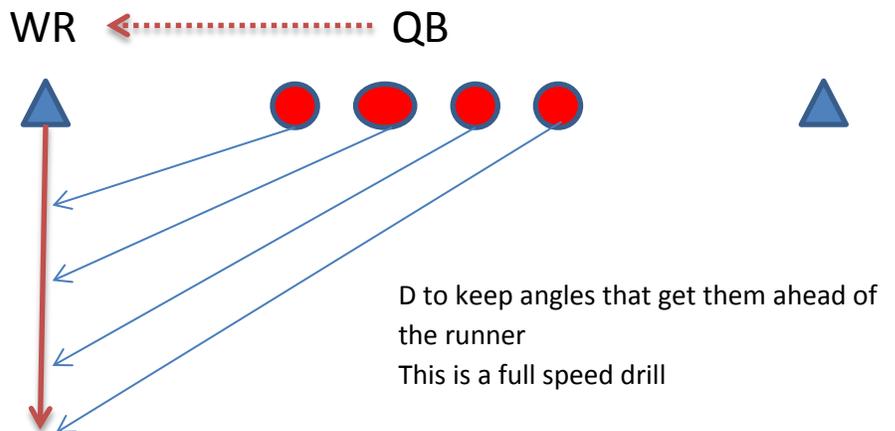
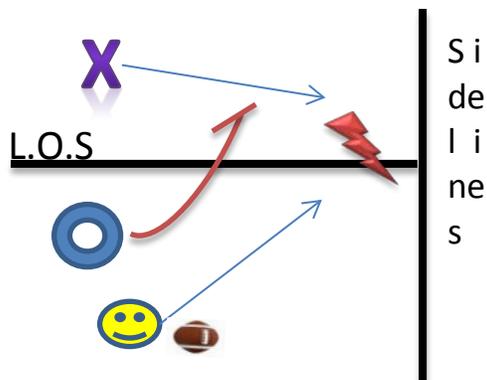
3 Stations: biggest to smallest

Form Tackle: running up and breaking down to gain control, focus on the waist, lower hips, helmet on ball side, explode through the player, use sidelines

Station 1	10 min	Drill: 1 on 1 across from each other, form tackle walk thrus
Station 2	10 min	Drill: Contain (keeping outside shoulder free, use the sidelines, force into D)
Station 3	10 min	Drill: Team Angle of Pursuit

Contain

Team Angle of Pursuit



Ball carrier has ball on sideline side, defender should have head on ball. Teach how we use the sidelines to help d Break 3-5 mins

Offense Playbook Time

Offense Formations	5-7 mins	Double Wing SG and Split Back Formations
Triple Threat	20 mins	Stances and protecting the hole
Cross Buck		QB Reads (1 FB, 2 DE shows: Pitch, 3 No Show, keep) OL First Steps
Break	3-5 mins	
3 Step Football	10-15 mins	
Flicker Ball		
5 on 5		

Day 4B

Activity	Time	Objectives	
Form running	10 mins	Good form = faster, stronger runners High knees Butt Kicks Leaps and Bounds back peddle karyoke	High Kicks (Frankenstein) Explosions out of stance, staying low Sideways running standing long jumps shuffle
Team Stretch	5 mins	counts of 8 out loud with clap after count of 8	

Ball Carriers

Triple Threat Drill	20 mins	Hand offs, pitches, hitting the holes DE Shows, QB Pitch
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O line Drill

Walk Through	5-10 mins	Line up facing each other for walk thrus
Body Position Drill	10 mins	O line will keep position while D line tries to move to QB 4 yards in backfield Keeping good form, inside position arms extended, thumbs up under shoulder pads

