

# WYF TACKLE FOOTBALL PRACTICE PLAN

Practice #: \_\_\_\_\_

Date: \_\_\_\_\_

Team: \_\_\_\_\_

TIME	PERIOD	ACTIVITY
6:00 PM	:00-:10	Dynamic Warm-Up ( <i>Active Stretch</i> ):
6:10 PM	:10-:20	Calisthenics / SAQ:
<b>6:20 PM</b>		<b>WATER BREAK</b>
6:25 PM	:25-:35	Individual Offense:
6:35 PM	:35-:45	Group Offense:
<b>6:45 PM</b>		<b>WATER BREAK</b>
6:50 PM	:50-:00	Individual Defense:
7:00 PM	:00-:10	Group Defense:
<b>7:10 PM</b>		<b>WATER BREAK</b>
7:15 PM	:15-:30	Team:
7:30 PM	:30-:40	Victory / Cool-Down: