



FOOTBALL DEVELOPMENT MODEL

PLAYER PROGRESSION GUIDE





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WELCOME

Playing football is a fun, rewarding experience that creates memories lasting a lifetime.

Each year, millions of young athletes snap up their chin straps and fasten their flag belts to put the skills they learned to the test, challenging themselves and each other in competition.

The fundamentals that coaches teach during practice and parents see on the field should be taught in a progressive manner, installed as a foundation and growing in complexity.

The USA Football Player Progression Guide, part of the Football Development Model (FDM), outlines a spectrum of athletic movements spanning from early childhood and leading into the high school years.

As players develop in skill and maturity, this guide will help you build effective practices, select appropriate drills and deliver pertinent lessons to your players.

Through a preseason and postseason evaluation, you will be able to gauge where your players are in their progression and build on those plans to improve throughout the season.

- Passing
- Receiving
- Prep for Contact
- Flag Pulling and Tackling
- Blocking
- Kicking and Punting
- Football Movement

Based on long-term athlete development, the FDM is a framework helping parents, coaches and program leaders provide what players need to grow in a developmentally appropriate manner.

USA Football wishes you good luck this season and thanks you for all you do for your young athletes.

HOW TO USE THIS GUIDE

This guide covers four stages of the Football Development Model.

Inside each stage's section, you'll find an overview with insight into coaching at that particular stage. This includes checklists to help you identify and assess your players' abilities.

You'll also find progressions, Key Performance Indicators (KPIs) and drills to help develop skills for specific positions. From passing to tackling to kicking, these pages will help guide your teaching as you work with your players at their stage of development.

Sample practice plans are at the back of each stage's section with drills and information. USA Football created a series of practice plans for each stage of development, allowing coaches a more customized structure.

At the back of this book is a large drill glossary, with detailed descriptions of drills you'll find throughout this Player Progression Guide.

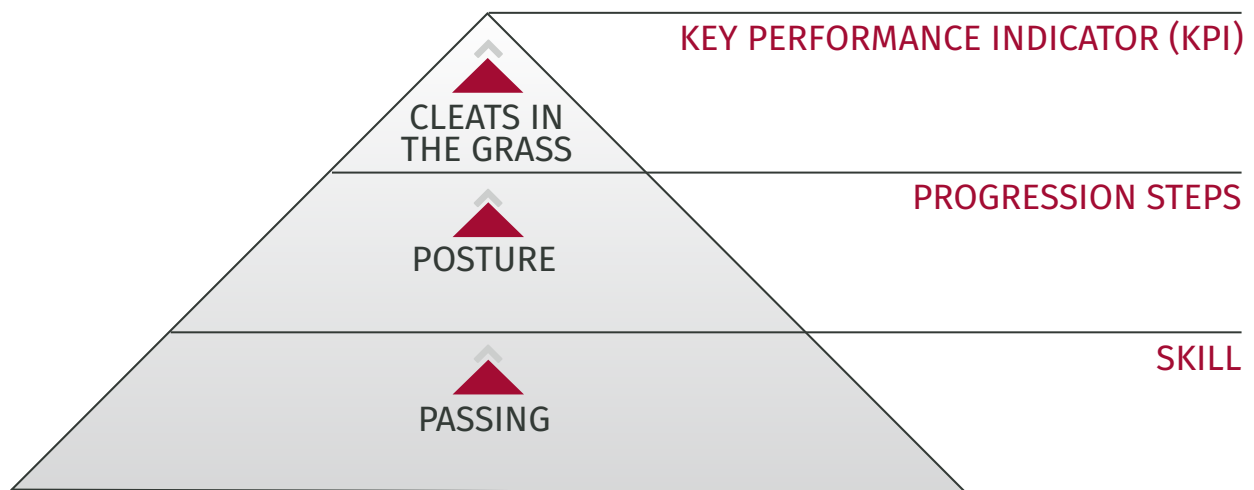
DEVELOPING PLAYER PROGRESSIONS AND KPIS

Football applies a wide range of physical activities and skills, not all of which are simple to learn, teach or perform.

Aligning skills in a progression with Key Performance Indicators (KPIs) make them easier to grasp. Within each skill is a progression that provides steps to help players perform or coaches teach that skill. For instance, “Posture” is the second progression step for passing.

Within each progression step is a KPI. KPIs are foundational actions or movements that identify reasons for success or failure within a specific aspect of the sport. For instance, “Cleats in the Grass” is a KPI within the passing Posture progression step. An athlete must master posture-related basics to be a successful passer.

Progressions and KPIs help us choose development stage-appropriate drills for athletes. They also provide coaches consistent language and keys to look for to help players hone skills and elevate their play.





FOOTBALL DEVELOPMENT MODEL

PLAYER PROGRESSION GUIDE

STAGE 1 DISCOVER & PLAY

Overview
Developmental Checklist
Skills
Practice Plans



STAGE 1 DISCOVER & PLAY

Free Play
Activities
First Down Initiative
Non-competitive Camps

WHAT IS DISCOVER AND PLAY?

Young children need the opportunity to develop basic movement skills such as running, jumping, kicking, throwing and catching in a fun setting built around informal play, exploration and positive reinforcement.

At this stage, there is no scoreboard nor is there formal competition. The focus is on activity and exposure.

Keep everyone moving and shrink the games down to their size. Children at this age don't need a lot of space to move in, but they do need appropriate-sized balls and equipment. If you are working with really young kids, try a beach ball or foam ball that they can grasp, throw and catch.

The skills we are developing at this stage will underpin everything they learn later. Longtime NFL strength coach Buddy Morris once said, "At this age, everything is cross-training." You may use footballs and use football terminology in your drills, but what kids learn should be transferable to any sport or activity they join.

Some children at Stage 1 will lack the prerequisite physical qualities to perform certain drills. That's OK. Find success in what they can do and adapt appropriately.

Done in the right environment, these drills, exercises and games provide the exposure youngsters need to develop the physical qualities that will ultimately lead to better technical skills as their sports journeys progress through the Football Development Model.

➤ **Reminder: Using this guide**

Throughout this Player Progression Guide, you'll find drills. You can find descriptions of these drills in the glossary on page 231.

STAGE DEVELOPMENT CHECKLIST

These checkpoints are based on the CORE technical skill areas of the Football Development Model. Each athlete should be able to perform the following skills:



Passing (using a developmentally appropriate-sized football)

- ☐ Throw underhand while stepping forward with the opposite foot
- ☐ Throw a ball with an overarm motion while stepping forward with the opposite foot
- ☐ Throw overhand to a partner with reasonable accuracy



Receiving (using a developmentally appropriate-sized football)

- ☐ Consistently toss and catch a ball to themselves
- ☐ Catch a ball that is thrown to them from a short distance
- ☐ Catch a ball with their hands, not trapping it or cradling against the body



Prep for Contact

- ☐ Perform basic tumbling movements (i.e., log rolls, teddy bear rolls)
- ☐ Gallop and shuffle without feet touching
- ☐ Transition from a standing position to a roll



Kicking and Punting (using a developmentally appropriate-sized ball or football)

- ☐ Kick a stationary ball from a stationary position
- ☐ Approach a stationary ball and kick it forward



Football Movement

- ☐ Skip and march with contralateral (side of the body opposite of a structure or action) arm movement
- ☐ Perform jumping and landing actions with balance
- ☐ Maintain balance while running, skipping and hopping
- ☐ Run in general space with others while maintaining personal space
- ☐ Run with a football while maintaining body and ball control
- ☐ Avoid obstacles while carrying a football
- ☐ Demonstrate understanding of change of speed (i.e., walk, jog, sprint)
- ☐ Maintain body control when changing direction and speed



Cognitive – Affective

- ☐ Demonstrate the ability to take turns
- ☐ Demonstrate the ability to share
- ☐ Follow simple directions
- ☐ Use words or actions to demonstrate awareness and understanding





PASSING – SKILLS AND KPIs

GAME-TYPES > **FREE PLAY** **ACTIVITIES** **FIRST DOWN INITIATIVE** **NON-COMPETITIVE CAMPS**

Below are skills that build the Passing progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve passing. Drill descriptions can be found in this guide's glossary.

1 PRE-PASS POSITION

- ✓ The body, grip and arm position prior to the throwing motion beginning. Creating a solid base from which to throw by having feet shoulder width apart, ball centered at chest, with a firm grip on the ball.

KPI(s): Grip, Base

- Athletes can properly grip an age-appropriate football with fingers on the laces and the ball properly secured in both hands



Drills to Support

Meet in the Middle Grip Drill
Opposite Foot Throws (underhand)
Opposite Foot Throws (overhand)
Partner Step and Throw

2 POSTURE

- ✓ A comfortable neutral posture as the throwing motion begins. Gained by dropping the hips, having a gentle bend in the knees and a very slight lean forward at the waist.

KPI(s): Neutral Posture

- Athletes have their ankle, hip and shoulder pointed at the target



Drills to Support

Simon Says Mirror the Coach

3 ARM MECHANICS

- ✓ The movements that make up a successful throw and the ability to coordinate those movements throughout the throwing motion.

KPI(s): Fluidity

- Athletes can throw the ball in a single fluid motion, first underhand then overhand



Drills to Support

Partner Step and Throw
Throw and Catch Relay
Opposite Foot Throws (overhand)

4 FINISH

✓ The body position and follow through after the ball is released.



KPI(s): Balance

- Taking an appropriate-length step, players deliver the ball to a target
- Athletes can maintain balance upon completion of the throw
- Don't cross the line



Drills to Support

Don't Cross the Line



RECEIVING – SKILLS AND KPIS

GAME-TYPES > **FREE PLAY** **ACTIVITIES** **FIRST DOWN INITIATIVE** **NON-COMPETITIVE CAMPS**

Below are skills that build the Receiving progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve receiving. Drill descriptions can be found in this guide's glossary.

1 FEET/FOOTWORK

- ✓ Preparing the body from the ground up by making sure the feet are positioned appropriately for the catch. Using the feet to help position the body in preparation, during and after the catch.

KPI(s): Stance, Start

- Basic footwork literacy, i.e., walking, jogging, sprinting with balance
- Arm appropriate motions include aligning with lower body activity, proper hip drive, thigh parallel to the ground, stop-and-go body control
- Can perform these actions while changing tempo, running various orientations and pathways



Drills to Support

Zig-zag Pathway
Stance Start and Go
Stop-and-Go Flow
Curved Pathway
Red Light/Green Light
Tag
Freeze Tag
Duck Duck Goose
Simon Says
Sharks and Minnows
Blob Tag

2 HANDS

- ✓ Preparing and positioning the fingers, hands and arms to complete a successful catch.

KPI(s): Hand Position

- Athletes can perform the stage-appropriate fundamentals of body and arm-hand placement efficiencies
- Physical literacy includes the spatial awareness to allow for appropriate body positioning
- Shows ability for a variety of arm-appropriate positioning (parallel or perpendicular) to the ground, hand positioning and various orientations



Drills to Support

Self-catch
Catch and Step with Partner
Hot Potato
Clockwork Hands

3 VISION

- ✓ Tracking the football through the air and into the hands. Learning to focus through distraction and with the body in various orientations.



KPI(s): Locate

- Athletes display the ability to locate a ball in flight, adequately judging its depth and distance



Drills to Support

- Progressive Turn and Catch
- Hide and Seek
- Butterfly Catcher

4 FINISH

- ✓ Movement through and following the catch. Transferring the football from catch to tuck and assuming correct ball-carrying position.



KPI(s): Secure

- Can secure the catch with the body, both arms and/or the hands



Drills to Support

- Catch, Step and Wrap
- 5 Points of Pressure
- Coaches Knockout Football Style



PREP FOR CONTACT – SKILLS AND KPIs

GAME-TYPES > **FREE PLAY** **ACTIVITIES** **FIRST DOWN INITIATIVE** **NON-COMPETITIVE CAMPS**

Below are drills to help players prepare for contact. These skills and Key Performance Indicators (KPIs) will help lay the foundation for contact going forward. Drill descriptions can be found in the glossary.

KPI(s): Coordination, Kinesthetic Awareness (muscle memory), Spatial Awareness, Balance, Stability, Accuracy with the Hands, Feet to External Targets

- Not focused on sport-specific skills but on fundamental development of global athleticism
- Ability to fall, tumble and crawl safely
- Hold postures and body positions as allowed by strength levels



Drills to Support

Learning to Fall Forward
 Learning to Fall Backward
 Somersaults
 Shoulder Rolls
 Log Rolls
 Hollow Rolls
 Bear Crawl
 Elephant Walk
 Monkey Walk
 Crab Walk
 Seal Crawl
 Shrimping

LEARN MORE ABOUT THE FOOTBALL DEVELOPMENT MODEL

Visit usafootball.com/fdm to get the latest resources and information.



KICKING AND PUNTING – SKILLS AND KPIs

GAME-TYPES >

FREE PLAY

ACTIVITIES

FIRST DOWN INITIATIVE

NON-COMPETITIVE CAMPS

Below are skills that build the Kicking and Punting progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve kicking and punting.

1 PREPARE

- ✓ The stance and approach prior to making contact to the ball with the foot.



KPI(s): Body Position

- Show proper lean and balance when kicking a stationary ball from a stationary position



Drills to Support

Balance Kicks

2 CONTACT MECHANICS

- ✓ The movements that make up a successful kick/punt up to and at the point of contact. The ability to coordinate these movements throughout the kicking/punting motion.



KPI(s): Eye-foot Coordination

- Maintain vision on contact point through connection
- Show leg swing through contact



Drills to Support

Stationary Kicks

Partner Kicks

3 POWER

- ✓ Using multiple muscles and leg speed to generate strength behind the kick in order to achieve longer distance and/or height.



KPI(s): Leg-swing

- Generates force at the point of contact



Drills to Support

Triple Kickball

Super Kickball

4 FINISH

- The drive and follow-through that completes the kicking motion.



KPI(s): Follow-through

- Maintains balance through contact



Drills to Support

Balance Kicks



FOOTBALL MOVEMENT- SKILLS AND KPIs

GAME-TYPES > **FREE PLAY** **ACTIVITIES** **FIRST DOWN INITIATIVE** **NON-COMPETITIVE CAMPS**

Below are drills to help players develop football movement skills. These skills, Key Performance Indicators (KPIs) and drills will help lay the foundation for these physical movements.

GENERAL ATHLETICISM

The physical qualities that make up athletes, such as agility, balance, coordination, speed, stamina and strength.

 **KPI(s): Running, Lateral Shuffle, Jumping, Hopping, Falling, Rolling, Sensory Awareness**

RUNNING

- Able to skip and march with contralateral arm movement, linear arm movement (nose-to-pocket arm swing) and proper hip drive with thigh parallel to the ground
- Able to stop and go with body control
- Can perform all actions while changing tempo
- Can run in various orientations and pathways



Drills to Support

March
Skip
Bound
Zig-zag Pathway
Forward/Backward
Stop-and-Go Flow

LATERAL SHUFFLE

- Can gallop and shuffle without feet touching
- Can shuffle in both directions
- Can stop-and-go with body control
- Can perform all actions with varying tempos



Drills to Support

Gallop
Lateral Shuffle
Lateral Cone Step Over

JUMPING AND HOPPING

- Can jump and land with both feet leaving and touching the ground at the same time
- Can perform coordinated arm swing, raising and lowering the center of mass, leaving the ground and landing on one foot while maintaining balance and body control
- Can perform all actions with varying tempos

 **Drills to Support**
Roll
Log Roll Bonanza

SENSORY AWARENESS

- Develops movement skill vocabulary
- Ability to move in space
- Directional awareness
- Able to identify different rhythms and tempos
- Able to visually track an object
- Can maintain balance in different body orientations

 **Drills to Support**
Heel/Toe Walk
Hand-Eye Coordination

FOOTBALL PERFORMANCE

Foundational movement skills and skill descriptors that are inherent to all levels and game types within football.

 **KPI(s): Agility, Strength and Power, Stamina and Speed**

AGILITY

- Can execute foundational movements with spatial and temporal awareness

 **Drills to Support**
Building Agility 1
Building Agility 2
Building Agility 3
Building Agility 4
Follow the Snake

STRENGTH AND POWER

- Can perform foundational movement skills in a biomechanically correct manner

 **Drills to Support**
Wall Push
Squat Under
Squat Walkout
Squat
No Hands, Get Up
Crab Crawl
Bear Crawl

STAMINA AND SPEED

- Can execute foundational movement skills correctly without undue fatigue relative to the needs of the activity
- Can perform foundational movement skills in a biomechanically correct manner as tempo increases



Drills to Support

Multi-Directional Get Up and Go
Gear Runs
Gear Runs Random Order

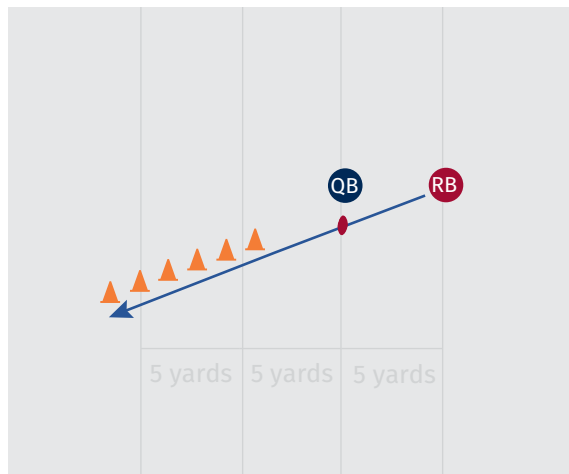
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PRACTICE PLAN 1			
THEME	ACTIVITY		DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Teamwork Lesson 1 Use TrueSport Teamwork Lesson 1		Intro
DYNAMIC WARM-UP	➤ Straight Leg March (2 x 5 yards)		7 Minutes
	➤ Skipping (2 x 5 yards)		
	➤ Single Leg Quad Stretch and Reach (2 x 5 yards)		
	➤ Heel to Toe Walks (2 x 5 yards)		
SKILL BUILDERS ACTIVITY	➤ Jumping Beans (4 minutes) Don't forget to emphasize balance		10 Minutes
	➤ Log Roll Bonanza (6 minutes) Focus on the transitions from rolling to an upright position		
HYDRATION BREAK			4 Minutes
BUILDING SKILLS	➤ PASSING		15 Minutes
	➤ Meet in the Middle Grip Drill (2 minutes) Remember that ball placement is at the chest level		
	➤ Opposite Foot Partner Throw and Catch (4 minutes) Focus on the footwork		
	➤ RECEIVING		
	➤ Hot Potato (4 minutes) Talk about hand positioning		
	➤ FOOTBALL MOVEMENT		
	➤ QB Open Steps Hand-off (5 minutes) Practice turning to the right and the left		
HYDRATION BREAK			4 Minutes
TEAM TIME	➤ FLAG PULLING/PREP FOR CONTACT		15 Minutes
	➤ No Hands, Get Up (3 minutes) Consider experimenting with different ways to get to your feet		
	➤ Flag Tag (12 minutes) Feel free to set boundary lines and make the play area smaller and smaller		
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 1: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



QB OPEN STEPS

Description:

Divide players into two groups. Group 1 will be the quarterbacks and group 2 will be the running backs. Have group 2 line up in running back position approximately 4 to 5 yards behind the QB. Coach can kneel in front of the QB to provide a simulated snap.