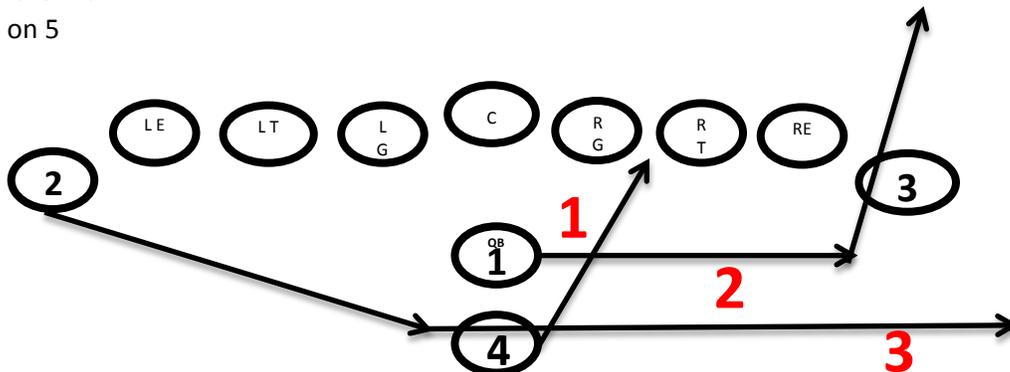
Break 3-5 mins

Offense Playbook Time

Offense Formations	5 mins	Double Wing SG and Split Back Formations
Triple Threat	20 mins	Stances and protecting the hole
Cross Buck		QB Reads (1 FB, 2 DE shows: Pitch, 3 No Show, keep)
41 TE Dump Pass		OL First Steps

Break 3-5 mins

3 Step Football
Flicker Ball
5 on 5



Day 5

Activity

Time

Objectives

Form running

15 mins

Good form = faster, stronger runners

High knees

High Kicks (Frankenstein)

Butt Kicks

Explosions out of stance, staying low

Leaps and Bounds

Sideways running

back peddle

standing long jumps

karyoke

shuffle

Team Stretch

5 mins

counts of 8 out loud with clap after count of 8

Offense Formations

5-7 mins

Double Wing SG and Split Back Formations

Triple Threat

20 mins

Stances and protecting the hole

Buck

QB Reads (1 FB, 2 DE shows: Pitch, 3 No Show, keep)

OL First Steps

Break

3-5 mins

Defense 5-2

7-10 mins

Put players into positions

Form Tackling Stations

3 Stations: biggest to smallest

Form Tackle: running up and breaking down to gain control, focus on the waist, lower hips, helmet on ball side, explode through the player, use sidelines

10 min

Drill: 1 on 1 across from each other, form tackle walk thrus

10 min

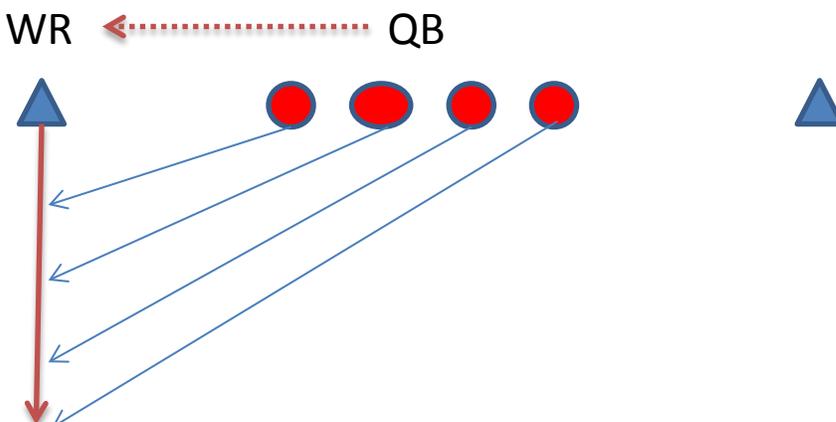
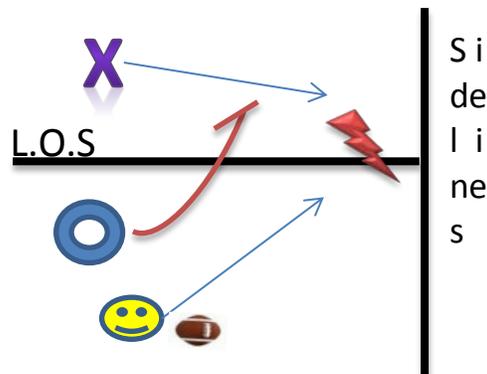
Drill: Contain (keeping outside shoulder free and using the sidelines)

10 min

Drill: Team Converge Drill

Contain

Converge Drill



Ball carrier makes a move at cone and defenders converge to make tackle
Defenders should have head on ball side, ball secured with both arms
Ball carrier and defenders no more than 10 yards apart, not a high impact drill
cone will be place at the 5 yd mark, all go on ball carriers movement

Ball carrier has ball on sideline side, defender should have head on ball. Teach how we use the sidelines to help d

3 Step Football

10-15 mins

Flicker Ball

5 on 5

Day

Activity

Time

Objectives

Form running

10 mins

Good form = faster, stronger runners

High knees

High Kicks (Frankenstein)

Butt Kicks

Explosions out of stance, staying low

Leaps and Bounds

Sideways running

back peddle

standing long jumps

karyoke

Lunges with half twist

shuffle



Team Stretch

5 mins

counts of 8 out loud with clap after count of 8

Get up and go Drill

15-20 mins

RB v. D, both players laying down on backs on whistle Rb picks ball up, D gets up tries to make tackle



L.O.S

Break

3-5 mins

Ball Exchange Drill

10 mins

Fundamentals of holding and exchanging the ball

Drill 1

Simple QB to RB exchange through LOS

Drill 2

2 Lines facing each other, exchanges on the run



Catching Stations

Progression Catching

15-20 mins

Review always catching and putting away, highest point to catch

1st Low catches

2nd At em'

3rd High catches

4th 45' catches, reaching to catch

Everyone moves up in line



Blockers (O and D line)

Body Position Drill

10 mins

O line will keep position while

D line tries to move to QB 4

yards in backfield

Keeping good form, inside position

arms extended, thumbs up under

shoulder pads

Groups of 3 on 3

Catch then rotate back

Rip, Swim, Bully

10 mins



Break

3-5 mins

3 Step Football

15-20 mins

5 on 5 (2 fields)

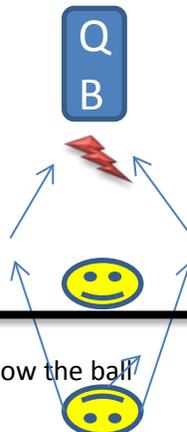
Only 3 steps and must throw the ball

50 yard fields

keep moving until dropped pass or interception

Cross the goal line for 1 point

L.O.S



Activity	Time	Objectives
Form running	15 mins	Good form = faster, stronger runners High knees Butt Kicks Leaps and Bounds back peddle karyoke
		High Kicks (Frankenstein) Explosions out of stance, staying low Sideways running standing long jumps shuffle

Defense/Offense Positions	10-15 mins	T Formation-Offense 4-3 Defense
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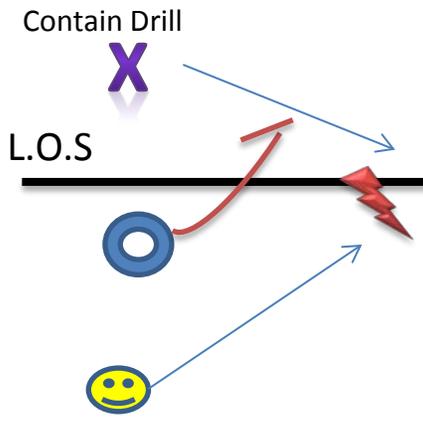
Break 3 mins

Stations

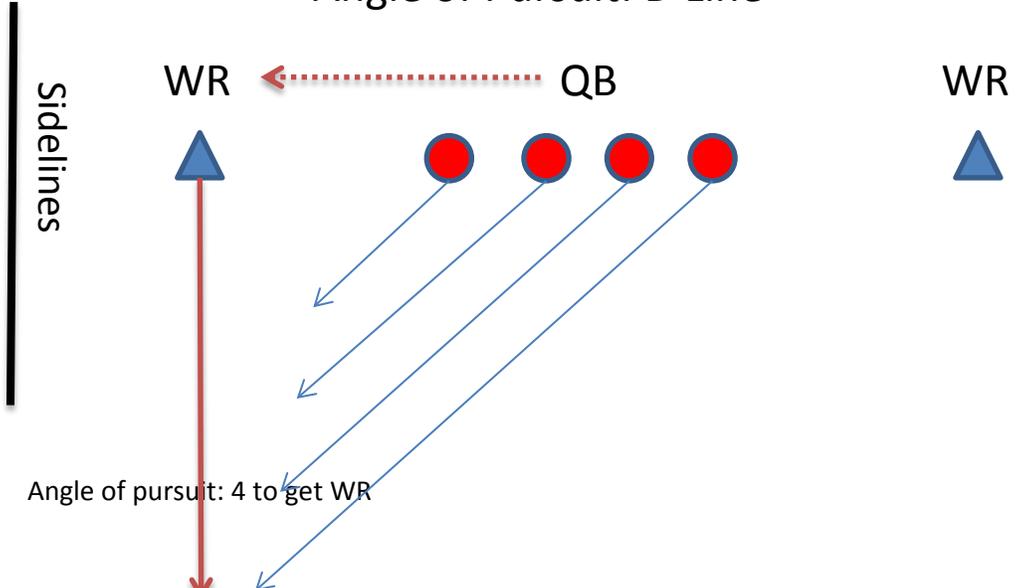
Blocking Drill	10 mins	Driving the player with the shield back, good low position keep your feet moving, feet apart, hands out
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Contain Drill	10 mins	D (x) needs to keep from getting pushed inside and use sidelines to make the play on the running back
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Pick up and Go Drill	10 mins	Both D and O lie with their heads towards each other 5 yards apart, object is for the D to get past the O and tackle the tackling dummy
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Angle of Pursuit: D Line



