

New this year is the joint team portion of practice time for skill development.

Teams sharing a field will mix the kids together into groups for rotating through stations. Attached you will find some ideas for stations. Over the course of the season there should be a good mix of station for offense (throwing, catching, handoffs, and running routes) and defense (pulling flags, covering and pursuit angles) with a couple of fun ideas mixed in along the way. If you have some ideas for stations that you do not see listed below feel free to use them and if they work well share them.

Practice duration:

- 1st and 2nd grade:
 - 60 minutes
 - 45 minutes last two weeks of the season due to loss of daylight
- 3rd, 4th and 5th& 6th:
 - 75 minutes before Labor Day
 - 60 minutes after Labor Day
 - 45 minutes last two weeks of the season due to loss of daylight

Practice Format:

- **Prior to practice:** talk with coaches from the other team on the field to determine which skills will be worked on in each of the stations
 - Recruit a parent to run a station if necessary
- **10 minutes** to get organized and warm up the kids
- **Skill development time:** players from both teams sharing a field are to be mixed between teams into small groups to rotate through stations
 - 1st and 2nd grade: **30 minutes**; 3 groups/stations; with water breaks
 - 3rd, 4th and 5th& 6th: **40 minutes**; 4 groups/stations; with water breaks
- **20-25 minutes** of team time to run plays or whatever you want to work on.
 - You could split your team in half for two groups running plays or put some kids on defense.

Day One Details:

- As kids arrive teach them how to put on the flag belt so that every player can put it on by themselves
- Introductions
- Explain some key rules:
 - No blocking, no tackling, no flag guarding, no pass interference, etc.

Ideas for the first 10 minutes of practice:

- Set up passing lines, maximum three kids to a line, use assistant's and parents to throw the ball, keep it short, could rotate from one line to the next
- Get kids throwing back and forth as they show up, start close as they complete passes they can move farther apart
- Practice running, high knees, long strides, run backwards
- Touchdown catches in the corner of the end zone
- Five pushups together as a team
- Play a small area game of tag with the flags
- Play sharks and minnows