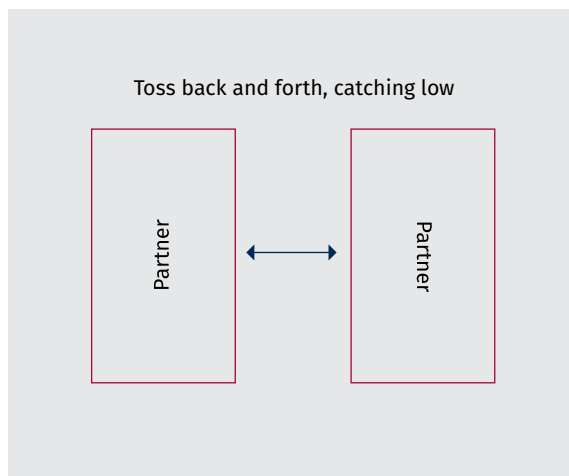
Have QB receive the snap and turn to handoff to the running back. After each player has had at least two rotations, switch and allow the QBs to become the RBs and RBs to work as the QBs in the drill. Focus on footwork, ball position and arm/hand position for both groups.



MEET IN THE MIDDLE GRIP DRILL

Description:

Start in an athletic stance with both hands at your side. Hold the football in your dominant throwing hand. In one motion, bring the football toward your sternum to meet your non-dominant hand. Once the football is in both hands, make sure fingers cross the laces.



HOT POTATO

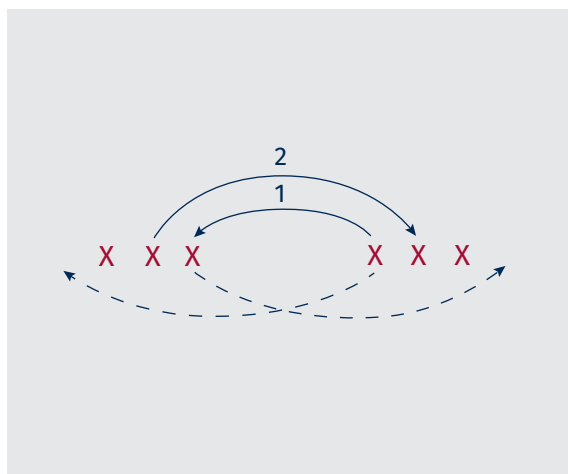
Description:

Using underhand passes, toss the football around the circle or class without dropping the ball. If someone drops it, he/she sits in the center of the circle ("hot potato soup" pot). After the end of each round, increase the speed that the ball is tossed around the circle until only two players remain standing.

PRACTICE PLAN 2			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Teamwork Lesson 2	Use TrueSport Teamwork Lesson 2	Intro
DYNAMIC WARM-UP	➤ Knee Hugs (2 x 5 yards)		7 Minutes
	➤ Bunny Hops Forward (2 x 5 yards)		
	➤ Bunny Hops Backward (2 x 5 yards)		
	➤ Lateral Shuffle (2 x 5 yards)		
	➤ Gallops (2 x 5 yards)		
SKILL BUILDERS ACTIVITY	➤ Gear Runs (3 minutes)	Fast-faster-fastest; consider extra gears	10 Minutes
	➤ Position Tag (7 minutes)	Make sure everyone stays within the boundaries	
HYDRATION BREAK			4 Minutes
BUILDING SKILLS	➤ PASSING		15 Minutes
	➤ Meet in the Middle (2 minutes)	Two hands on the ball, relax the arms	
	➤ Partner Step and Throw (3 minutes)	Focus on a fluid, smooth throwing motion	
	➤ RECEIVING		
	➤ Throw and Catch Relay (5 minutes)	Try catching with the hands and not the body	
	➤ FOOTBALL MOVEMENT		
	➤ Snake Run (5 minutes)	Focus on fundamentals of carrying the football while running	
HYDRATION BREAK			4 Minutes
TEAM TIME	➤ FLAG PULLING/PREP FOR CONTACT		15 Minutes
	➤ Multi-Directional Get Up and Go (3 minutes)	Make sure players can see which direction you point	
	➤ Small Field Flag/Touch Football (12 minutes)	Follow basic game rules and focus on fun	
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 2: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.

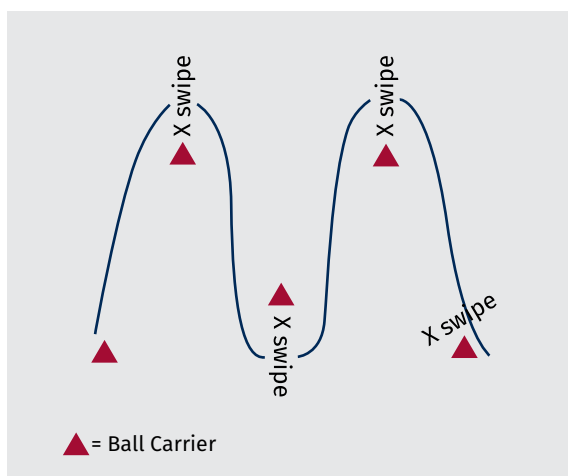


THROW AND CATCH RELAY

Description:

Count players off by four. 1s and 2s will form team A, and 3s and 4s will form team B. 1s will line up along a yard line facing the 2s. 3s will line up along a yard line facing the 4s. The distance between the 1s-2s and 3s-4s will depend on skill. The first 1 and the first 3 will each be given a football.

On the coach's command, the first 1 will throw the ball to the first 2, who will then throw the ball to the second 1, etc. The first 3 will throw the ball to the first 4, who will throw the ball to the second 3, etc. If someone on team A fails to make the catch, the 1s and 2s must start over again. This process repeats itself until one of the two teams has all players complete a throw and catch of the ball.



SNAKE RUN

Description:

Divide players into two groups. One group will be defenders, the other group runners. Set up five cones in a zig-zag pattern with at least one defender at each cone. Have runners start at the first cone.

One player at a time will run through the series of cones demonstrating the correct skills for carrying a football while the defenders positioned at each cone try to swipe the football from the carrier as they run through the cones.



PARTNER STEP AND THROW

Description:

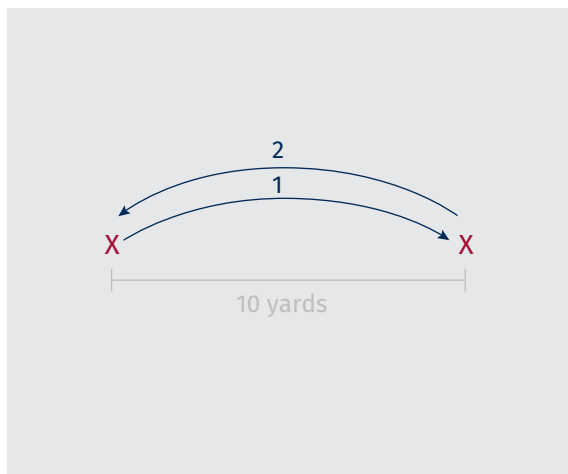
Partners stand 10 yards apart or an appropriate distance for the age group. Partner 1 grips and holds the football in both hands, assumes a stance with both feet shoulder-width apart, facing the target with his/her non-throwing shoulder.

Raise the ball to ear level, drop back with the dominant foot, take one step forward with the non-dominant foot and follow-through upon releasing the ball to Partner 2. Once receiving the ball, Partner 2 performs the same step and throw.

PRACTICE PLAN 3			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Hydration Lesson 1	Use TrueSport Hydration Lesson 1	Intro
DYNAMIC WARM-UP	➤ Lateral Shuffle (2 x 5 yards)		7 Minutes
	➤ Backwards run (2 x 5 yards)		
	➤ Jumping Jacks (10x)		
	➤ Duck Walk/Squat Walks (2 x 5 yards)		
SKILL BUILDERS ACTIVITY	➤ Zig-zag Pathway (3 minutes)	Discuss the idea of planting the outside foot to cut on	10 Minutes
	➤ Blob Tag (7 minutes)	Try to stay together when the blob has to move	
HYDRATION BREAK			4 Minutes
BUILDING SKILLS	➤ PASSING		15 Minutes
	➤ Throwing Posture – Simon Says (3 minutes)	Feet shoulder-width, gentle bend in the knees, slight lean forward	
	➤ 1-Knee Throws (4 minutes)	Keep the distance short, use a developmentally sized football	
	➤ RECEIVING		
	➤ Stance Start-and-Go (4 minutes)	Start from a balanced position, check the feet	
	➤ KICKING/PUNTING		
	➤ Partner Kicks (4 minutes)	Focus on the kicking motion, not the distance	
HYDRATION BREAK			4 Minutes
TEAM TIME	➤ FLAG PULLING/PREP FOR CONTACT		15 Minutes
	➤ Crab Crawl (3 minutes)	Make it a relay	
	➤ Team Touchdown (12 minutes)	Eyes on hips to pull the flag; stay low, stay square and reach	
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 3: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



PARTNER KICKS

Description:

Starting with the ball on the ground or on a tee, kick the ball to a partner 5 to 10 yards away (or an appropriate distance for the players involved). Try to kick the ball to a partner, landing the ball as close to the partner as possible. Once the ball is secure, reverse the roles.



STANCE START-AND-GO

Description:

Players will align in a 2-point staggered stance (dominant foot forward). On coach's "GO," the receiver will sprint "off the ball" running for 10 yards.



THROWING POSTURE - SIMON SAYS

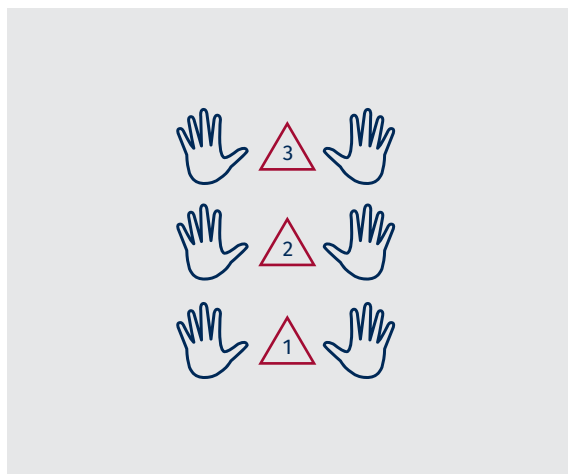
Description:

One person is designated "Simon" while the others are the players. Standing in front of the group, Simon tells the players what they must do. However, the players must only obey commands that begin with the words, "Simon Says...." If Simon says, "Simon says touch your nose," then players must touch their noses. But, if Simon simply says, "jump," without first saying, "Simon says," players must not jump. Those who do jump are eliminated.

PRACTICE PLAN 4			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Hydration Lesson 2	Use TrueSport Hydration Lesson 2	Intro
DYNAMIC WARM-UP	➤ Gallop (2 x 5 yards)		7 Minutes
	➤ Bear Crawls (2 x 5 yards)		
	➤ Crab Crawls (2 x 5 yards)		
	➤ Heel/Toe Walk (2 x 5 yards)		
	➤ Jumping Jacks (10x)		
SKILL BUILDERS ACTIVITY	➤ Lilly Pad Jump/Hop (4 minutes)	Focus on landing with balance, knees bent	10 Minutes
	➤ Log Roll Bonanza (6 minutes)	Try to roll in a straight line	
HYDRATION BREAK			4 Minutes
BUILDING SKILLS	➤ PASSING		15 Minutes
	➤ Throwing Posture – Simon Says (1 minute)	Two hands on the ball at chest level	
	➤ 1-Knee Throws (3 minutes)	Emphasize accuracy	
	➤ Partner Step and Throw (4 minutes)	Focus on fluidity over mechanics at this stage	
	➤ RECEIVING		
	➤ Catching Low-Medium-High (4 minutes)	Hands up and away from the body	
	➤ FOOTBALL MOVEMENT		
	➤ Outside Arm Drill (4 minutes)	Five points of contact: bicep-forearm-palm-fingers-chest	
HYDRATION BREAK			4 Minutes
TEAM TIME	➤ FLAG PULLING/PREP FOR CONTACT		15 Minutes
	➤ Mousetrap (4 minutes)	Focus on adjusting height and speed to go under arms	
	➤ Small Field Flag/Touch Football (8 minutes)	Have athletes take turns making up plays in the huddle	
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 4: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



CATCH LOW, MEDIUM, HIGH

Description:

Start 5 five yards away from a partner. Throw an appropriately sized ball back and forth as the receiver works the hands up and down.



OUTSIDE ARM

Description:

Toss or throw an appropriately sized football to a player. Once in possession of the ball, the player secures the ball in the outside arm (the one nearest the sideline), then turns and runs 5 to 10 yards upfield.



PARTNER STEP AND THROW

Description:

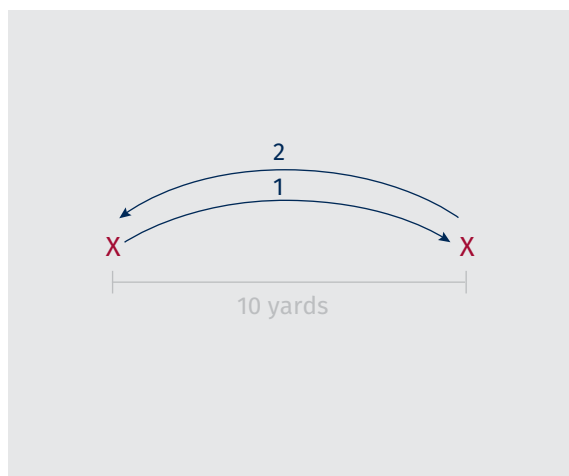
Partners stand 10 yards apart or an appropriate distance for the age group. Partner 1 grips and holds the football in both hands, assumes a stance with both feet shoulder-width apart, facing the target with his/her non-throwing shoulder.

Raise the ball to ear level, drop back with the dominant foot, take one step forward with the non-dominant foot and follow-through upon releasing the ball to Partner 2. Once receiving the ball, Partner 2 performs the same step and throw.

PRACTICE PLAN 5			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Sportsmanship Lesson 1	Use TrueSport Sportsmanship Lesson 1	Intro
DYNAMIC WARM-UP	➤ Skipping (2 x 5 yards) ➤ High Knees (2 x 5 yards) ➤ Butt Kicks (2 x 5 yards) ➤ Lateral Shuffle (2 x 5 yards) ➤ Single Leg Quad Stretch and Reach (2 x 5 yards)		7 Minutes
SKILL BUILDERS ACTIVITY	➤ Scatter Run (5 minutes) ➤ Players Choice (5 minutes)	Mix up the commands (crawl, hop, march; add in low, high, slow, fast) Give a few choices and let players pick their favorite game or activity	10 Minutes
HYDRATION BREAK			4 Minutes
BUILDING SKILLS	➤ PASSING ➤ Arm Circles Small/Large (1 minute) ➤ Hip Flips (1 minute) ➤ Trunk Rotation Throws (5 Yards) (4 minutes) ➤ RECEIVING ➤ YAC – Yards After Catch (5 minutes) ➤ KICKING/PUNTING ➤ Partner Punts (4 minutes)	Be sure to go clockwise and counterclockwise Jump off two feet, turn 90° and land on both feet Focus on getting the shoulder pointed at the target Be sure to tuck the ball after the catch and before running Don't worry about distance, just try to make good contact with the ball	15 Minutes
HYDRATION BREAK			4 Minutes
TEAM TIME	➤ FLAG PULLING/PREP FOR CONTACT ➤ Position Tag (5 minutes) ➤ Ultimate Football (10 minutes)	Encourage evasive movements to avoid the tag Encourage creativity; limit rules but keep the game flowing	15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 5: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



PARTNER PUNTS

Description:

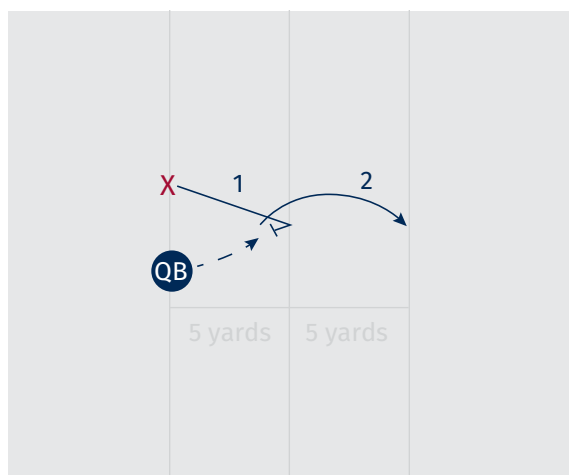
Starting 5 to 10 yards away from a partner (or an appropriate distance for the players involved), drop the ball and punt it as close to the partner as you can. Once the ball is secure, reverse the roles.



TRUNK ROTATION THROWS

Description:

Line up 5 yards across from a partner. Plant feet shoulder-width apart and point both feet forward. While keeping your feet planted, rotate your torso as you throw the football to your partner.



YAC - YARDS AFTER CATCH

Description:

YAC standards for yards after catch. In football, when you catch it, you run with it! Have players partner up. They will need a flag belt and a football. Have players play catch for about 30 seconds. At or around 30 seconds, coach will blow the whistle and the player who has the ball must run from their partner, who will try to pull their flag off. Allow 20 to 30 seconds for each "chase" before starting again.

PRACTICE PLAN 6

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Sportsmanship Lesson 2	Use TrueSport Sportsmanship Lesson 2	Intro
DYNAMIC WARM-UP	➤ Straight Leg March (2 x 5 yards) ➤ 1-Leg Hops (10x) ➤ Forward/Backward Runs (2 x 5 yards in each direction) ➤ Gallop (2 x 5 yards) ➤ Duck Walk/Squat Walk (2 x 5 yards)		7 Minutes
SKILL BUILDERS ACTIVITY	➤ Jumping Beans (4 minutes) ➤ Zig-zag Pathway with a football (6 minutes)	Emphasize landing mechanics; on balance, knees bent Focus on the five points of contact carrying the ball	10 Minutes
HYDRATION BREAK			4 Minutes
BUILDING SKILLS	➤ PASSING ➤ Arm Circles Small/Large (1 minute) ➤ Hip Drops (1 minute) ➤ Partner Step and Throw (4 minutes) ➤ RECEIVING ➤ Receiving Routes and Catch (5-yard crossing route-fade) (5 minutes) ➤ FOOTBALL MOVEMENT ➤ Snake Runs (4 minutes)	Get the shoulders loose Re-emphasize pointing the shoulder at the target Check posture before, during and after the throw Use the hands, not the body Move the ball to the outside arm when approaching a defender	15 Minutes
HYDRATION BREAK			4 Minutes
TEAM TIME	➤ FLAG PULLING/PREP FOR CONTACT ➤ Angle of Pursuit Drill (5 minutes) ➤ Flag Football Game (10 minutes)	Discuss the angle; run to a spot, not at a player Make sure everyone gets a chance to play each position	15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 6: DRILL INDEX

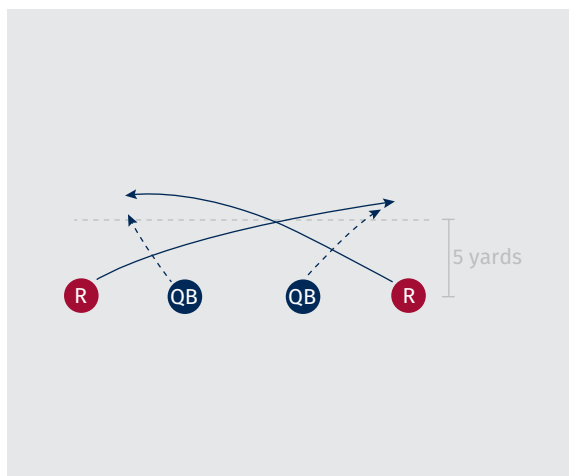
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



HIP DROPS

Description:

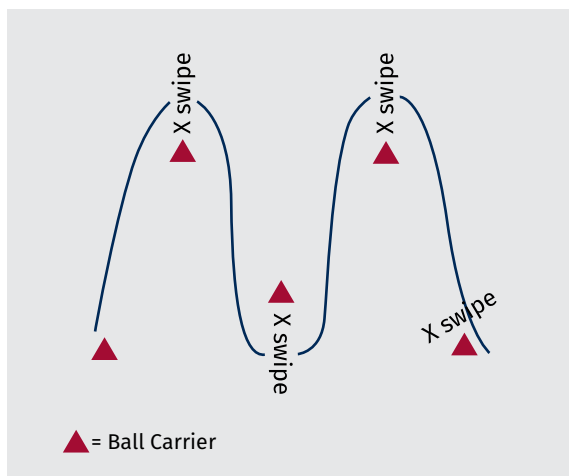
Stand with feet shoulder-width apart. On the coach's command, drop the hips, giving a gentle bend in the knees, and lean slightly forward. Spine angle is essential: keep the back straight and bend slightly forward.



RECEIVING ROUTES AND CATCH

Description:

Working with passers, coach will specify which routes the receivers will be running. Coaches are encouraged to use routes from their playbook or that are developmentally appropriate.



SNAKE RUN

Description:

Divide players into two groups. One group will be defenders, the other group runners. Set up five cones in a zig-zag pattern with at least one defender at each cone. Have runners start at the first cone.

One player at a time will run through the series of cones demonstrating the correct skills for carrying a football while the defenders positioned at each cone try to swipe the football from the carrier as they run through the cones.

PRACTICE PLAN 7			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Nutrition Lesson 1		Intro
DYNAMIC WARM-UP	➤ Knee Hugs (2 x 5 yards)		7 Minutes
	➤ Lateral Shuffle (2 x 5 yards)		
	➤ Crab Crawls (2 x 5 yards)		
	➤ Jumping Jacks (15x)		
SKILL BUILDERS ACTIVITY	➤ Gear Runs (3 minutes)	Try adding in skips, hops and shuffles	10 Minutes
	➤ Blob Tag (7 minutes)	Split the blob into smaller blobs	
HYDRATION BREAK			4 Minutes
BUILDING SKILLS	➤ PASSING		15 Minutes
	➤ Meet in the Middle (2 minutes)	Nose of the ball pointed slightly down	
	Palms Up Small Arm Circles to	Go clockwise and counterclockwise	
	➤ Large Arm Circles (Clockwise and Counter Clockwise)(1 minute)		
	➤ Lunge with a Twist (2 x 5 yards)	Point the shoulder at the target	
	➤ Partner Catch (3 minutes)	Move back only as far as accuracy will allow	
	➤ RECEIVING		
	➤ Hot Potato (4 minutes)	Be sure to complete the catch; be quick but don't hurry	
	➤ KICKING/PUNTING		
	➤ Two-Step Kicks (4 minutes)	Focus on approach; plant the non-kicking foot next to the ball	
HYDRATION BREAK			4 Minutes
TEAM TIME	➤ FLAG PULLING/PREP FOR CONTACT		15 Minutes
	➤ Multi-Directional Get Up and Go (5 minutes)	Try it without using your hands	
	➤ Flag Tag (10 minutes)	Flag pulling cues; yes on hips-breakdown position, reach for the hip	
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 7: DRILL INDEX

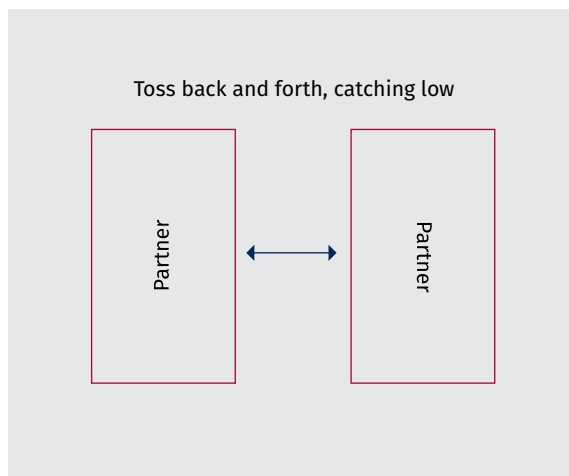
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



PALMS UP SMALL ARM CIRCLES TO LARGE ARM CIRCLES (CLOCKWISE AND COUNTER CLOCKWISE)

Description:

While standing stationary, keep your arms straight and raise them to shoulder height. Move your arms in a circular motion with your palms open and up, facing the sky. Start with small circles both clockwise and counterclockwise, gradually making larger circles.



HOT POTATO

Description:

Using underhand passes, toss the football around the circle or class without dropping the ball. If someone drops it, he/she sits in the center of the circle ("hot potato soup" pot). After the end of each round, increase the speed that the ball is tossed around the circle until only two players remain standing.



MEET IN THE MIDDLE

Description:

Start in an athletic stance with both hands at your side. Hold the football in your dominant throwing hand. In one motion, bring the football toward your sternum to meet your non-dominant hand. Once the football is in both hands, make sure fingers cross the laces.

PRACTICE PLAN 8			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Nutrition Lesson 2	Use TrueSport Nutrition Lesson 2	Intro
DYNAMIC WARM-UP	➤ Lunge (2 x 5 yards) ➤ Lunge with a twist (2 x 5 yards) ➤ Bear Crawls (2 x 5 yards) ➤ Gallop (2 x 5 yards)		7 Minutes
SKILL BUILDERS ACTIVITY	➤ Stop and Go Flow (5 minutes) ➤ Sharks and Minnows (5 minutes)	Focus on speed transitions (50 percent, jog, buzz the feet, etc.) What moves can the players use to avoid the sharks	10 Minutes
HYDRATION BREAK			4 Minutes
BUILDING SKILLS	➤ PASSING ➤ Palms Up Small Arm Circles to Large Circles (Clockwise and Counter Clockwise) (1 minute) ➤ Partner Step and Throw (4 minutes) ➤ Throw Routes (5 minutes) ➤ RECEIVING Receiving Routes and Catch - ➤ 5-yard Crossing Routes with Throwers ➤ FOOTBALL MOVEMENT ➤ Outside Arm (5 minutes)	Loosen up those arms and shoulders Try adding distance as you warm-up Explain the concept of leading the receiver Try to run through the catch Step toward the target and use two hands for the toss	15 Minutes
HYDRATION BREAK			4 Minutes
TEAM TIME	➤ FLAG PULLING/PREP FOR CONTACT ➤ Angle of Pursuit Drill (5 minutes) ➤ Players Game Choice (10 minutes)	Talk about pursuit angles before starting the drill Focus on fun and offer choices for the players to decide	15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 8: DRILL INDEX

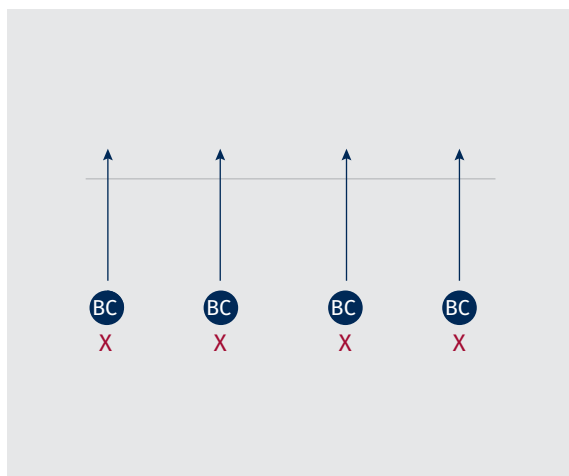
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



PALMS UP SMALL ARM CIRCLES TO LARGE ARM CIRCLES (CLOCKWISE AND COUNTER CLOCKWISE)

Description:

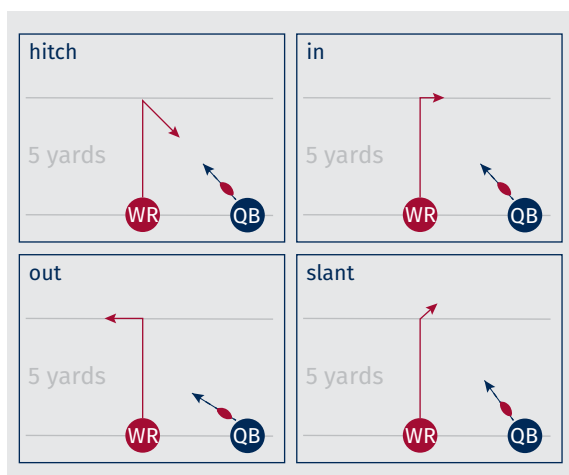
While standing stationary, keep your arms straight and raise them to shoulder height. Move your arms in a circular motion with your palms open and up, facing the sky. Start with small circles both clockwise and counterclockwise, gradually making larger circles.



OUTSIDE ARM

Description:

Toss or throw an appropriately sized football to a player. Once in possession of the ball, the player secures the ball in the outside arm (the one nearest the sideline), then turns and runs 5 to 10 yards upfield.



THROW ROUTES

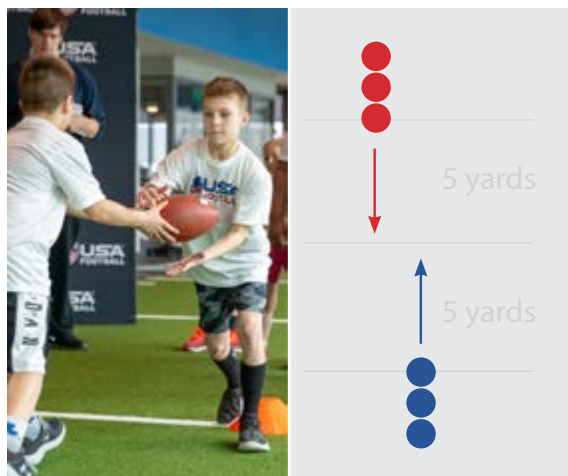
Description:

Have passers throw to receivers who are running routes specified by the coach. Coach is encouraged to incorporate receiving routes that will involve the passers using 3 and 5-step drops and roll-outs as determined by passer ability.

PRACTICE PLAN 9			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Leadership Lesson 1	Use TrueSport Leadership Lesson 1	Intro
DYNAMIC WARM-UP	➤ Single Leg Quad Stretch and Reach (2 x 5 yards)		7 Minutes
	➤ Skips (2 x 5 yards)		
	➤ Forward/Backward Runs (2 x 5 yards in each direction)		
	➤ Lateral Shuffle (2 x 5 yards)		
SKILL BUILDERS ACTIVITY	➤ Lilly Pad Jump/Hop (4 minutes)	Re-emphasize landing mechanics: balance, knees bent	10 Minutes
	➤ Position Tag (6 minutes)	Add players carrying a ball during the activity	
HYDRATION BREAK			4 Minutes
BUILDING SKILLS	➤ PASSING		15 Minutes
	➤ Arm Circles Small/Large (1 minute)	Clockwise and counterclockwise	
	➤ Trunk Rotation Throws (5 yards) (4 minutes)	Get a good turn with those shoulders	
	➤ RECEIVING		
	➤ Throw and Catch Relay (5 minutes)	Complete the catch and tuck the ball before running	
	➤ FOOTBALL MOVEMENT		
	➤ Handoff Relay (5 minutes)	Focus on approach; plant the non-kicking foot next to the ball	
HYDRATION BREAK			4 Minutes
TEAM TIME	➤ FLAG PULLING/PREP FOR CONTACT		15 Minutes
	➤ Flag Football Game	Follow basic game rules just to keep the game organized	
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 9: DRILL INDEX

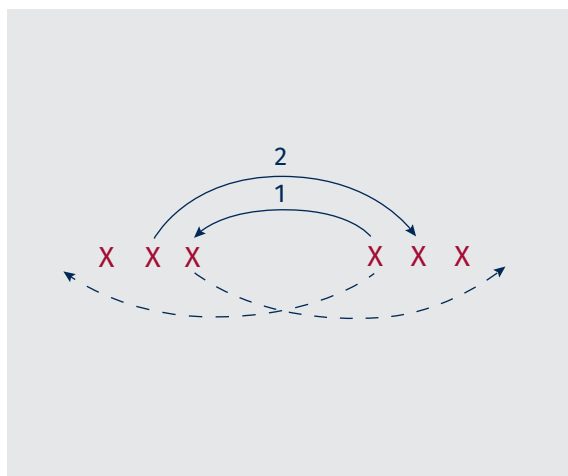
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



HANDOFF RELAY

Description:

Coach will assign relay teams (either 2 or 4). Have teams then divide up equally and stand approximately 10 yards across from their teammates. Using a proper hand-off have teams compete in a relay race. Ball cannot be tossed to the waiting teammate; players must demonstrate a proper hand-off. Coach is encouraged to review arm position for receiving a hand-off.



THROW AND CATCH RELAY

Description:

Count players off by four. 1s and 2s will form team A, and 3s and 4s will form team B. 1s will line up along a yard line facing the 2s. 3s will line up along a yard line facing the 4s. The distance between the 1s-2s and 3s-4s will depend on skill. The first 1 and the first 3 will each be given a football.

On the coach's command, the first 1 will throw the ball to the first 2, who will then throw the ball to the second 1, etc. The first 3 will throw the ball to the first 4, who will throw the ball to the second 3, etc. If someone on team A fails to make the catch, the 1s and 2s must start over again. This process repeats itself until one of the two teams has all players complete a throw and catch of the ball.



TRUNK ROTATION THROWS

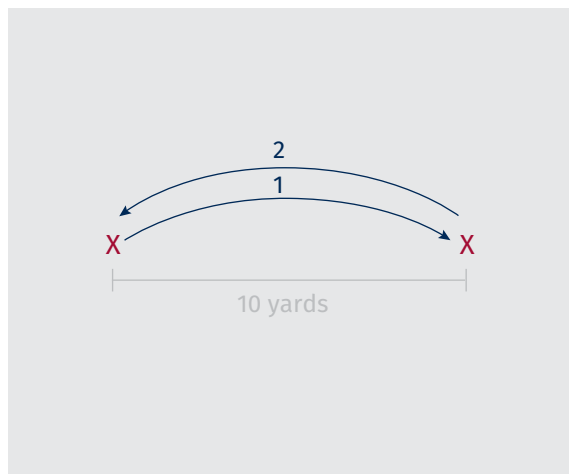
Description:

Line up 5 yards away from a partner. Plant your feet shoulder-width apart and point both feet forward. While keeping the feet planted, rotate your torso as you throw the football to a partner. Increase yardage as appropriate after several successful throws and catches. Emphasize upper body rotation.

PRACTICE PLAN 10			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Nutrition Lesson 2	Use TrueSport Leadership Lesson 1	Intro
DYNAMIC WARM-UP	➤ High Knees (2 x 5 yards)		7 Minutes
	➤ Butt Kicks (2 x 5 yards)		
	➤ Carioca (2 x 5 yards)		
	➤ Gear Runs (4 minutes)		
SKILL BUILDERS ACTIVITY	➤ Mirror Your Partner Lateral shuffle (4 minutes)	Try to stay low and keep he head level	10 Minutes
	➤ Players Choice (6 minutes)	Offer choices and let the players decide on a fun skill builder	
HYDRATION BREAK			4 Minutes
BUILDING SKILLS	➤ PASSING		15 Minutes
	➤ Arm Circles Small/Large (1 minute)	Get the arms and shoulders loose	
	➤ Partner Step and Throw (4 minutes)	Check posture and ball position before the throw	
	➤ 5-10 Yard Curl Routes (5 minutes)	Fluid motion; lead the receiver	
	➤ RECEIVING		
	Receiving Routes and Catch -	Use the hands	
	➤ Crossing & Curl Routes with throwers		
	➤ FOOTBALL MOVEMENT		
➤ Partner Punts (5 minutes)	Work on taking one step into the punt		
HYDRATION BREAK			4 Minutes
TEAM TIME	➤ FLAG PULLING/PREP FOR CONTACT		15 Minutes
	➤ Ultimate Football (15 minutes)	Encourage creativity during play (throwing on the move, evasive moves, making up routes, etc.)	
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 10: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



PARTNER PUNTS

Description:

Starting 5 to 10 yards away from a partner (or an appropriate distance for the players involved), drop the ball and punt it as close to the partner as you can. Once the ball is secure, reverse the roles.

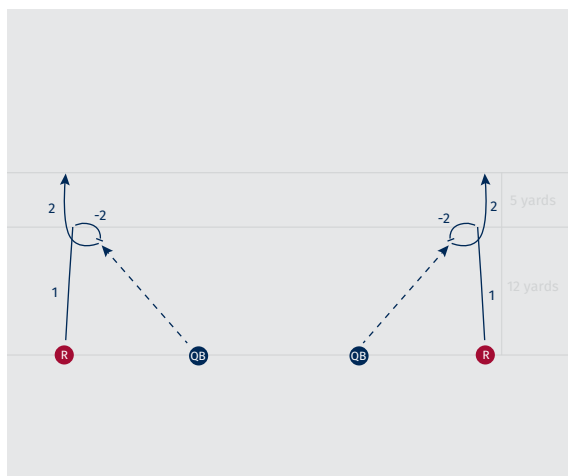


PARTNER STEP AND THROW

Description:

Partners stand 10 yards apart or an appropriate distance for the age group. Partner 1 grips and holds the football in both hands, assumes a stance with both feet shoulder-width apart, facing the target with his/her non-throwing shoulder.

Raise the ball to ear level, drop back with the dominant foot, take one step forward with the non-dominant foot and follow-through upon releasing the ball to Partner 2. Once receiving the ball, Partner 2 performs the same step and throw.



5-10 YARD CURL AND CROSSING ROUTES

Description:

Have passers throw routes to receivers who are running 5 to 10-yard Curl and/or Crossing Routes. Incorporate 3-step drop mechanics.

PRACTICE PLAN 11			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Recovery Lesson 1	Use TrueSport Recovery Lesson 1	Intro
DYNAMIC WARM-UP	➤ Straight Leg March (2 x 5 yards)		7 Minutes
	➤ Forward/Backward Runs (2 x 5 yards in each direction)		
	➤ Carioca (2 x 5 yards)		
	➤ Jumping Jacks (15x)		
SKILL BUILDERS ACTIVITY	➤ Scatter Run (5 minutes)	Focus on smooth movement transitions	10 Minutes
	➤ Players Choice (5 minutes)	Offer choices and let the players decide on a fun skill builder	
HYDRATION BREAK			4 Minutes
BUILDING SKILLS	➤ PASSING		15 Minutes
	➤ Arm Circles Small/Large (1 minute)	Clockwise and counterclockwise	
	➤ Lunge with a Twist (2 x 5 yards)	Add a football and work on ball carriage position during the drill	
	➤ Partner Step and Throw (3 minutes)	Focus on accuracy and a balanced follow-through	
	➤ Throw Playbook Routes (5 minutes)	Focus on accuracy and posture	
	➤ RECEIVING		
	➤ Receiving Routes and Catch – Working with the Passers	Run through the catch	
	➤ FOOTBALL MOVEMENT		
	➤ Catch, Wrap and Go (5 minutes)	Complete the catch and tuck the ball before running	
HYDRATION BREAK			4 Minutes
TEAM TIME	➤ FLAG PULLING/PREP FOR CONTACT		15 Minutes
	➤ Flag Football Game	Have fun and reduce the field size based on the number of players	
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 11: DRILL INDEX

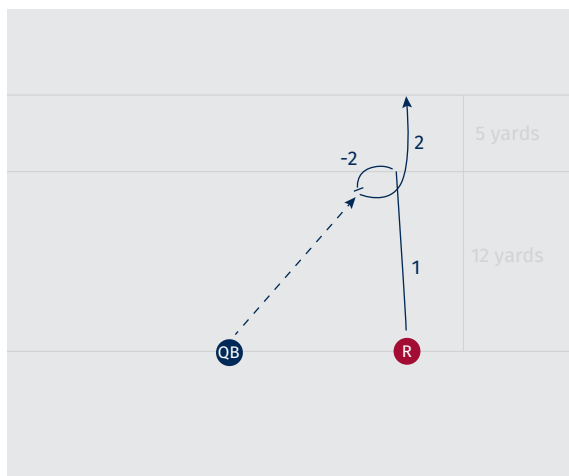
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



PALMS UP SMALL ARM CIRCLES TO LARGE ARM CIRCLES (CLOCKWISE AND COUNTER CLOCKWISE)

Description:

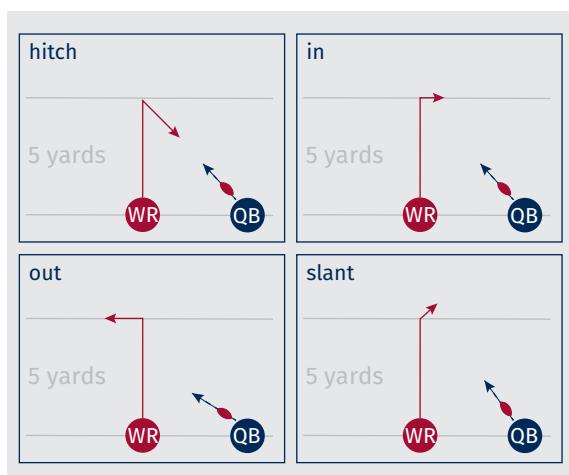
While standing stationary, keep your arms straight and raise them to shoulder height. Move your arms in a circular motion with your palms open and up, facing the sky. Start with small circles both clockwise and counterclockwise, gradually making larger circles.