Defense Drill	10 mins	Angle of pursuit: 4 to get WR
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Playbook walk-thru	10 mins	Huddle, Walk thru holes, hand offs, playcalling
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Full Offense Playbook	10 mins	
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3 Step Football	10-15 mins	
Flicker Ball		
Sharks and Minnow		

Activity	Time	Objectives
Form running	15 mins	<p>Good form = faster, stronger runners</p> <p>High knees Butt Kicks Leaps and Bounds back peddle karyoke</p> <p>High Kicks (Frankenstein) Explosions out of stance, staying low Sideways running standing long jumps shuffle</p>

Break 3 mins

Stations (2)

Blocking Drill	10 mins	Driving the player with the shield back, good low position keep your feet moving, feet apart, hands out
Pick up and Go Drill	10 mins	Both D and O lie with their heads towards each other 2 yards apart, object is for the D to get past the O and tackle the tackling dummy or O not to let the QB be sacked

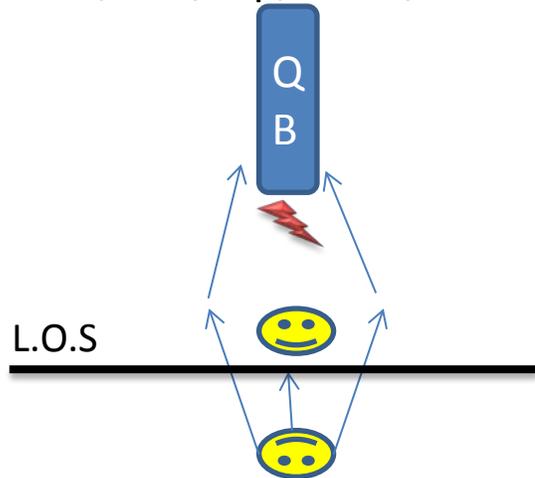
Break 3 mins

Offense Playbook 30 mins Offense-plays, huddle, formations, cadence, line spacing

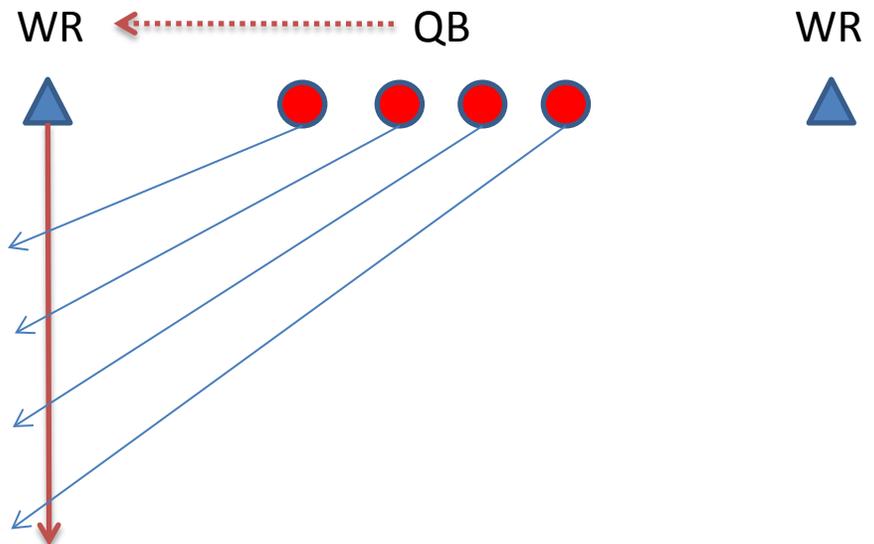
Defense Stations (3)

