



### **Sample Practice Schedule**

- 6:00** Team Huddle Practice Kick-Off
- 6:05** Team Warm-Up
- 6:10** Offense Drills (groups switch after 7-8 minutes)
- Group 1 Players
    - QB/RB Hand-Off Drill
    - QB/RB Pitch Drill
  - Group 2 Players
    - QB Kneeling Throw Drill
    - Clockwork Drill
- 6:25** Water Break
- 6:30** Defense Drills (groups switch after 7-8 minutes)
- Group 1 Players
    - Explode Off the Ball Drill
    - Linebacker Reaction Drill
  - Group 2 Players
    - Tip Drill
    - Zone Coverage Drill
- 6:45** Offense Playbook Walkthrough
- Focus on One Formation
  - Discuss Position Names in the Formation
  - Show and Walkthrough 2 Running Plays
  - Show and Walkthrough 2 Passing Plays
- 6:55** Go Route Drill
- 7:00** Team Huddle Wrap-Up