CATCH, WRAP AND GO

Description:

Partners spaced 3 yards apart toss an appropriately sized ball back and forth. After every catch, the receiver securely wraps the football, turns and sprints 5 yards before returning to his/her original spot. On each catch, the thrower takes a step back.



PLAYBOOK ROUTES / THROW PLAYBOOK ROUTES

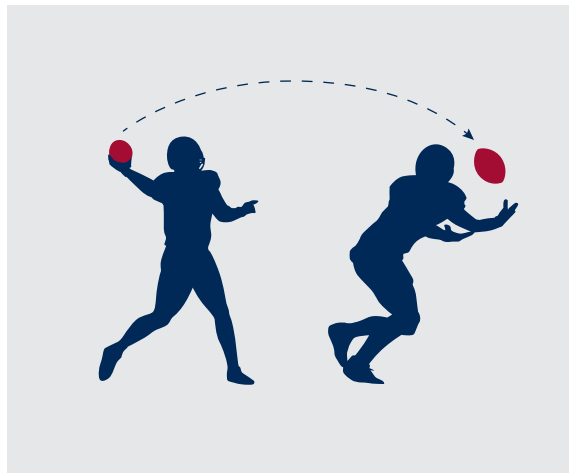
Description:

Coach can take specific routes from their playbook and have passers and receivers work on throwing and receiving these specific routes.

PRACTICE PLAN 12			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Recovery Lesson 2	Use TrueSport Recovery Lesson 2	Intro
DYNAMIC WARM-UP	➤ Gallop (2 x 5 yards)		7 Minutes
	➤ Lateral Shuffle (2 x 5 yards)		
	➤ Single Leg Quad Stretch and Reach (2 x 5 yards)		
	➤ Jumping Jacks (15x)		
SKILL BUILDERS ACTIVITY	➤ Sharks and Minnows (5 minutes)	What moves can the players use to avoid the sharks?	10 Minutes
	➤ Racetrack (5 minutes)	Add in different skills (run, skip, shuffle, gallop, etc.)	
HYDRATION BREAK			4 Minutes
BUILDING SKILLS	➤ PASSING		15 Minutes
	➤ Arm Circles Small/Large (1 minute)	Get the arms and shoulders loose	
	➤ 1-Knee Throws (4 minutes)	Keep the distance short – use a developmentally sized football	
	➤ Trunk Rotation Throws (5 Yards) (5 minutes)	Get a good twist and point the shoulder at the target	
	➤ RECEIVING		
	➤ Over the Shoulder (5 minutes)	Find the ball with your eyes as quick as you can	
	➤ FOOTBALL MOVEMENT		
	➤ Snake Run (5 minutes)	Protect the football	
HYDRATION BREAK			4 Minutes
TEAM TIME	➤ FLAG PULLING/PREP FOR CONTACT		15 Minutes
	➤ Flag Tag (5 minutes)	Stay low, track the hip, prepare the feet	
	➤ Flag Football Game (10 minutes)	Introduce basic rules and focus on fun	
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 12: DRILL INDEX

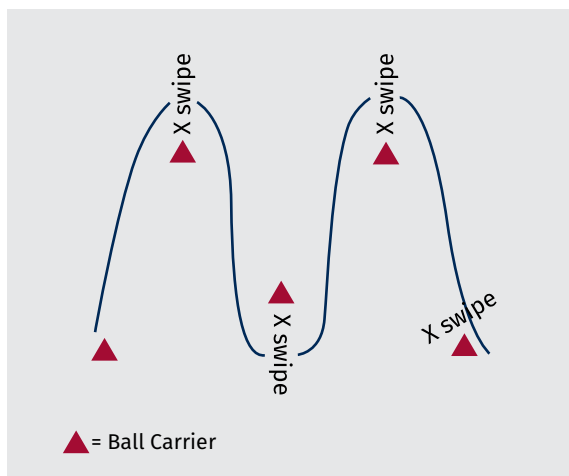
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



OVER THE SHOULDER

Description:

A player stands 3 yards away from a coach with his/her back to the coach. On the coach's command, the coach lofts a pass over the receiver's shoulder. The receiver, while remaining stationary, looks back and follows the ball into a catch. The receiver will not move from his/her position as he/she makes the catch.



SNAKE RUN

Description:

Divide players into two groups. One group will be defenders, the other group runners. Set up five cones in a zig-zag pattern with at least one defender at each cone. Have runners start at the first cone.

One player at a time will run through the series of cones demonstrating the correct skills for carrying a football while the defenders positioned at each cone try to swipe the football from the carrier as they run through the cones.



TRUNK ROTATION THROWS

Description:

Line up 5 yards away from a partner. Plant your feet shoulder-width apart and point both feet forward. While keeping the feet planted, rotate your torso as you throw the football to a partner. Increase yardage as appropriate after several successful throws and catches. Emphasize upper body rotation.



FOOTBALL DEVELOPMENT MODEL

PLAYER PROGRESSION GUIDE

STAGE 2 PLAY & DEVELOP

Overview
Developmental Checklist
Skills
Practice Plans

STAGE 2
DISCOVER & PLAY

Flag

WHAT IS DISCOVER AND PLAY?

Children at this stage begin to learn their movement ABCs – agility, balance, coordination and speed – while being introduced to the sport’s fundamentals through fun, non-contact flag football practices and games.

Still, skill building, participation and confidence are more important than any final scores. Practices should remain fun and free-flowing with more emphasis on opportunity than success. Some children at this stage are already beginning to enter puberty while others remain immature both physically and emotionally.

Whether playing the 5-on-5 or 7-on-7 version of flag football, young athletes begin to learn sport-specific skills that transfer across the game, including throwing, catching, running, ball-handling, hip tracking and footwork. For many, these skills move with them as they begin tackle football. For others, they remain with flag and deepen their abilities within the non-contact environment.

➤ **Reminder: Using this guide**

Throughout this Player Progression Guide, you’ll find drills. You can find descriptions of these drills in the glossary on page 231.

STAGE DEVELOPMENT CHECKLIST

These checkpoints are based on the CORE technical skill areas of the Football Development Model. Each athlete should be able to perform the following skills:



Passing (using a developmentally appropriate-sized football)

- ☐ Throw overhand 5-15 yards in distance
- ☐ Throw to a moving target at short distance (less than 10 yards) with reasonable accuracy
- ☐ Throw for distance with accuracy (10+ yards)



Receiving (using a developmentally appropriate-sized football)

- ☐ Catch a ball with the hands only, then pull the ball to the body
- ☐ Catch a ball thrown above the head, at the chest or waist level, and below the waist
- ☐ Adjust hand and body position based on flight of the ball



Flag Pulling and Tackling

- ☐ Demonstrate the ability to change direction in response to an opponent's movement
- ☐ Transition into various rolls from an upright movement skill and return to the original movement skill
- ☐ Demonstrate the ability to adjust height and speed during deceleration while remaining balanced



Kicking and Punting (using a developmentally appropriate-sized ball or football)

- ☐ With a running approach, kick a stationary ball in the air 5-15 yards
- ☐ Accurately place-kick a minimum of 5-10 yards
- ☐ Punt a ball 10 yards



Football Movement

- ☐ Perform running actions using proper foot strike, appropriate body lean, and demonstrate the hip/arm/body mechanics associated with acceleration
- ☐ Gallop and shuffle on the balls of the feet. Athlete can perform this action in multiple directions, stopping and starting, without feet touching while maintaining balance
- ☐ Make evasive moves while carrying a football
- ☐ Demonstrate the cues for how to secure the football (tucking, cover the tips, etc.)
- ☐ Jump and hop in different directions and with varying degrees of force
- ☐ Demonstrate proper landing mechanics after jumping
- ☐ Maintain balance in different body orientations
- ☐ Demonstrate movement transitions (run to shuffle, jump to skip, roll to hop, gallop to skip, etc.)
- ☐ Run a prescribed pattern



Cognitive – Affective

- ☐ Demonstrate the ability to follow instructions
- ☐ Understand the basic rules of the game and the concept of fair play
- ☐ Demonstrate basic coping skills for handling success and failure
- ☐ Take other people's feelings into consideration





PASSING – SKILLS AND KPIS

GAME-TYPES > FLAG

Below are skills that build the Passing progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve passing. Drill descriptions can be found in this guide's glossary.

1 PRE-PASS POSITION

- ✓ The body, grip and arm position prior to the throwing motion beginning. Creating a solid base from which to throw by having feet shoulder width apart, ball centered at chest, with a firm grip on the ball.

KPI(s): Grip, Base, Ball Carriage

- Athletes can properly grip an age-appropriate football with fingers on the laces and the ball properly secured in both hands
- Nose of the football is up with the arm at a 90-degree bend
- One finger of space between the ball and the palm of the hand
- Ball carriage position is relaxed, central to the sternum and stable
- Weight on the instep



Drills to Support

Meet in the Middle Grip Drill
Hip Flips from Standing Position
1-Step Drop Drill
Cross Plant and Throw
Hips Inside the Heels
Cleats in the Grass

2 POSTURE

- ✓ A comfortable neutral posture as the throwing motion begins. Gained by dropping the hips, having a gentle bend in the knees and a very slight lean forward at the waist.

KPI(s): Neutral Posture, Drop the Hips

- Athlete can stand in a proper throwing position with a slight bend in the knees, hips dropped and slight forward lean
- Drop the hips, don't bend the knees
- Weight should be on instep



Drills to Support

Hip Drops
Lunge with a Twist
Mirror Drill
5-Yard Trunk Rotation Throws (feet parallel to target)

3 THROWING MECHANICS

✓ The movements that make up a successful throw and the ability to coordinate those movements throughout the throwing motion.



KPI(s): Fluidity, Separation, Symmetry

- Back foot should finish even with front foot (or slightly behind)
- Don't lock out the front knee
- Hands and elbows mirror each other on separation



Drills to Support

Palms Up Small Arm Circles to Large Arm Circles (clockwise and counter-clockwise)
Arm Flaps (internal/external rotation)
Arm Slaps/Hugs
Horizontal "L" to Vertical "L" Drill
Towel Drills
Ultimate Football

4 FINISH

✓ The body position and follow through after the ball is released.



KPI(s): Balance, Deceleration

- Front toe to the target on finish
- Front foot flat on the stride
- Stability in the finish



Drills to Support

Towel Drills (with football in off-hand)
Thumb to Pocket
Straddle the Line Drill (line between feet)



RECEIVING – SKILLS AND KPIs

GAME-TYPES > FLAG

Below are skills that build the Receiving progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve receiving. Drill descriptions can be found in this guide's glossary.

1 FEET/FOOTWORK

- ✓ Preparing the body from the ground up by making sure the feet are positioned appropriately for the catch. Using the feet to help position the body in preparation, during and after the catch.

KPI(s): Stance, Start, Tempo, Balance

- Athletes can perform the stage-appropriate fundamentals of footwork literacy (i.e., walking, jogging, sprinting)
- Arm-appropriate motions include aligning with lower body activity, proper hip drive, thigh parallel to the ground, stop-and-go body control
- Individuals at this stage can perform these actions while changing tempo and running various orientations and pathways
- Individuals at this stage also can perform these actions using proper foot strike, appropriate body lean and hip/arm/body mechanics associated with acceleration



Drills to Support

Zig-zag Pathway
 Stance, Start and Go
 Stop-and-Go Flow
 Curved Pathway
 Accelerating Drills
 Decelerating Drills
 Lateral Pathway
 Multi Directional Get Up and Go (acceleration mechanics)
 Dual Leg Dominance
 Red Light/Green Light
 Freeze Tag
 Zig-zag Tag

2 HANDS

- ✓ Preparing and positioning the fingers, hands and arms to complete a successful catch.

KPI(s): Position, Catch Radius, Long Arms

- Can perform the stage-appropriate fundamentals of body and arm-hand placement efficiencies
- Physical literacy includes spatial awareness for appropriate body positioning
- Shows awareness relating to parallel and/or perpendicular arm placement and efficient hand orientation and dexterity awareness, and develops the ability to catch while running



Drills to Support

- Catch and Step
- Hot Potato
- Globetrotter
- Clockwork Hands
- 5-yard Quick Game (hitch, slant, in, out)
- Long Arm Drill
- High Ball Drill

3 VISION

- Tracking the football through the air and into the hands. Learning to focus through distraction and with the body in various orientations.



KPI(s): Locate, Focus

- Athlete displays the ability to locate ball in flight adequately, judging its depth and distance
- Displays the ability to track the football in flight and catch on the run



Drills to Support

- Progressive Turn and Catch
- Over the Shoulder
- Number Call-outs
- Colored Chalk Footballs
- Colored Ball Drill (any ball)

4 FINISH

- Movement through and following the catch. Transferring the football from catch to tuck and assuming correct ball-carrying position.



KPI(s): Secure

- Can perform the stage-appropriate fundamentals of finishing the catch, catching the football and securing the football with both arms and/or hands
- Can transfer the football into their dominant arm, securing the football in a cradle position



Drills to Support

- Catch, Step and Wrap
- Catch, Wrap and Go
- Outside Arm
- 5 Points of Pressure
- Coaches Knockout Football Style



FLAG PULLING AND TACKLING – SKILLS AND KPIs

GAME-TYPES > FLAG

Below are skills that build the Flag Pulling and Tackling progression. For this stage, the progression has steps, Key Performance Indicators (KPIs) and drills that help coaches train and improve flag pulling and set a foundation for tackling. Drill descriptions can be found in this guide's glossary.

1 TRACK

- ✓ The ability to get to the ball-carrier with speed – taking into consideration scheme, leverage and blockers – in order to pull a flag or make the tackle.



KPI(s): Change of Direction, Approach Height and Speed, Scan for Opponents

- Shows ability to manage forces in as few steps as possible in order to change directions or movement patterns
- Shows ability to manage body position and movements for the situation
- Shows ability to scan and identify ball-carriers vs. obstacles vs. teammates in field of play



Drills to Support

Slalom Weave Drill
L Drill
Deer Hunter Game
Cones In and Out
Partner Cone Weave
Quick Feet Reaction
Army-Navy Game
Scatter Run
Position Tag
Cops and Robbers Football
Helicopters
Modification
Partner Periphery Tag/Cross Periphery Tag

2 PREPARE

- ✓ The ability to transition from tracking to the correct body positions with proper foot placement to either pull a flag or for up-coming contact dependent on the type of tackle being made.



KPI(s): Balance, Foot Placement, Drop Height

- Able to drop center of gravity from a movement to a slowed or stopped position without falling forward or backward
- Introduced to the special awareness of the feet in dynamic situations, including within the personal space of another person
- Shows ability to maintain movement space at a variety of body heights (i.e., run tall, run short, shuffle high, shuffle low)



Drills to Support

- Balance Strides
- Balance Beam Lean and Touch
- Balance Beam Over and On
- Beach Ball Rodeo
- Beach Ball Rodeo - Modifications
- 1 Leg Balance Reach
- 1 Leg Diagonal Chop and Reach
- Agility Ladder In and Out
- Agility Ladder Jumping Jack Feet
- Agility Ladder Lateral
- Agility Ladder with Visual Commands
- Follow the Snake
- Jump Rope Agility Snake
- Army-Navy Game
- Surfer

3

CONNECT



Through preparation and proper technique, defenders can take the advantage from the first touch, leading to a dominant position and, eventually, a proper tackle or flag pull.



KPI(s): Initial Grasp Accuracy

- Able to understand spatial awareness of the arm and hand in the relation to an opponent's distance
- Shows ability to grasp a moving flag from a stationary position
- Shows ability to grasp a moving flag while moving



Drills to Support

- Flag Tag Corners
- Cops and Robbers Football
- Partner Tag Drill
- Switch Tag
- Partner Knee Tag
- Kneeling Drive
- Standing Drive
- Pop Up Tackle
- Angle Tackle
- Pummel
- Body Lock Game

4 ACCELERATE

- The ability to generate force through the feet and into the ground, providing sustained pressure along with generating controlled power.



KPI(s): Cleats in the Ground

- Shows ability to start or continue movement from a variety of body positions (high, low, forward lean, kneeling, etc.)



Drills to Support

Duck Duck Goose
 Red Light, Green Light
 Regain your feet
 Flag Tag Corners
 Army-Navy Game
 Cops and Robbers Football
 Balance Strides
 Deer Hunter Game



KICKING AND PUNTING – SKILLS AND KPIS

GAME-TYPES > FLAG

Below are skills that build the Kicking and Punting progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve kicking and punting.

1 PREPARE

- ✓ The stance and approach prior to making contact to the ball with the foot.



KPI(s): Footwork, Body Position

- Show proper lean and balance when approaching a stationary ball to kick
- Ability to successfully approach a stationary ball from varying distances



Drills to Support

- One-Step Kicks
- Two-Step Kicks
- Partner Kicks
- Partner Punts

2 CONTACT MECHANICS

- ✓ The movements that make up a successful kick/punt up to and at the point of contact. The ability to coordinate these movements throughout the kicking/punting motion.



KPI(s): Eye-foot Coordination, Foot Position, Strike Point

- Maintain vision on contact point through connection
- Show leg swing through contact
- Connect with ball from a point on the shoelaces
- Connect with ball slightly below its center on place kick
- Connect with the center of the ball on punts



Drills to Support

- No-Step Kick Drill
- Contact Dots Drill
- Around the Post Drill

3 POWER

- ✓ Using multiple muscles and leg speed to generate strength behind the kick in order to achieve longer distance and/or height.



KPI(s): Leg-swing

- Generates force at the point of contact

**Drills to Support**

Backswing Drill
 Swing Balance Drill
 Kick Return Tag
 Punt Return Tag

4**FINISH**

— The drive and follow-through that completes the kicking motion.

**KPI(s): Follow-through, Leg Drive**

- Maintain balance through contact
- Fluid motion from first step through follow-through
- Follow-through up and through toward the target

**Drills to Support**

Balance Kicks
 Extension Kicks
 Punt 500
 Walk the Line Kick/Punt



FOOTBALL MOVEMENT – SKILLS AND KPIs

GAME-TYPES > FLAG

Below are drills to help players develop football movement skills. These skills, Key Performance Indicators (KPIs) and drills will help lay the foundation for these physical movements.

