



Practice Planning for Youth

The Basics

- Youth Attention Span
 - Their age x2 = total minutes they can pay attention
- Keep it moving
- Keep it fun
- Be prepared
 - Have a rain plan
 - Know if a drill is not working and adjust
- Running is NOT a punishment
- Plan for breaks



Part-Part-Whole

- Start Small
 - Individual Time
 - Teach each piece of run play
 - OL who to block, QB timing with RBs, etc.
- Next join groups
 - Run play on air
 - QBs throw to WRs
 - LBs and DBs cover on air
- Whole Group together
 - Team time
 - Game situation



Weekly Build-Up

- Monday- Intro opponent, install new plays, JV Game
- Tuesday- Offensive Emphasis- Condition Varsity, Stretch JV
- Wednesday- Defensive Emphasis, Conditioning (stop after week 3)
- Thursday- Walkthrough



Offensive Emphasis

3:15-3:25-	Warmup and Stretch	
3:25-3:45-	Special Teams	
3:45-4:00-	Varsity Offense	Skelly/O-Line Indy
	JV Defense	JV Organization Time
4:00-4:10-	Varsity Offense	Plays on Air
	JV Defense	JV Install Time
4:10-4:35-	Varsity Offense	Team
	JV Defense	Scout Team
4:35-5:00-	JV Offense	Scout Team
	Varsity Defense	Team



Defensive Emphasis

3:15-3:25-	Stretch and Warmup	
3:25-3:45-	Special Teams	
3:45-4:05-	JV Offense	Inside Run/Skelly
	Varsity Defense	Inside Run/Skelly
4:05-4:30-	JV Offense	Scout Team
	Varsity Defense	Team
4:30-4:55-	Varsity Offense	Team
	JV Defense	Scout Team
4:55-5:05-	Conditioning- Varsity-Fox Lead, JV with Maher	



Thursday Walk Through Script

3:25- The Following Script Until Done

1. Kick Return: 2 plays
2. Team Offense: 8 plays vs. Scout Defense
3. PAT: 3 times
4. Kick Off
5. Team Defense: vs. Scout Offense 8 Plays
6. Punt Return
7. Team Offense: vs. Scout Defense 6 Plays
8. 2pt Conversion: vs. Scout Defense 3 plays
9. Kick Off
10. Team Defense: vs. Scout Offense 6 Plays
11. Punt Return: Punt Team inside their 10
12. Chewbacca: 3 plays
13. Onside Kick Recovery
14. Punt
15. 2-Minute Offense- on air
16. Punt Return
17. Kick Return
18. Kick Off
19. Team Defense vs. Scout Offense: 4 Plays
20. Punt Return vs. Fake
21. Team Offense: 3 plays coming out of the end zone
22. Punt out of End Zone
23. Team Defense: 3 plays vs. Goal line offense
24. Field Goal Block
25. Team Defense: vs. Swinging Gate/Other Gadget Plays (If Needed)
26. Onside Kick
27. Punt from opponent 40 to pin opponent deep
28. Team Offense: 4-minute Offense and Victory Formation-on air



The Warm Up

- We plan for ten minutes of this each day
 - Does not always take our 90 players that long
- Varsity/JV Warm Up:
 - Ten lines (5 on each side of the field and spaced every ten yards)
 - Exercise to numbers and jog across to next numbers and do next exercise
 - High Knees, Butt-Kickers
 - Grass Grabbers, Quad Pull
 - Carioca looking one way, Carioca other way
 - Frankensteins, Back Pedal
 - Over/Under the fence-both ways
 - Light jog



Team Time

- Does not always need to look like a scrimmage
 - Types of tempo: Touch, Thud, Full Tackle
- We do not wear football pants for practice
 - Can still run an entire practice with tackling
- Other ideas for team:
 - Utilize bags and parents as the scout team



Circuits

- Allows for maximum drills, movement, teaching lots of skills
- Set amount of time- can vary depending on how much time you have or want to spend
- We recommend 4 stations per circuit
- Offensive Circuit:
 - Stance and starts
 - Blocking
 - Routes
 - Ball Security
- Defensive Circuits:
 - Tackling
 - Takeaways
- Special Teams:
 - Snapping, Catching, Kicking, Punting
- Can use as fun games at end



Ending

- Conditioning
 - Be Consistent but be smart
 - Do not do if too hot, or if players seem banged up
 - Make it fun!
 - Relay races
 - Take pads off
- Competitions and Fun
- Include announcements for parents



Notes

- Do you need two hours?
 - We cut back our practice time as the season moves on
- Install Time
 - Have a plan
 - Do not add until the previous has been mastered
- Do you need full contact?
 - We do not hit each other for long and rarely with full pads



Practice Plan Example

July 16th Practice
 Summer Practice #5- 9:00-11:00 am
 Shells

8:00-8:45-	All players needing equipment should report to C2	
9:00-9:10-	Stretch	
9:10-9:35-	Seniors/Juniors	Offensive Indy
	Sophs/Frosh	Defensive Indy
9:35-9:45-	Seniors/Juniors	Plays on Air
	Sophs/Frosh	Blitzes, Stunts on Air/ Formation rec
9:45-10:00-	Seniors/Juniors	Team Offense
	Sophs/Frosh	Team Defense
10:00-10:25-	Sophs/Frosh	Offensive Indy
	Seniors/Juniors	Defensive Indy
10:25-10:35-	Sophs/Frosh	Plays on Air
	Seniors/Juniors	Blitzes, Stunts on Air/ Formation rec
10:35-11:00-	All	1 on 1s- Passing Emphasis- OL vs. DL pass rush vs. pass set by scoreboard WR vs DBs, RBs vs. LBs in routes- Tennis Courts Left Hash- 9th and 10th, Right Hash- 11th and 12th



Announcements:

-Scrimmage Plan- full pads, arrive at 8:45 and be ready to go by 9:00AM!