Form Tackling: 1 on 1	10 mins	Gather, lower hips, focus on waist, head on ball side, head up, wrap up and drive
Push, Pull, Rip, Swim Drill	10 mins	Work on breaking through tackles with push, bullrush, pull, rip, swim
Angle of Pursuit: D line	10 mins	D is to get in front of WR (WR makes it possible). Have kids change alignment

Push, Pull, Rip, Swim, Bull



Angle of Pursuit: D Line



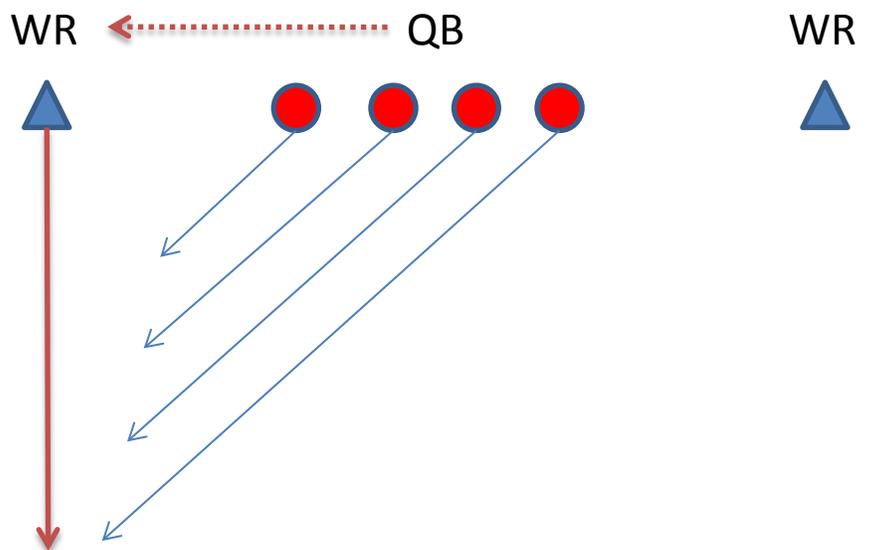
3 Step Football
Flicker Ball
Sharks and Minnow

Last 10-15 mins

Activity	Time	Objectives
Form running	15 mins	Good form = faster, stronger runners High knees Butt Kicks Leaps and Bounds back peddle karyoke
High Kicks (Frankenstein) Explosions out of stance, staying low Sideways running standing long jumps shuffle		
Break	3 mins	
Stations		
Blocking Drill	10 mins	Driving the player with the shield back, good low position keep your feet moving, feet apart, hands out
Rip, Swim, pull, push	10 mins	D line uses technique to get past O line, 2 on 2, etc. tackling the QB in the backfield
Pick up and Go Drill	10 mins	Both D and O lie with their heads towards each other 5 yards apart, object is for the D to get past the O and tackle the tackling dummy

Angle of Pursuit 10 mins

Angle of Pursuit: D Line



Offense v. Defense
Playbook 35-40 mins

3 Step Football 10-15 mins
Flicker Ball
Sharks and Minnow

Date: Day

Activity

Form running

Time

15 mins

Objectives

Good form = faster, stronger runners

High knees

Butt Kicks

Leaps and Bounds

back peddle

karyoke

High Kicks (Frankenstein)

Explosions out of stance, staying low

Sideways running

standing long jumps

shuffle

Break

3 mins

Stations (2)

Blocking Drill

10 mins

Driving the player with the shield back, good low position

keep your feet moving, feet apart, hands out

Converge Drill

10 mins

Ball carrier makes a move at cone and defenders converge to make tackle

Defenders should have head on ball side, ball secured with both arms

Ball carrier and defenders no more than 10 yards apart, not a high impact drill

cone will be place at the 5 yd mark, all go on ball carriers movement

Break

3 mins

Offense Playbook

30 mins

Offense-plays, huddle, formations, cadence, line spacing

Defense Stations (3)

Form Tackling: 1 on 1

10 mins

Gather, lower hips, focus on waist, head on ball side, head up, wrap up and drive