GENERAL ATHLETICISM

The physical qualities that make up athletes, such as agility, balance, coordination, speed, stamina and strength.

 KPI(s): Running, Lateral shuffle, Jumping, Hopping, Falling, Rolling, Sensory Awareness, Combination Movements

•Show proper lean and balance when approaching a stationary ball to kick

RUNNING

- Can skip and march with contralateral arm movement, linear arm movement (nose-to-pocket arm swing) and hip drive with thigh parallel to the ground
- Able to stop and go with body control
- Able to change tempo successfully within drills
- Can run in various orientations and pathways
- Can perform actions using proper foot strike, appropriate body lean and hip/arm/body mechanics associated with acceleration

 Drills to Support

- March
- Skip
- Bound
- Zig-zag Pathway
- Forward/Backward
- Stop-and-Go Flow
- Multi-Directional Get Up and Go
- Lateral Crossover Balance

LATERAL SHUFFLE

- Can gallop and shuffle without feet touching
- Can shuffle both directions
- Can stop and go with body control and change in tempo
- Can perform actions on the balls of the feet while keeping a low center of mass and moving fluidly

 Drills to Support

- Gallop
- Lateral Shuffle
- Race Track

JUMPING AND HOPPING

- Can jump and land with both feet leaving and touching the ground at the same time
- Can perform a coordinated arm swing, raising and lowering center of mass, leaving the ground and landing on one foot while maintaining balance and body control
- Ability to perform all actions with change in tempo
- Can jump and hop in different directions (forward/back, side-to-side)
- Can jump and hop with varying force
- Can perform these actions while using proper landing mechanics: knees bent, hips lower toward the ground in a controlled manner, maintaining spinal integrity, chest up



Drills to Support

2-Leg Jump
 1-Leg Hop
 Dot Jump/Hop
 Lateral Hops, 2 legs
 Lateral Hops, 1 leg
 Forward/Backward Hops, 1 leg
 Jump Rope
 180 Jumps

FALL AND ROLL

- Can roll in straight line
- Can transition from a standing position to a roll
- Can roll in different orientations
- Can transition into a roll from an upright movement skill and return to the movement skill



Drills to Support

Roll
 Log Roll Bonanza

SENSORY AWARENESS

- Continued development of movement skill vocabulary
- Continued growth in ability to move in space, including directional awareness, identifying different rhythms and tempo, ability to visually track an object, maintain balance in different body orientations
- Can execute tasks that combine multiple sensory skills



Drills to Support

Heel/Toe Walk
 4-Way Balance
 1-Leg Balance
 1-Leg Balance Reach
 4-Way Balance
 My Gears

COMBINATION MOVEMENTS

- Can begin to combine foundational movement skills into movement transitions.
For example: run to shuffle, jump to skip, roll to hop, gallop to skip



Drills to Support

- Push Up and Roll
- Race Track



FOOTBALL MOVEMENT – SKILLS AND KPIs

GAME-TYPES > FLAG

FOOTBALL PERFORMANCE

Foundational movement skills and skill descriptors that are inherent to all levels and game types within football.



KPI(s): Agility, Strength and Power, Stamina and Speed

AGILITY

- Can execute foundational movements with spatial and temporal awareness
- Can demonstrate chase and avoid skills
- Can efficiently move backward, running a prescribed pattern



Drills to Support

Building Agility 1
Building Agility 2
Building Agility 3
Building Agility 4
Follow the Snake
Agility Ladder Run
Agility Ladder Lateral
Quick Feet Reaction
Partner Mirror Drill

STRENGTH AND POWER

- Can perform foundational movement skills in a biomechanically correct manner with proper load progression



Drills to Support

Partner Mirror Hands
Squat Under
Squat Walkout
Squat
No Hands, Get Up
2-Leg, 3-Cone Reach
1-Leg Balance Reach
Crab Crawl
Bear Crawl
Push Up and Roll

STAMINA AND SPEED

- Able to repeatedly perform skills within the context of competitive practices and games without undue fatigue
- Able to perform foundational movement skills in a biomechanically correct manner as tempo increases
- Can adapt tempo to the needs of the competitive scenario



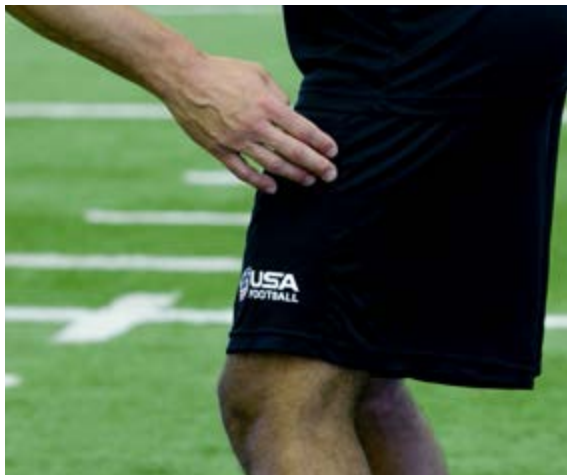
Drills to Support

- Multi-Directional Get Up and Go
- Gear Runs
- Gear Runs Random Order
- Partner Sit-to-Stand Race
- Sharks and Minnows
- Clean and Dirty

PRACTICE PLAN 1			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Teamwork Lesson 1	Use TrueSport Teamwork Lesson #1	Intro
DYNAMIC WARM-UP	➤ Walking Knee Tucks (2 x 5 yards) ➤ Straight Leg March (2 x 5 yards) ➤ Single Leg Quad Stretch and Reach (2 x 5 yards) ➤ High Knees (2 x 5 yards) ➤ Carioca (2 x 5 yards)		5 Minutes
SKILL BUILDERS ACTIVITY	➤ Partner Mirror Drill – Lateral Shuffle (5 minutes)	Don't let the feet touch	10 Minutes
	➤ Log Roll Bonanza (5 minutes)	Focus on movement transitions	
HYDRATION BREAK			3 Minutes
BUILDING SKILLS	➤ PASSING		20 Minutes
	➤ Lunge with a Twist (2 x 5 yards)	Get shoulder pointed at the target	
	➤ Hip Drops (8x)	Return to balance between reps	
	➤ 1-Knee Throws (3 minutes)	Focus on fluid throwing motion	
	➤ Stationary Throws (5 minutes)	Focus on posture and follow-through	
	➤ RECEIVING		
	➤ Stationary Throws/Receiving (Working with Passers)	Hands up and away from the body	
	➤ PREP FOR CONTACT		
	➤ Flag Tag (5 minutes)	Don't lead with the head	
	➤ FOOTBALL MOVEMENT		
	➤ QB Open Steps/Hand-off Drill (5 minutes)	Practice turning right and left	
HYDRATION BREAK			3 Minutes
TEAM TIME	➤ Ultimate Football	Encourage creativity	12 Minutes
TEAM DEFENSE	➤ Sharks and Minnows	Reinforce flag pulling skills	12 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 1: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



HIP DROPS

Description:

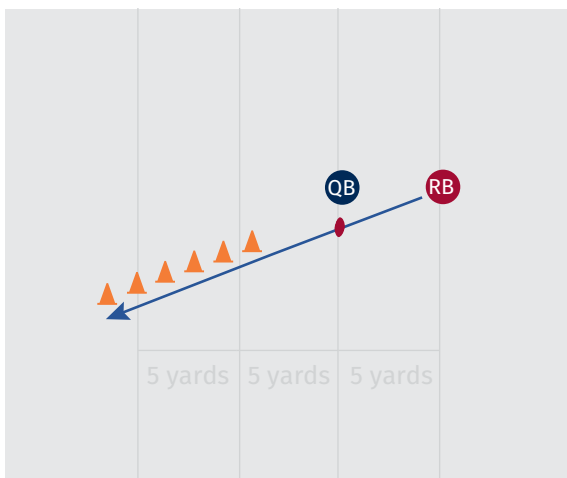
Stand with feet shoulder-width apart. On the coach's command, drop the hips, giving a gentle bend in the knees, and lean slightly forward. Spine angle is essential: keep the back straight and bend slightly forward.



FLAG TAG

Description:

The object of the game is to not get your flags pulled. When your flag is pulled, the player must hold it in their hand and can remain playing until their second flag is pulled. When a player's second flag is pulled, they must stay in place and try and pull the flags of other players running by. Everyone is "it." Coaches are encouraged to set boundary areas for the activity.



QB OPEN STEPS/HAND-OFF DRILL

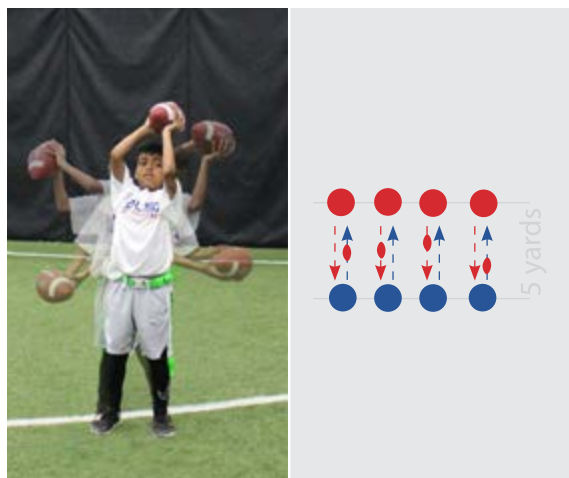
Description:

Divide players into two groups. Group 1 will be the quarterbacks and group 2 will be the running backs. Have group 2 line up in running back position approximately 4 to 5 yards behind the QB. Coach can kneel in front of the QB to provide a simulated snap. Have QB receive the snap and turn to handoff to the running back. After each player has had at least two rotations, switch and allow the QBs to become the RBs and RBs to work as the QBs in the drill. Focus on footwork, ball position and arm/hand position for both groups.

PRACTICE PLAN 2			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Teamwork Lesson 2	Use TrueSport Teamwork Lesson #2	Intro
DYNAMIC WARM-UP	➤ High Skips (2 x 5 yards)		5 Minutes
	➤ Butt Kicks (2 x 5 yards)		
	➤ Single Leg Quad Stretch and Reach (2 x 5 yards)		
	➤ Lunge with a twist (2 x 5 yards)		
	➤ Jumping Jacks (10x)		
SKILL BUILDERS ACTIVITY	➤ Racetrack (6 minutes)	Focus on movement skills not just speed	10 Minutes
	➤ Quick Feet Reaction (4 minutes)	Be quick but don't hurry (balance)	
HYDRATION BREAK			3 Minutes
BUILDING SKILLS	➤ PASSING		20 Minutes
	➤ Meet in the middle (1 minute)	Keep the arms relaxed with ball at the sternum	
	➤ 5-yard Trunk Rotation Throws (5 minutes)	Be sure to point the shoulder at the target	
	➤ RECEIVING		
	➤ Clockwork Hands (5 minutes)	Make sure the hands are positioned and ready	
	➤ PREP FOR CONTACT		
	➤ Flag Tag (5 minutes)	Track the front hip and don't lunge	
	➤ KICKING/PUNTING		
	➤ Partner Kicks (4 minutes)	Focus on mechanics of the kicking motion, not results	
HYDRATION BREAK			3 Minutes
TEAM OFFENSE	➤ 5 on 5 Routes/Runs	Break down offensive plays into simple components	15 Minutes
TEAM DEFENSE	➤ Pursuit Angles (5 minutes)	Set up game situations to reinforce learning	15 Minutes
	➤ Team D Formations (10 minutes)	Use consistent terminology as much as possible	
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 2: DRILL INDEX

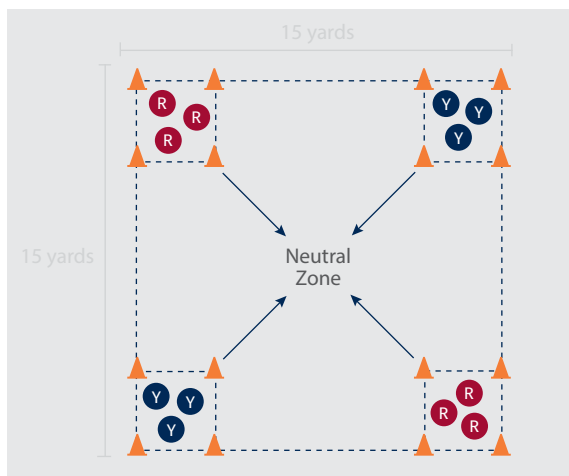
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



CLOCKWORK HANDS PASSING AND RECEIVING

Description:

Start 5 five yards away from a partner. Throw an appropriately sized ball back and forth as the receiver works the hands around a figurative clock. For example, a ball thrown over the head is 12 o'clock. To the right is 3 o'clock. The passer is simply attempting to throw around the clock while the receiver is catching the ball in the various locations.



FLAG TAG

Description:

The object of the game is to not get your flags pulled. When your flag is pulled, the player must hold it in their hand and can remain playing until their second flag is pulled. When a player's second flag is pulled, they must stay in place and try and pull the flags of other players running by. Everyone is "it." Coaches are encouraged to set boundary areas for the activity.



MEET IN THE MIDDLE

Description:

Start in an athletic stance with both hands at your side. Hold the football in your dominant throwing hand. In one motion, bring the football toward your sternum to meet your non-dominant hand. Once the football is in both hands, make sure fingers cross the laces.

PRACTICE PLAN 3

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Hydration Lesson #1	Use TrueSport Hydration Lesson #1	Intro
DYNAMIC WARM-UP	➤ High Skips (2 x 5 yards) ➤ High Skips (2 x 5 yards) ➤ Balance Strides (2 x 5 yards) ➤ Arm Circles (15 seconds Small to Large – Clockwise/Counterclockwise) ➤ Lateral Shuffles (2 x 5 yards)		5 Minutes
SKILL BUILDERS ACTIVITY	➤ Snake Runs (5 minutes) ➤ Blob Tag (5 minutes)	Maintain ball position while running Break into smaller blobs as they get bigger	10 Minutes
HYDRATION BREAK			3 Minutes
BUILDING SKILLS	➤ PASSING ➤ Arm Flaps (1 minute) ➤ Horizontal “L” to Vertical “L” Drill (1 minute) ➤ Cross Plant Throw (2 minutes) ➤ 5-7 yard 3-step drop Routes (Curl-Crossing) (8 minutes) ➤ RECEIVING ➤ Stance Start and Go (3 minutes) ➤ 5-7 yard Receiving Routes (Curl-Crossing/working with passers) ➤ FOOTBALL MOVEMENT ➤ Hot Potato (3 minutes) ➤ PREP FOR CONTACT ➤ Partner Cross Tracking Tag (5 minutes) ➤ Surfer Drill (2 minutes)	Loosen up the arms and shoulders Work on arm mechanics Focus on footwork and ball carriage position Focus on posture and balance before and during the throw It’s all about the feet, start from a balanced position Focus on having the hands up and away from the body Be sure to complete the catch; be quick but don’t hurry Working peripheral vision Get up as quick as you can to an athletic position	25 Minutes
HYDRATION BREAK			3 Minutes
TEAM OFFENSE	➤ 4 to Score 3 vs. 3	Small-sided games allow everyone to be involved	10 Minutes
TEAM DEFENSE	➤ 1 vs. 1 Coverage Drill (5 minutes) ➤ Team D Formations (10 minutes)	Lateral movement and backpedaling are key Ask how do individual responsibilities impact team performance?	15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 3: DRILL INDEX

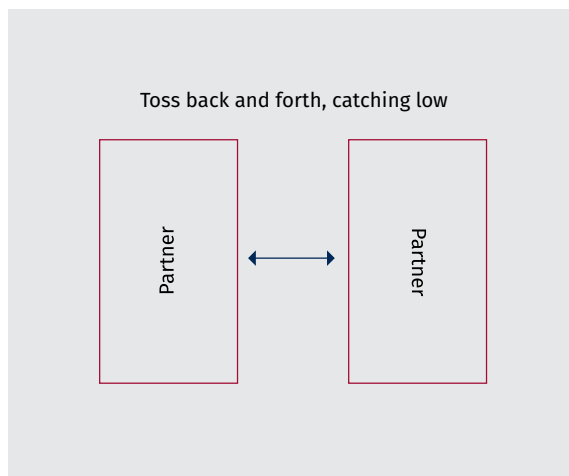
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



CROSS PLANT THROW

Description:

Start with the feet parallel (non-throwing shoulder pointed at the target) to the target, with the ball in ball-carriage position. Simulating the last 2-steps of a 3-step drop, take a cross-over step with the foot on the non-throwing side, plant the foot of the throwing side and complete the throw on balance in the finished position.



HOT POTATO

Description:

Using underhand passes, toss the football around the circle or class without dropping the ball. If someone drops it, he/she sits in the center of the circle ("hot potato soup" pot). After the end of each round, increase the speed that the ball is tossed around the circle until only two players remain standing.



PARTNER CROSS-TRACKING TAG

Description:

Stand with feet shoulder-width apart. A partner stands directly behind you and inserts a hand into your field of vision (i.e., lower left side, upper right side, middle right side, etc.).

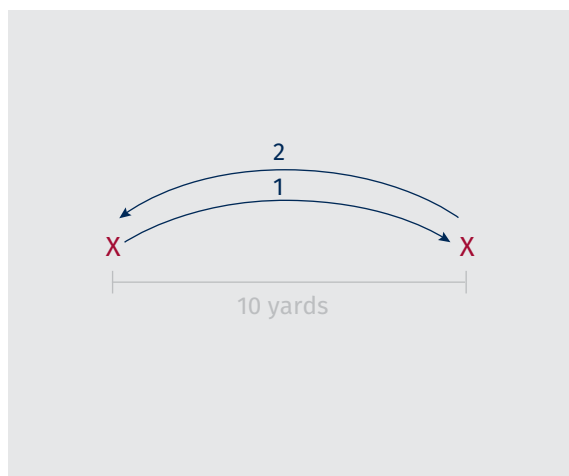
Without turning your feet, locate your partner's hand and touch it with your hand on the opposite side of your body (touch your partner's left hand with your right hand). Your partner will then pull the hand back and insert it in different location. Vary the hands and positioning.

PRACTICE PLAN 4

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Hydration Lesson #2	Use TrueSport Hydration Lesson #2	Intro
DYNAMIC WARM-UP	➤ High Knees (2 x 5 yards) ➤ High Skips (2 x 5 yards) ➤ Balance Strides (2 x 5 yards) ➤ Hop Off 2/Land On 1 (10x Alternate Right/Left) ➤ Lateral Shuffles (2 x 5 yards)		5 Minutes
SKILL BUILDERS ACTIVITY	➤ Snake Runs (5 minutes) ➤ Flag Tag (5 minutes)	Focus on ball position while running and avoiding defenders Use grasp accuracy skills learned in earlier practices	10 Minutes
HYDRATION BREAK			3 Minutes
BUILDING SKILLS	➤ PASSING ➤ Thumb to Pocket (2 minutes) ➤ 1-knee Throws (4 minutes) ➤ Clockwork Hands (passing) (5 minutes) ➤ RECEIVING ➤ Clockwork Hands (receiving) (5 minutes) (Working with passers) ➤ PREP FOR CONTACT ➤ Push-up and Roll (2 minutes) ➤ Body Lock Game (4 minutes) ➤ KICKING/PUNTING ➤ Partner Punts (5 minutes)	Important to focus on the follow-through Focus on ball carriage and shoulder turn Short distance is fine; the focus is accuracy Have the hands ready Focusing on movement transitions Partners must stay connected to their opponent at all times Try to punt for both distance and accuracy	22 Minutes
HYDRATION BREAK			3 Minutes
TEAM OFFENSE	➤ 5 vs. 5 Scrimmage	Time to transfer skills to game-like conditions	10 Minutes
TEAM DEFENSE	➤ Defending against the Run (5 minutes) ➤ Ultimate Football (10 minutes)	Position responsibilities Allow for and encourage creativity	15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 4: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



PARTNER PUNTS

Description:

Starting 5 to 10 yards away from a partner (or an appropriate distance for the players involved), drop the ball and punt it as close to the partner as you can. Once the ball is secure, reverse the roles.



PUSH-UP AND ROLL

Description:

Get down in push-up position, making sure hands are shoulder-width apart. Do a push-up and then roll over to either direction. Immediately do another push-up. Roll back the opposite direction.



THUMB-TO-POCKET

Description:

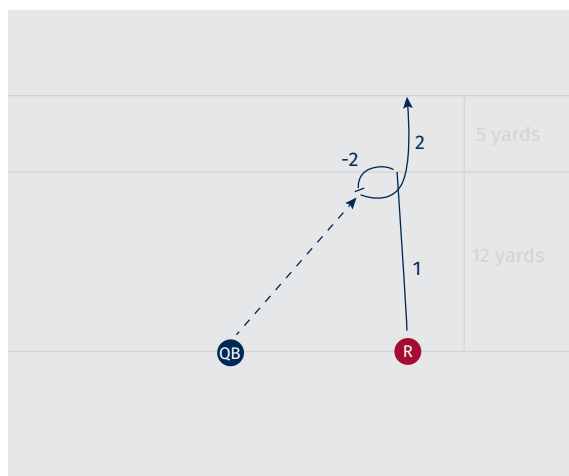
Assume an athletic stance with feet directly underneath shoulders and hips. Hold the football in both hands at a throwing-ready position at the sternum. Bring the ball to the trigger position (earlobe). Step forward with the opposite foot and throw the ball to the target. When following through, bring your throwing hand thumb toward the pocket of your shorts on your opposite hip to throw an optimal spiral.

PRACTICE PLAN 5

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Sportsmanship Lesson #1	Use TrueSport Sportsmanship Lesson #1	Intro
DYNAMIC WARM-UP	➤ Butt Kicks (2 x 5 yards) ➤ Bounding Strides (2 x 10 yards) ➤ 180 Jumps (10x) ➤ 1-Leg Balance Reach (2 x 5 yards) ➤ Carioca (2 x 5 yards)		5 Minutes
SKILL BUILDERS ACTIVITY	➤ Army-Navy Game (7 minutes) ➤ Multi-Directional Get Up and GO (3 minutes)	Try adding different movement skills like shuffle, skip, and hop Quickness and balance are the focus	10 Minutes
HYDRATION BREAK			5 Minutes
BUILDING SKILLS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (2 minutes) ➤ Trunk Rotation Throws (4 minutes) ➤ Throw 5-yard Routes (5 minutes) ➤ RECEIVING ➤ 5-Yard Routes (5 minutes) ➤ PREP FOR CONTACT ➤ Cops and Robbers Football (6 minutes) ➤ Scatter Run (4 minutes) ➤ FOOTBALL MOVEMENT ➤ Catch Wrap and Go (4 minutes)	Loosen up the arms and shoulders Focus on shoulder turn and fluid arm mechanics Have players pick the routes Working with the passers Work on moves to avoid the "cops" Have fun calling out different movement skills Complete the catch before turning and running	25 Minutes
HYDRATION BREAK			5 Minutes
TEAM OFFENSE	➤ 3 vs 3 Confined Area	Play 3 vs. 3 and reduce the boundary areas; everybody rotates positions	10 Minutes
TEAM DEFENSE	➤ 5 vs. 5 Team Defense	Focus on defensive roles and responsibilities	10 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 5: DRILL INDEX

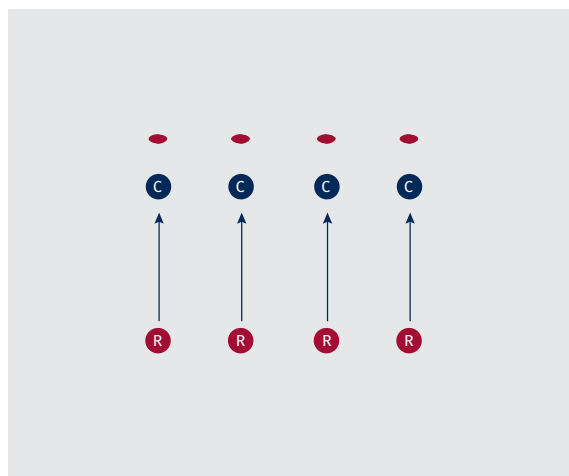
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



CATCH, WRAP AND GO

Description:

Partners spaced 3 yards apart toss an appropriately sized ball back and forth. After every catch, the receiver securely wraps the football, turns and sprints 5 yards before returning to his/her original spot. On each catch, the thrower takes a step back.



COPS AND ROBBERS FOOTBALL

Description:

Divide players into "cops" and "robbers." The robbers try to get the footballs from the far side safely back to their home base without getting their flags swiped off by the cops. Place footballs along one end of the playing area. Robbers wearing flags line up along the opposite side from the footballs. Cops start in the middle. They will try to pull the flags off the robbers as they run by.

On the signal, the robbers try running to take a single football at a time and make it back safely without getting caught. Robbers will go back-and-forth grabbing footballs one at a time until their flags are pulled. If they are caught, the robbers must sit. When sitting, they can try to pull flags off other robbers who are running by. Play until all footballs have been taken or until all flags have been pulled. Switch roles and play again.



TRUNK ROTATION THROWS

Description:

Line up 5 yards away from a partner. Plant your feet shoulder-width apart and point both feet forward. While keeping the feet planted, rotate your torso as you throw the football to a partner. Increase yardage as appropriate after several successful throws and catches. Emphasize upper body rotation.

PRACTICE PLAN 6

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Sportsmanship Lesson #2	Use TrueSport Sportsmanship Lesson #2	Intro
DYNAMIC WARM-UP	➤ High Skips (2 x 5 yards) ➤ Lunge with a Twist (2 x 5 yards) ➤ Lateral Hops (15x) ➤ Forward/Back Hops (15x) ➤ Jumping Jacks (15x)		5 Minutes
SKILL BUILDERS ACTIVITY	➤ Players Choice (5 minutes) ➤ Position Tag (5 minutes)	Give players a few choices and let them have fun picking the activity Create clear boundary lines before starting the activity	10 Minutes
HYDRATION BREAK			5 Minutes
BUILDING SKILLS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (2 minutes) ➤ 5-Yard/8-Yard Rotation Throws (4 minutes) ➤ Throw 5-Yard Crossing/Fade Routes (8 minutes) ➤ RECEIVING ➤ Acceleration Drills (6 minutes) ➤ KICKING/PUNTING ➤ Walk the Line Punts (4 minutes) ➤ PREP FOR CONTACT ➤ Quick Feet Reaction (3 minutes) ➤ Partner Tag Drill (3 minutes)	Loosen up the arms and shoulders Feet are always parallel to the target Focus on leading the receiver Focus on adjusting speed to catch the ball This is all about form and balance Feet are shoulder-width apart, knees bent and running in place Stay within reach of your partner at all times	30 Minutes
HYDRATION BREAK			5 Minutes
TEAM OFFENSE	➤ 5 vs. 5 Scrimmage	Time to work on the playbook	10 Minutes
TEAM DEFENSE	➤ 5 vs. 5 Scrimmage	Reinforce defensive responsibilities	10 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 6: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



ARM SLAPS/HUGS

Description:

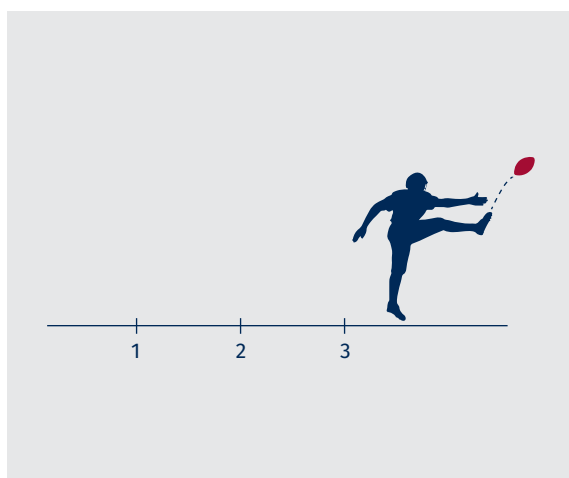
Keep arms straight and feet stationary. Swing arms behind the sides of your torso to open your chest, then dramatically bring your arms forward and wrap them around your chest like you are giving yourself a hug. Perform in a continuous motion.



PARTNER TAG

Description:

With a partner and without leaving his/her reach, attempt to tag him/her. Pairs will not leave their original area. You must tag your partner below the waist. Keep your feet moving and keep track of how many times you tag them.



WALKING THE LINE PUNTS

Description:

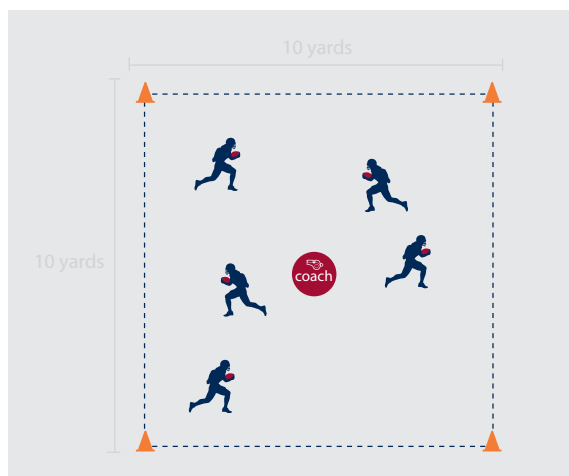
Starting on a yard line, sideline, end line or another straight line, take two to three steps forward and simulate a punting motion while maintaining balance.

PRACTICE PLAN 7

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Nutrition Lesson #1	Use TrueSport Nutrition Lesson #1	Intro
DYNAMIC WARM-UP	➤ High Skips (2 x 5 yards) ➤ Butt Kicks (2 x 5 yards) ➤ Lateral Shuffle (2 x 5 yards) ➤ Hop Off 2/Land On 1 (10x Alternate Right/Left) ➤ Balance Strides (2 x 5 yards)		5 Minutes
SKILL BUILDERS ACTIVITY	➤ Stop and Go Flow (5 minutes) ➤ Position Tag (5 minutes)	Change pace about every 10-12 seconds Try playing this with flags and have players carry a ball	10 Minutes
HYDRATION BREAK			5 Minutes
BUILDING SKILLS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (2 minutes) ➤ Lunge with a twist (2 x 5 yards) ➤ Partner Step and Throw (5 minutes) ➤ Throw 5-8 Yard Routes (6 minutes) ➤ RECEIVING ➤ Route Running Working with Passers (6 minutes) ➤ FOOTBALL MOVEMENT ➤ Coaches Knock-out (5 minutes) ➤ PREP FOR CONTACT ➤ Flag Tag (5 minutes)	Get a good warm-up Do the drill with a football in the hands Don't forget to focus on ball position/carriage Put it all together: Posture-Ball Carriage-Fluidity-Follow Through Be sharp with your cuts Review the 5-points of pressure before the drill Add in movement variations like skipping, galloping	30 Minutes
HYDRATION BREAK			5 Minutes
TEAM OFFENSE	➤ Ultimate Football	Don't worry about arm mechanics during this activity, just throw	10 Minutes
TEAM DEFENSE	➤ 5 vs. 5 Scrimmage	Review formations and address areas needing improvement	10 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 7: DRILL INDEX

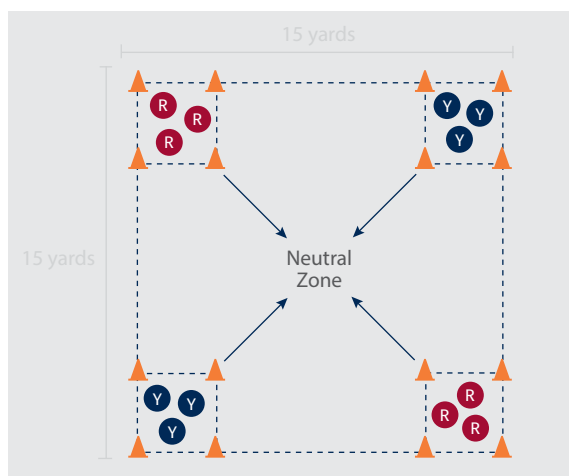
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



COACHES KNOCKOUT

Description:

Set cones to outline an area of 10 yards by 10 yards. Every player starts with an appropriately sized football and five points of pressure. As players run around the space, coaches try to knock the ball loose from players. As players progress to later stages, they can try to knock the ball loose from others while keeping their own secure.



FLAG TAG

Description:

The object of the game is to not get your flags pulled. When your flag is pulled, the player must hold it in their hand and can remain playing until their second flag is pulled. When a player's second flag is pulled, they must stay in place and try and pull the flags of other players running by. Everyone is "it." Coaches are encouraged to set boundary areas for the activity.



PARTNER STEP AND THROW

Description:

Partners stand 10 yards apart or an appropriate distance for the age group. Partner 1 grips and holds the football in both hands, assumes a stance with both feet shoulder-width apart, facing the target with his/her non-throwing shoulder.

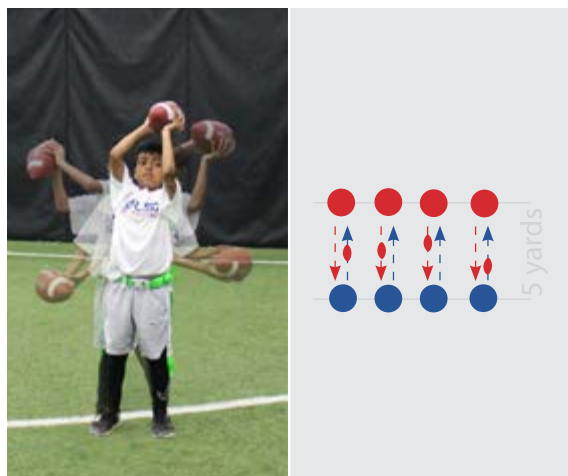
Raise the ball to ear level, drop back with the dominant foot, take one step forward with the non-dominant foot and follow-through upon releasing the ball to Partner 2. Once receiving the ball, Partner 2 performs the same step and throw.

PRACTICE PLAN 8

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Nutrition Lesson #2	Use TrueSport Nutrition Lesson #2	Intro
DYNAMIC WARM-UP	➤ High Skips (2 x 5 yards) ➤ Lateral Shuffle (2 x 5 yards) ➤ Carioca (2 x 5 yards) ➤ Jumping Jacks (15x) ➤ Reverse Lunge (2 x 5 yards)		5 Minutes
SKILL BUILDERS ACTIVITY	➤ Lateral Shuffle and Roll (5 minutes) ➤ Get Up Chop and Go (5 minutes)	Go slow until the players feel comfortable with the drill Once on your feet, go forward one time and backpedal the next	10 Minutes
HYDRATION BREAK			5 Minutes
BUILDING SKILLS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (2 minutes) ➤ Horizontal L to Vertical L (1 minute) ➤ Thumb to Pocket (1 minute) ➤ 1-Knee Throws (4 minutes) ➤ 3-Step Drops (4 minutes) ➤ RECEIVING ➤ Clockwork Hands (5 minutes) ➤ KICKING/PUNTING ➤ Punt 500 (5 minutes) ➤ PREP FOR CONTACT ➤ Cops and Robbers Football (5 minutes) ➤ Push-up and Roll (3 minutes)	Get good and loose Good time to review Focus on the follow through Short distance between partners Focus on ball carriage, posture and balance Review hand position-fingers spread, hands away from the body Adjust distance as necessary Define clear boundary lines before starting Make a smooth fluid movement transition with balance	30 Minutes
HYDRATION BREAK			5 Minutes
TEAM OFFENSE	➤ 4 to Score – 3 on 3	Small sided games allow everyone to play every position, have fun	10 Minutes
TEAM DEFENSE	➤ Coverage reviews	Review defensive coverages, roles and responsibilities	10 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 8: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



CLOCKWORK HANDS

Description:

Start 5 five yards away from a partner. Throw an appropriately sized ball back and forth as the receiver works the hands around a figurative clock. For example, a ball thrown over the head is 12 o'clock. To the right is 3 o'clock. The passer is simply attempting to throw around the clock while the receiver is catching the ball in the various locations.



HORIZONTAL L-TO VERTICAL L-DRILL

Description:

Start with a ball in ball carriage position. Separate your hands and move your arms vertically to your sides at shoulder height (equal and opposite symmetry). Keeping your arms level at shoulder height, bend your arms at your elbows and assume 90-degree angles with both forearms and hands pointing away from the midline and shoulders; this is the horizontal "L" position.

Keeping your arms at shoulder height, rotate your hands and forearms up in the air above your shoulder; this is the vertical "L" position.



PUSH-UP AND ROLL

Description:

Get down in push-up position, making sure hands are shoulder-width apart. Do a push-up and then roll over to either direction. Immediately do another push-up. Roll back the opposite direction.

PRACTICE PLAN 9

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Leadership Lesson #1	Use TrueSport Leadership Lesson #1	Intro
DYNAMIC WARM-UP	➤ Straight Leg Bounds (2 x 10 yards) ➤ Carioca (2 x 5 yards) ➤ Crab Crawl (2 x 5 yards) ➤ Leg Tucks (10x) ➤ Sit-ups (15x)		5 Minutes
SKILL BUILDERS ACTIVITY	➤ Gear Runs (5 minutes) ➤ Players Choice (5 minutes)	Review running mechanics prior to starting the activity Give players a few choices and let them have fun picking the activity	10 Minutes
HYDRATION BREAK			5 Minutes
	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (2 minutes) ➤ Lunge with a Twist (2 x 5 yards) ➤ 1-Knee Throws (4 minutes) ➤ Throw 5-10 Yard Crossing/Fade Routes (7 minutes)	Get arms and shoulders loosened up Work on ball carriage during this drill Review Horizontal L to Vertical L Try using 3-step drop with a snap	30 Minutes
	➤ RECEIVING ➤ Stance Start-and-Go (4 minutes) ➤ Route Receiving (7 minutes) (Working with Passers)	Review stance and start mechanics Focus on running through the catch	
	➤ FOOTBALL MOVEMENT ➤ Snake Run (5 minutes)	Review the 5 points of pressure while carrying the ball	
	➤ PREP FOR CONTACT ➤ Quick Feet Reaction (4 minutes) ➤ Scatter Run (5 minutes)	Focus on balance and quickness Mix in change of tempo with movement changes	
HYDRATION BREAK			5 Minutes
TEAM OFFENSE	➤ Formations Review	Review your offensive formations, let players rotate through all positions	10 Minutes
TEAM DEFENSE	➤ 5 vs. 5 Scrimmage	Review defensive roles and responsibilities	10 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 9: DRILL INDEX

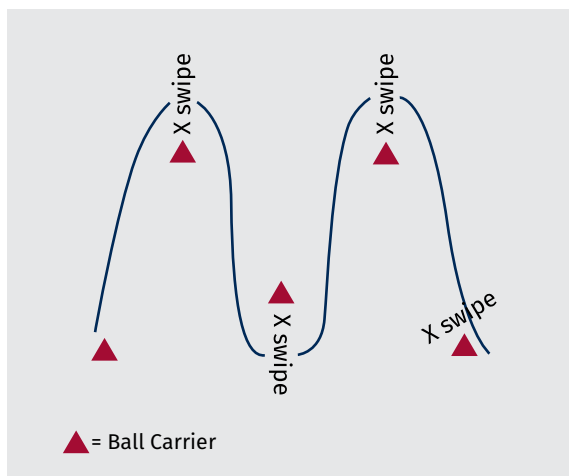
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



ARM SLAPS/HUGS

Description:

Keep arms straight and feet stationary. Swing arms behind the sides of your torso to open your chest, then dramatically bring your arms forward and wrap them around your chest like you are giving yourself a hug. Perform in a continuous motion.