Push, Pull, Rip, Swim Drill

10 mins

Work on breaking through tackles with push, bullrush, pull, rip, swim

Angle of Pursuit: D line

10 mins

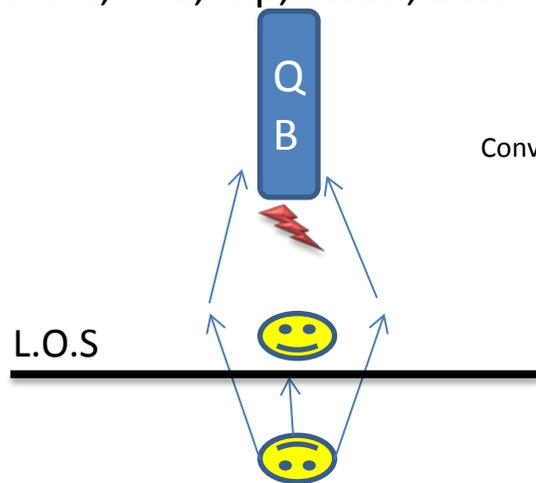
D is to get in front of WR (WR makes it possible). Have kids change alignment

O v. D

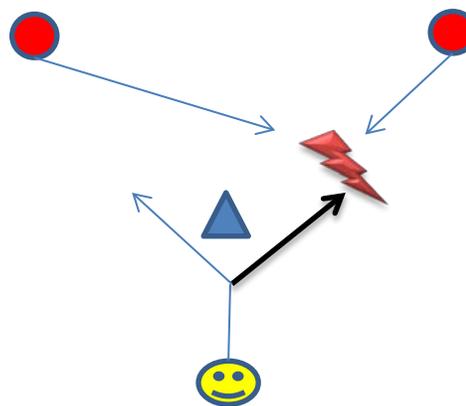
30 mins

Playbook

Push, Pull, Rip, Swim, Bull



Converge Drill



Sharks and Minnow

Last 10-15 mins

Date: Season

Activity	Time	Objectives	
Form running	15 mins	Good form = faster, stronger runners High knees Butt Kicks Leaps and Bounds back peddle karyoke	High Kicks (Frankenstein) Explosions out of stance, staying low Sideways running standing long jumps shuffle
Break	3 mins		
Stations (2)		Fundamentals	
D line and O line	30 mins		
Blocking Drill	10 mins	Driving the player with the shield back, good low position keep your feet moving, feet apart, hands out	
D line -Rip, Swim, Push	10 mins	Getting off the ball low, getting into the backfield Ball carrier makes a move at cone and defenders converge to make tackle Defenders should have head on ball side, ball secured with both arms Ball carrier and defenders no more than 10 yards apart, not a high impact drill cone will be place at the 5 yd mark, all go on ball carriers movement	
RB and QB	30 mins		
	10 mins	Ball security Drill	
	10 mins	Hand off, exchange drill; reps with handing off and hitting holes (28, 37 sweeps, and 41,42 dives)	
Break	3 mins		
O v. D	35-40 mins	Offense-plays, huddle, formations, cadence, line spacing Playbook	
Defense			
Angle of Pursuit: D line	10 mins	D is to get in front of WR (WR makes it possible). Have kids change alignment	
No Games?		Games Monday and Thursday	

Date: Season

Activity	Time	Objectives	
Form running	10 mins	Good form = faster, stronger runners High knees Butt Kicks Leaps and Bounds back peddle karyoke	High Kicks (Frankenstein) Explosions out of stance, staying low Sideways running standing long jumps shuffle
Break	3 mins		
Stations (2)		Fundamentals	
D line and O line	30 mins		
Blocking Drill	10 mins	Driving the player with the shield back, good low position keep your feet moving, feet apart, hands out	
D line -Rip, Swim, Push	10 mins	Getting off the ball low, getting into the backfield Ball carrier makes a move at cone and defenders converge to make tackle Defenders should have head on ball side, ball secured with both arms Ball carrier and defenders no more than 10 yards apart, not a high impact drill cone will be place at the 5 yd mark, all go on ball carriers movement	
RB and QB	30 mins		
	10 mins	Ball security Drill	
	10 mins	Hand off, exchange drill; reps with handing off and hitting holes (28, 37 sweeps, and 41,42 dives)-Blind folded	
Break	3 mins		
Defense			
Angle of Pursuit: D line	10 mins	D is to get in front of WR (WR makes it possible). Have kids change alignment	