SNAKE RUN

Description:

Divide players into two groups. One group will be defenders, the other group runners. Set up five cones in a zig-zag pattern with at least one defender at each cone. Have runners start at the first cone.

One player at a time will run through the series of cones demonstrating the correct skills for carrying a football while the defenders positioned at each cone try to swipe the football from the carrier as they run through the cones.



STANCE START-AND-GO

Description:

Players will align in a 2-point staggered stance (dominant foot forward). On coach's "GO," the receiver will sprint "off the ball" running for 10 yards.

PRACTICE PLAN 10			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Leadership Lesson #2	Use TrueSport Leadership Lesson #2	Intro
DYNAMIC WARM-UP	➤ Bird Dog (1 minute)		5 Minutes
	➤ Jumping Jacks (15x)		
	➤ Single Leg Quad Stretch and Reach (2 x 5 yards)		
	➤ Carioca (2 x 5 yards)		
	➤ Duck Walk (Squat Walk) (2 x 5 yards)		
SKILL BUILDERS ACTIVITY	➤ 180 Jump Squats (8x)	Focus on staying balanced when completing the jumps Have fun mixing up the movement skills (run, skip, bound, etc.)	10 Minutes
	➤ Racetrack (8 minutes)		
			5 Minutes
➤ PASSING			30 Minutes
➤ Arm Flaps/Arm Circles/Arm Slaps (2 minutes)		Loosen up the arms and shoulders	
➤ Hip Drops (1 minute)		Make sure there is a gentle bend in the knees	
➤ 5-yard Trunk Rotation Throws (3 minutes)		Focus on fluidity all the way to the follow-through	
➤ Three-Step Drop and Throw (5 minutes)		Posture-Ball carriage-Balance-Follow-Through	
➤ RECEIVING			
➤ Acceleration Drill (3 minutes)		Get the head turned and find the ball while accelerating	
➤ Deceleration Drill (3 minutes)		Throw the ball at the back shoulder of the receiver	
➤ KICKING/PUNTING			
➤ Punt Return Tag (5 minutes)		This is a non-contact introduction to special teams punting	
➤ PREP FOR CONTACT			
➤ Three Player Roll and Weave (4 minutes)		It is okay to be quick but stay under control	
➤ Shoulder Rolls (4 minutes)		Tuck and roll 360 degrees over either your left or right shoulder	
HYDRATION BREAK			5 Minutes
TEAM OFFENSE	➤ Ultimate Football	Play on a short field length and encourage creativity	10 Minutes
TEAM DEFENSE	➤ 5 vs. 5 Scrimmage	Ensure all players practice the roles and responsibilities for each position	10 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 10: DRILL INDEX

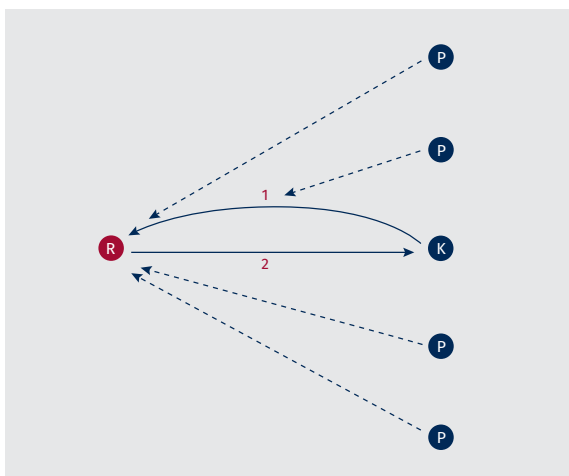
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



HIPS DROPS

Description:

Stand with feet shoulder-width apart. On the coach's command, drop the hips, giving a gentle bend in the knees, and lean slightly forward. Spine angle is essential: keep the back straight and bend slightly forward.



PUNT RETURN TAG

Description:

Place a receiver an appropriate distance directly in front of a kicker. The kicker has a football in their hands ready to punt. Line up all other players horizontally with the kicker.

On the coach's command, the kicker punts the ball to the receiver and all other players run downfield to tag the receiver. The receiver attempts to run downfield while avoiding the taggers.



SHOULDER ROLLS

Description:

Start with feet shoulder-width apart. Bend your knees and place both hands on the ground in front of you. Place either your left or right shoulder on the ground, tuck your neck and keep contact with the ground with both hands until you push off the ground with both feet. Tuck and roll 360 degrees over either your left or right shoulder.

PRACTICE PLAN 11			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Recovery Lesson #1	Use TrueSport Recovery Lesson #1	Intro
DYNAMIC WARM-UP	➤ Knee Hugs (2 x 5 yards)		5 Minutes
	➤ Straight Leg March (2 x 5 yards)		
	➤ Butt Kicks (2 x 5 yards)		
	➤ Alternating Lunges (2 x 5 yards)		
	➤ Backward Runs (2 x 5 yards)		
SKILL BUILDERS ACTIVITY	➤ Stop and Go Flow (5 minutes)	Define a playing area of about 15' x 15'	10 Minutes
	➤ Follow the Snake (5 minutes)	Coach can just describe the movement path if rope is not available	
			5 Minutes
	➤ PASSING		30 Minutes
	➤ Arm Flaps/Arm Circles/Arm Slaps (2 minutes)	Get a good warm-up	
	➤ 1-Knee Throws (3 minutes)	Good time to review horizontal L to vertical L	
	➤ 5-yard Trunk Rotation Throws (4 minutes)	Get a good turn and point the shoulder to the target	
	➤ 7-10 yard Routes (Curl-Slant-Fade) (7 minutes)	Have passers use a 3-step drop	
	➤ RECEIVING		
	➤ Over-the-Shoulder Drill (4 minutes)	Turn the head and find the ball; track the ball to your hands	
	➤ Route Receiving (7 minutes) (Working with passers)	Focusing on using the hands to catch the ball	
	➤ FOOTBALL MOVEMENT		
	➤ Snake Runs (5 minutes)	Review the outside arm concept	
	➤ PREP FOR CONTACT		
	➤ Lateral Shuffle and Roll Reaction (4 minutes)	Focus on smooth transitions from shuffle to roll	
HYDRATION BREAK			5 Minutes
TEAM OFFENSE	➤ 4 to Score – 3 on 3	Make sure players rotate through all positions	10 Minutes
TEAM DEFENSE	➤ 5 vs. 5 Scrimmage	Coaches Choice: What needs attention?	10 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 11: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



PALMS UP SMALL ARM CIRCLES TO LARGE ARM CIRCLES (CLOCKWISE AND COUNTER CLOCKWISE)

Description:

While standing stationary, keep your arms straight and raise them to shoulder height. Move your arms in a circular motion with your palms open and up, facing the sky. Start with small circles both clockwise and counterclockwise, gradually making larger circles.

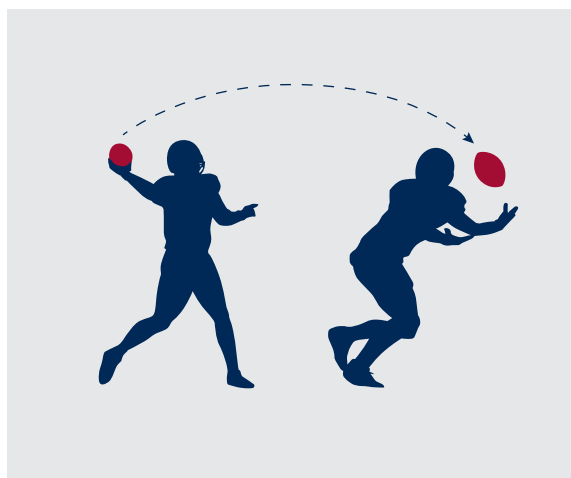


LATERAL SHUFFLE AND ROLL REACTION

Description:

Face your shoulder toward your target destination. Start with feet a little wider than your hips. Shuffle to one side by hopping with your outside leg and then bring your inside leg to meet it.

Continue this movement until the coach delivers a command to drop to the ground and roll in the same direction that you were shuffling. Continue to roll until coach tells you to get up off the ground and return to a standing shuffle.



OVER THE SHOULDER

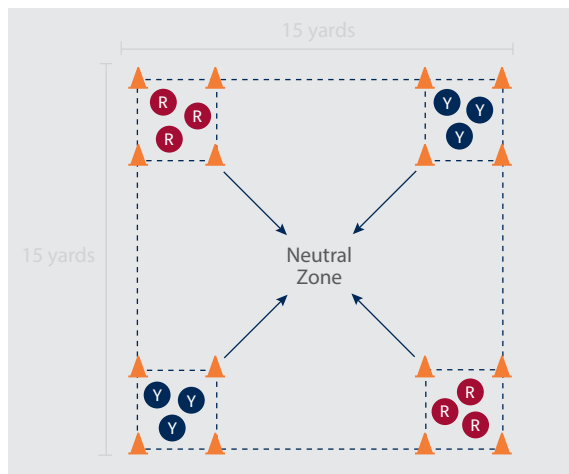
Description:

A player stands 3 yards away from a coach with his/her back to the coach. On the coach's command, the coach lofts a pass over the receiver's shoulder. The receiver, while remaining stationary, looks back and follows the ball into a catch. The receiver will not move from his/her position as he/she makes the catch.

PRACTICE PLAN 12			
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT EMPHASIS	➤ Recovery Lesson #2	Use TrueSport Recovery Lesson #2	Intro
DYNAMIC WARM-UP	➤ High Knees (2 x 5 yards)		5 Minutes
	➤ Straight Leg Bounds (2 x 10 yards)		
	➤ Jumping Jacks (15x)		
	➤ Cross-Over Steps (2 x 5 yards)		
	➤ 4-Way Balance (1 minute)		
SKILL BUILDERS ACTIVITY	➤ Gear Runs Random Order (4 minutes)	Coach can call out the speeds in any random order	10 Minutes
	➤ Zig-zag Tag (6 minutes)	Players must move in a zig-zagged pathway every third step	
			5 Minutes
➤ PASSING			30 Minutes
➤ Arm Flaps/Arm Circles/Arm Slaps (2 minutes)		Get the arms and shoulders loose	
➤ Trunk Rotation Throws (5 yards) (4 minutes)		Get the arm/upper body warmed up with good mechanics	
➤ 5-10 Yard Routes (Crossing-Curl-Slant-Fade) (8 minutes)		Review the concept of leading the receiver	
➤ RECEIVING			
➤ Route Receiving (8 minutes) (Working with Passers)		Focus on running through the catch	
➤ KICKING/PUNTING			
➤ MULTI-STEP APPROACH Partner Kicks (5 minutes)		Have players walk through the approach steps to start with, before going at a faster pace	
➤ PREP FOR CONTACT			
➤ Crab Walk Relay (4 minutes)		Divide into two teams 5-10 yards apart, first team to finish wins	
➤ Flag Tag Corners (7 minutes)		Review concepts like grasp accuracy before starting	
HYDRATION BREAK			5 Minutes
TEAM OFFENSE	➤ Player's Choice	Give a few options for a fun game and allow the players to choose	10 Minutes
TEAM DEFENSE	➤ Scrimmage 5 vs. 5	Work on your favorite plays	10 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 12: DRILL INDEX

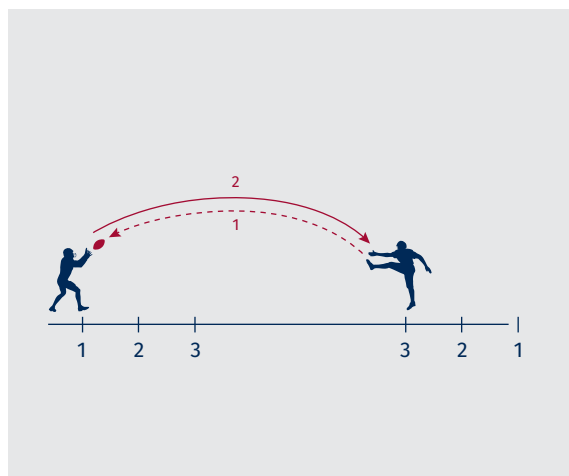
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



FLAG TAG CORNERS

Description:

The object of the game is to not get your flags pulled. When your flag is pulled, the player must hold it in their hand and can remain playing until their second flag is pulled. When a player's second flag is pulled, they must stay in place and try and pull the flags of other players running by. Everyone is "it." Coaches are encouraged to set boundary areas for the activity.



MULTI-STEP APPROACH

Description:

Starting with a football on a tee, take between six and 12 steps of proper mechanics to approach the ball and kick it forward.



TRUNK ROTATION THROWS

Description:

Line up 5 yards across from a partner. Plant feet shoulder-width apart and point both feet forward. While keeping your feet planted, rotate your torso as you throw the football to your partner.



FOOTBALL DEVELOPMENT MODEL

PLAYER PROGRESSION GUIDE

STAGE 3 DEVELOP AND ACHIEVE

Overview
Developmental Checklist
Skills
Practice Plans



STAGE 3 DEVELOP AND ACHIEVE

Flag
Modified Games

WHAT IS DEVELOP AND ACHIEVE?

Athletes begin to understand sport-specific skills and learn to compete against others in a fun, challenging environment. Whether through flag football or a modified tackle game such as Rookie Tackle®, children at this stage can work within a team concept and learn from their mistakes.

Free play remains important but is not used as frequently as in earlier stages. Players at this age are more cognizant of their strengths and weaknesses, so it's important to manage matchups both during practice and in games.

A less skilled player who is overmatched consistently will lose confidence, which often can lead to giving up the sport, while a player with more refined skills who is allowed to exploit matchups may gain regular success but is not improving as rapidly as he or she would against someone of equal size, strength and talent.

This also marks the stage where some players begin the tackle game. While the underlying skills have been introduced in previous years, always begin by covering the basics before progressing to player-on-player contact. Young athletes just starting out in tackle football must show they possess the required skills against air and soft-sided bags before progressing to controlled contact and ultimately full contact.

➤ **Reminder:** Using this guide

Throughout this Player Progression Guide, you'll find drills. You can find descriptions of these drills in the glossary on page 231.

STAGE DEVELOPMENT CHECKLIST

These checkpoints are based on the CORE technical skill areas of the Football Development Model. Each athlete should be able to perform the following skills:



Passing (using a developmentally appropriate-sized football)

- ☐ Throw overhand with a medium trajectory 10-20 yards in distance
- ☐ Accurately throw 7 of 10 passes leading their partner with the football during a route pattern (<10 yards)
- ☐ Throw for distance with accuracy (15+ yards)



Receiving (using a developmentally appropriate-sized football)

- ☐ Catch 7 out of 10 accurately thrown balls with hands only while running a specified route
- ☐ Catch a ball thrown above the head, at chest level and below the waist while moving
- ☐ Demonstrate continual directional movement through the catching action (run through the catch)



Flag Pulling and Tackling

- ☐ Demonstrate fluid deceleration mechanics (lowering hips, bending knees, choppy steps) into proper postures for contact
- ☐ Demonstrate shoulder and helmet placement accuracy in contact situations
- ☐ Describe and explain Clamp and Iron Grip, grasps for post connection in tackle situations



Blocking

- ☐ From a 2-point stance, transition from a sprint to short, choppy steps to a balanced stance precontact
- ☐ Use a brace step and pop step to establish position and power
- ☐ Transition weight through the feet and legs, rocking forward as the hips uncoil with force driven through the hands and into the opponent



Kicking and Punting (using a developmentally appropriate-sized ball or football)

- ☐ With a running approach, kick a stationary ball in the air more than 15 yards
- ☐ Place-kick with accuracy more than 10 yards
- ☐ Punt a ball more than 15 yards



Football Movement

- ☐ Perform lateral shuffle in multiple directions with fluid movement, keeping the head level and hips low
- ☐ Demonstrate efficient backward movement in varying directions
- ☐ Fluidly transition into a roll from an upright movement skill and return to the original movement skill
- ☐ Maintain balance in different body orientations
- ☐ Adapt speed of movement to the needs of the competitive scenario



Cognitive – Affective

- ☐ Set realistic goals for improvement
- ☐ Demonstrate improved decision-making ability
- ☐ Understand more complex rules of gameplay





PASSING – SKILLS AND KPIs

GAME-TYPES > FLAG MODIFIED TACKLE

Below are skills that build the Passing progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve passing. Drill descriptions can be found in this guide's glossary.

1 PRE-PASS POSITION

- ✓ The body, grip and arm position prior to the throwing motion beginning. Creating a solid base from which to throw by having feet shoulder width apart, ball centered at chest, with a firm grip on the ball.

KPI(s): Grip, Base, Ball Carriage, Drops

- Athletes can properly grip an age-appropriate football with fingers on the laces and the ball properly secured in both hands
- Nose of the football is up with the arm at a 90-degree bend
- One finger of space between the ball and the palm of the hand
- Ball carriage position is relaxed, central to the sternum and stable
- Athlete can maintain proper grip and base while taking a 3-step drop



Drills to Support

Meet in the Middle Grip Drill
Hips Inside the Heels
Cross Plant Throw
Snap – Catch – Throw
1-Step Drop to Ball Carriage Position
3-Step Drop
Snap – Catch – Drop – Throw

2 POSTURE

- ✓ A comfortable neutral posture as the throwing motion begins. Gained by dropping the hips, having a gentle bend in the knees and a very slight lean forward at the waist.

KPI(s): Neutral Posture, Drop the Hips, Cleats in the Grass

- Athlete can stand in a proper throwing position with a slight bend in the knees, hips dropped and slight forward lean
- Lead shoulder pointing at the target
- Drop the hips, don't bend the knees
- Weight should be on instep
- Maintain posture on drop



Drills to Support

Hip Flips from Standing Position
Hip Flips from Lateral Shuffle
5-Yard Spot Throws to Right and Left
5- and 10-Yard Slants
5- and 10-Yard Fades

3 THROWING MECHANICS

✓ The movements that make up a successful throw and the ability to coordinate those movements throughout the throwing motion.

 KPI(s): Fluidity, Separation, Symmetry, Movement

- Back foot should finish even with front foot (or slightly behind)
- Don't lock out the front knee
- Hands and elbows mirror each other on separation

 Drills to Support

- Horizontal "L" to Vertical "L" Drill
- Palms Up Small Arm Circles to Large Arm Circles (clockwise and counter-clockwise)
- Arm Flaps (internal/external rotation)
- Arm Slaps/Hugs
- Trunk Rotation Throws
- Single-Leg Turn-Throw Right/Left (emphasize balance and stability)
- Trajectory Throws (1-2-3)
- Mirror Drill (keep pre-pass position)
- Mirror Drill and Throw
- Lateral Partner Throws (moving parallel 5-10 yards apart add depth for mastery)
- Push-Pull Partner Throws (moving directly toward partner in-line 10 yards apart, partner moves)
- Snap-Catch-Throw Rapid Fire

4 FINISH

— The body position and follow through after the ball is released.

 KPI(s): Balance, Deceleration, Stabilize

- Front toe to the target on finish
- Front foot flat on the stride
- Back foot finishes even or slightly behind the front foot
- Stability in the finish
- Snap the shoulder at target

 Drills to Support

- Thumb to Pocket
- Towel Drills
- Don't Cross the Line Drill (moving forward on throw, decelerate with balance)
- Straddle the Line
- Split-Leg Throws



RECEIVING – SKILLS AND KPIS

GAME-TYPES > FLAG MODIFIED TACKLE

Below are skills that build the Receiving progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve receiving. Drill descriptions can be found in this guide's glossary.

1 FEET/FOOTWORK

- ✓ Preparing the body from the ground up by making sure the feet are positioned appropriately for the catch. Using the feet to help position the body in preparation, during, and after the catch.

KPI(s): Stance, Start, Tempo, Balance, Top of the Route

- Athletes can perform the stage-appropriate fundamentals of footwork literacy (i.e., walking, jogging, sprinting)
- Arm-appropriate motions include aligning with lower body activity, proper hip drive, thigh parallel to the ground and stop-and-go body control
- Individuals can perform actions while changing tempo and running various orientations and pathways
- Individuals can perform actions using proper foot strike, appropriate body lean and hip/arm/body mechanics associated with acceleration
- Can demonstrate deceleration mechanics (lower hips, bending knees, choppy steps)



Drills to Support

Stance, Start and Go
 Curved Pathway
 Zig-zag Pathways
 Accelerating Speed
 Decelerating Speed
 Lateral Pathway
 Multi-Directional Get Up and Go
 Dual Leg Dominance
 TOR Drill
 Stem Drills
 3-on-3 Constrained Area Free Play

2 HANDS

- ✓ Preparing and positioning the fingers, hands and arms to complete a successful catch.

KPI(s): Position, Catch Radius, Long Arms

- Athlete can perform the stage-appropriate fundamentals of body and arm-hand placement efficiencies
- Physical literacy includes spatial awareness, allowing for appropriate body positioning
- Can perform with arm-appropriate positioning (parallel) to the ground and hand positioning at various orientations
- Shows awareness relating to parallel and/or perpendicular arm placement, efficient hand orientation and dexterity awareness



Drills to Support

- Catch and Step
- Clockwork
- 10-yard Intermediate Game (dig, curl, speed-out)
- 5-yard Quick Game (hitch, slant, in, out)
- Long Arm Drill
- High Ball Drill

3 VISION

- ✓ Tracking the football through the air and into the hands. Learning to focus through distraction and with the body in various orientations.



KPI(s): Locate, Focus, Track

- Athlete can locate ball in flight adequately, judging its depth and distance.
- Displays the ability to track the football in flight



Drills to Support

- Progressive Turn and Catch
- Over the Shoulder
- Pat and Go Drill
- Colored Ball Drill (tennis ball, racquetball, etc...)
- Colored Chalk Footballs

4 FINISH

- Movement through and following the catch. Transferring the football from catch to tuck and assuming correct ball-carrying position.



KPI(s): Secure, Transition, Run Through Catch

- Athletes can perform the stage-appropriate fundamentals of finishing the catch, catching the football with the eyes and securing the football with both hands and/or arms
- Athletes should be able to transfer the football, securing it in a cradle position in either arm



Drills to Support

- Catch, Step and Wrap
- Catch, Wrap and Go
- Outside Arm
- 5 Points of Pressure
- Progressive RTC Drills



FLAG PULLING AND TACKLING – SKILLS AND KPIs

GAME-TYPES > FLAG MODIFIED TACKLE

Below are skills that build the Flag Pulling and Tackling progression. For this stage, the progression has steps, Key Performance Indicators (KPIs) and drills help coaches train and improve these skills. Drill descriptions can be found in this guide's glossary.

1 TRACK

- ✓ The ability to get to the ball-carrier with speed – taking into consideration scheme, leverage and blockers – in order to pull a flag or make the tackle.

KPI(s): Change of Direction, Approach Height and Speed, Scan for Opponents

- Able to move fluidly in multiple directions and at multiple speeds
- Able to continue to execute movement skills in a variety of body positions
- Able to navigate obstacles while maintaining eye contact with a target
- Able to identify the target from among multiple objects within line of sight

Drills to Support

W-Drill
5-10-5 Touch the Cone
Slalom Weave Drill
Diamond Agility Drill
Deer Hunter Game
Move and Sprint Reaction
Run-Shuffle-Run
Army/Navy game
Zombie Tackle
Position Tag
Pong

2 PREPARE

- ✓ The ability to transition from tracking to the correct body positions with proper foot placement to either pull a flag or for up-coming contact dependent on the type of tackle being made.

KPI(s): Balance, Foot Placement, Drop Height, Dominate Contact Angles

- Able to keep a strong base while maintaining footwork in preparation for contact
- Able to appropriately time changing levels to initiate proper contact
- Demonstrates strong postural alignment when contact is imminent



Drills to Support

- Hop Guesser
- Two-Step Drive
- Running Drive
- Zombie Tackle
- Jump and Land (From a Box)
- Jump and Land (Vertical)
- Jump and Land (Horizontal)

3 CONNECT

- Through preparation and proper technique, defenders can take the advantage from the first touch, leading to a dominant position and, eventually, a proper tackle or flag pull.



KPI(s): Initial Grasp Accuracy (Flag), Initial Shoulder Accuracy (Tackle)

- Shows the ability to grasp a flag off of a moving target while moving themselves
- Shows the ability to place the shoulder accurately in time and space



Drills to Support

- Flag Tag Corners
- Cops and Robbers Football
- Partner Tag Drill
- Switch Tag
- Partner Knee Tag
- Arm Clamp & Iron Grip
- Body Lock

4 ACCELERATE

- The ability to generate force through the feet and into the ground, providing sustained pressure along with generating controlled power.



KPI(s): Cleats in the Ground, Leg Drive

- Keep feet in a position to accelerate from a wide variety of body positions
- Can produce force into the ground against an opponent's resistance



Drills to Support

- Gear Runs
- Bag Drive
- Cone Jumps
- Cone Jumps Lateral

5 FINISH

- The drive and follow-through that completes the kicking motion.

**KPI(s): Tighten the Clamp, Dominate to the Deck**

- Continues to achieve better body position, squeezing tighter as control is established
- Demonstrates the understanding of staying connected to an opponent all the way to the ground

**Drills to Support**

Army-Navy Game

Deer Hunter/Sharks and Minnows



BLOCKING – SKILLS AND KPIS

GAME-TYPES > **FLAG** **MODIFIED TACKLE**

Below are skills that build the Blocking progression. For this stage, the progression steps, Key Performance Indicators (KPIs) and drills help coaches train and improve this skill. Drill descriptions can be found in this guide's glossary.

This Stage 3 skill progression includes base blocking fundamentals and footwork from USA Football's Contact System, which is available at footballdevelopment.com/contact-system. Please note that these skills can be taught to any offensive position engaging in contact.

BLOCKING IN SPACE

Whether coming out of a two- or three-point stance or moving downhill from one level to the next, players must inevitably get to a proper contact position. Blockers must work through the C.U.F.F. progression (see next page) to displace opponents.



KPI(s): Stance, Start, Triangulate Defender

- Able to transition from sprint to short, choppy steps with weight on insteps
- Able to transition from short, choppy steps to a balanced 2-point coil position prior to contact
- Can widen toes prior to contact to allow the hips to uncoil. Toes outside knees, knees outside hips
- Can triangulate opponents off their center line – player's nose to opponent's eye/ear to the side of the objective or assignment

BLOCKING ON THE LINE OF SCRIMMAGE

Starting with proper steps off the snap, blockers quickly progress through the mechanics required to achieve vertical and/or lateral displacement and open a hole for the ball-carrier on an inside run.



KPI(s): Stance, Start, Triangulate Defender

- Can perform a brace step, which puts the blocker in an optimal contact angle. Footwork aligns the hips to the inside ear of the defender
- Can perform a pop step – tight, short steps with the instep of the foot
- Upon returning to balance, feet are in the ground with weight on the insteps



Drills to Support

Brace Pop
Come to Balance Freeze
Come to Balance Mirror

C.U.F.F. BLOCKING PROGRESSION

The C.U.F.F. progression stands for Coil, Uncoil, Fit and Finish. These progression steps make up the systematic approach to blocking allows a player to achieve maximum force with maximum control.

1 COIL

- ✓ The foundational pre-contact posture that is necessary to move multi-directionally or mirror an opponent in space and to deliver contact with optimal power and the greatest degree of body control.

KPI(s): Base, Condense, Guard

Base

- Form a triangle with the feet, legs and torso – knees inside the ankles and hips inside the knees
- Toes turned slightly out allowing weight to be distributed through the insteps

Condense

- Lower the center of gravity, by bending at the ankles, knees and hips
- The upper body should have a slight forward tilt with the lower spine neutral
- Eyes straight ahead

Guard

- Carry the hands out in front of the body with the elbows close together and not visible from rear view
- Elbows should be carried off the body around 4-6 inches, forearms should parallel to the ground and thumbs should point to the sky



Drills to Support

Fire Drill
Iron Core

2 UNCOIL

- ✓ Energy is transferred from the uncoiling of the hips into the arms and focused out through the densest part of the palm and into the contact surface of the opponent.

KPI(s): Extend the Hips with Cleats Grounded, Proper Hand Placement

- Athletes transition their weight up through the feet and legs, rocking forward as the hips uncoil and force is driven through the hands and into the opponent
- As weight rolls forward, knees go down and out
- Hips come through
- Ensure that the blocker does not arc the back as they transition to the fit stage, the neck and back should be neutral



Drills to Support

Wrecking Ball
Teeter Long Jump
Teeter to Foot Fire

3 FIT

✓ The strike or initial contact delivered onto an opponent.

KPI(s): Long Arms, Elbows In, Thumbs Out

- Able to rotate thumbs out at 45 degrees also rotates the elbows down, allowing the skeletal structure to serve as a pillar
- Able to strike the breastplate to disrupt an opponent by altering the angle of their spine
- Players strike with the hands, utilizing the densest part of the palm

BLOCKING FIT: PILLAR

For this stage of development, Pillar is the recommended blocking fit. As a player progresses to future development stages, new blocking fits are available, including Bridge and Buckle. A Pillar fit means the arms are at full extension when contacting the opponent.



Drills to Support

Coil to Fit
Fit to Uncoil
Dowel Lift
Come to Balance Fit

4 FINISH

— Securing control of an opponent after initial impact in order to execute the situational objective.



KPI(s): Close, Climb, Fast Feet

- All principles of contact apply: feet grounded and behind the center of mass, hands in front allowing the hips to drive power, remaining square to the target
- Use a jab step and pop step to achieve vertical distortion and prevent getting crossed over
- Keep steps short and tight, as long steps leave defenders vulnerable to being thrown
- On the strike, thumbs rotate outward with contact landing on the lower corner of the breast plate below the nipples
 - Once contact is secured, blockers close the hips, then climb in by taking small steps to eliminate extra space



Drills to Support

Fit to Finish
King of the Ring



KICKING AND PUNTING – SKILLS AND KPIS

GAME-TYPES > FLAG MODIFIED TACKLE

Below are skills that build the Kicking and Punting progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve kicking and punting.

1 PREPARE

- ✓ The stance and approach prior to making contact to the ball with the foot.

KPI(s): Footwork, Body Position

- Show proper lean and balance when approaching a stationary ball to kick
- Ability to successfully approach a stationary ball from varying distances

Drills to Support

Two-Step Kicks
Multi-Step Approach
Straight Line Approach Drill (punting)

2 CONTACT MECHANICS

- ✓ The movements that make up a successful kick/punt up to and at the point of contact. The ability to coordinate these movements throughout the kicking/punting motion.

KPI(s): Eye-foot Coordination, Foot Position, Strike Point

- Maintain vision on contact point through connection
- Show leg swing through contact
- Connect with ball from a point on the shoelaces
- Connect with ball slightly below its center on place kick
- Connect with the center of the ball on punts
- Ankle and knee are locked at the point of contact

Drills to Support

Plant Foot Drills
Contact Dots Drill
Directional Kicking
Directional Punting
Catch and Mold Drill
Kneeling Drop Drill
Walk and Drop Drill
Lift Drill

3 POWER

- ✓ Using multiple muscles and leg speed to generate strength behind the kick in order to achieve longer distance and/or height.



KPI(s): Leg Swing, Backswing

- Generates force at the point of contact



Drills to Support

- Backswing Drill
- Kick Return Tag
- Punt Return Tag
- Leg-Swing Line Drill

4 FINISH

- The drive and follow-through that completes the kicking motion.



KPI(s): Leg Swing, Backswing

- Maintain balance through contact
- Fluid motion from first step through follow-through
- Follow-through up and through toward the target
- Hips and shoulders square to the target line through finish



Drills to Support

- Extension Kicks
- Leg-Swing Line Drill Balance



FOOTBALL MOVEMENT – SKILLS AND KPIs

GAME-TYPES > FLAG MODIFIED TACKLE

Below are drills to help players develop football movement skills. These skills, Key Performance Indicators (KPIs) and drills will help lay the foundation for these physical movements.

GENERAL ATHLETICISM

The physical qualities that make up athletes, such as agility, balance, coordination, speed, stamina and strength.

 **KPI(s): Running, Lateral Shuffle, Jumping, Hopping, Falling, Rolling, Sensory Awareness, Combination Movements**

RUNNING

- Can skip and march with contralateral arm movement, linear arm movement (nose-to-pocket arm swing) and hip drive with thigh parallel to the ground
- Can skip and march with contralateral arm movement, linear arm movement (nose-to-pocket arm swing) and hip drive with thigh parallel to the ground
- Able to stop and go with body control
- Able to change tempo successfully within drills
- Can run in various orientations and pathways
- Can perform actions using proper foot strike, appropriate body lean and hip/arm/body mechanics associated with acceleration
- Demonstrates deceleration mechanics: lowering hips, bending knees, choppy steps

Drills to Support

March
Skip
Bound
Zig-zag Pathway
Forward/Backward
Stop-and-Go Flow
Multi-Directional Get Up and Go
Lateral Crossover Balance

LATERAL SHUFFLE

- Can gallop and shuffle without feet touching
- Can shuffle both directions stop and go with body control
- Can perform all actions while changing tempo
- Performs action on balls of the feet while keeping a low center mass with fluid movements
- Continues to increase fluidity and efficiency of movement, keeping the head level and hips low



Drills to Support

- Gallop
- Lateral Shuffle
- Race Track
- Lateral Shuffle and Roll Reaction
- COD Cone Weaves

JUMPING AND HOPPING

- Can jump and land with both feet leaving and touching the ground at the same time, coordinated arm swing, raising and lowering center of mass
- Can leave the ground and land on one foot while maintaining balance and body control
- Can jump and hop in different directions (forward/back, side-to-side)
- Can jump and hop with varying force
- Can perform all actions while changing tempo
- Can perform these actions while using proper landing mechanics: knees bent, hips lower towards the ground in a controlled manner, maintaining spinal integrity, chest up
- Continuing to improve mechanics as force demands increase



Drills to Support

- Jumps and Landings to a Box
- Jumps and Landings from a Box
- Cone Jumps
- Jump Rope
- 180 Jumps
- Cone Hops
- Agility Ladder Jumps Forward
- Agility Ladder Jump Lateral
- Circle Hip Turns

FALL AND ROLL

- Can rolling in straight line
- Can transition from a standing position to a roll, rolling in different orientations
- Can transition into a roll from an upright movement skill and return to that movement skill
- Continue to improve fluidity and efficiency of this movement skill



Drills to Support

- Three Player Roll and Weave
- Lateral Shuffle and Roll Reaction

SENSORY AWARENESS

- Continued development of movement skill vocabulary
- Continued growth in ability to move in space, including directional awareness, identifying different rhythms and tempo, ability to visually track an object and maintaining balance in different body orientations
- Can execute tasks that combine multiple sensory skills
- Continued growth and efficient application of sensory skills in various conditions



Drills to Support

Diagonal Chop and Reach
 1-Leg Cone Touch Lateral
 Hand-Eye Coordination
 Partner Tracking Tag
 Partner Cross Tracking Tag
 My Gears
 1-Leg Balance Reach
 Switch Tag

COMBINATION MOVEMENTS

- Combine foundational movement skills into movement transitions, for example: run to shuffle, jump to skip, roll to hop, gallop to skip
- Demonstrate increased fluidity with movement transitions



Drills to Support

Wall Squat and Step
 Push-Up and Roll
 Race Track
 Lateral shuffle and roll
 Three Player Roll and Weave
 5-10-5 Touch the Line
 Run-Shuffle-Run



FOOTBALL MOVEMENT – SKILLS AND KPIs

GAME-TYPES > **FLAG** **MODIFIED TACKLE**

GENERAL PERFORMANCE

Foundational movement skills and skill descriptors that are inherent to all levels and game types within football.

 **KPI(s): Agility, Strength and Power, Stamina and Speed**

AGILITY

- Can perform foundational movement with appropriate spatial and temporal awareness
- Demonstrates chase and avoid skills
- Shows efficient backward movement
- Can run a prescribed pattern with increased accuracy and efficiency
- Shows improved reaction time and ability to anticipate



Drills to Support

Building Agility 1
Building Agility 2
Building Agility 3
Building Agility 4
Agility Ladder Run
Agility Ladder Lateral
Agility Ladder Jumping Jack Feet
Quick Feet Reaction
Random Cone Jumps
Crossover Steps
Partner Mirror Drill
Agility Ladder
Agility Ladder In and Out
Partner Tag
Partner Knee Tag

STRENGTH AND POWER

- Can perform foundational movement skills in a biomechanically correct manner with proper load progression
- Can maintain form and technique while meeting or exceeding the demands of person-to-person contact



Drills to Support

Wall Push
 Partner Mirror Hands
 Squat Walkout
 Squat
 1-Leg Balance Reach
 Reverse lunge
 Lunge
 1-Leg Cone Touch Lateral
 Bird Dog
 Pushups
 Various Plank Drills
 Head Lifts
 Diagonal Chop and Reach
 Partner Plank Hand Tag
 Crab Crawl
 Bear Crawl
 Push-Up and Roll

STAMINA AND SPEED

- Ability to repeatedly perform skills within the context of competitive practices and games without undue fatigue
- Demonstrate this ability with the increased demands of higher-level play
- Performs foundational movement skills in a biomechanically correct manner with increases to tempo
- Demonstrates the ability to adapt tempo to the needs of the competitive scenario within the context of different positions on the field
- Introduces game-related, non-linear running mechanics as they apply to specific positions



Drills to Support

Get up, Chop, and Go
 L-Drill with Cones
 Sprints
 Circle-Around the Cone
 Backpedal
 Flying 20 or 30
 W-Drill
 X-Drill
 Slalom Weave Drill

PRACTICE PLAN 1

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ATHLETE HEALTH	➤ Teamwork Lesson 1	Use TrueSport Teamwork Lesson #1	Intro
DYNAMIC WARM-UP	➤ Shoulder/Neck Rolls (30 seconds) ➤ Butt Kicks (2 x 10 yards) ➤ High Knees (2 x 10 yards) ➤ Reverse Lunges (2 x 10 yards) ➤ Quad Stretch and Reach (2 x 10 yards) ➤ Straight Leg March Hamstring Stretch (2 x 10 yards)(2 x 10 yards) ➤ Lateral Shuffle (2 x 10 yards) (2 x 10 yards)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Bear Crawl (4 minutes) ➤ Lateral Shuffle and Roll (4 minutes)	Working mobility, strength and core Go slow until the players feel comfortable with the drill	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws (5 and 8 yards) (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ RECEIVING ➤ Stance Start-and-Go (8 minutes) ➤ FOOTBALL MOVEMENT ➤ Five Points of Pressure (2 minutes)	Loosen up the arms and shoulders Focus on ball carriage position before Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Emphasize athletic two-point stance with even weight distribution Practice turning right and left	20 Minutes

PRACTICE PLAN 1 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Learning to Fall (4 minutes)	Controlling the head and neck position, smooth rolling action	
	➤ FLAG PULLING AND TACKLING		
	➤ Breakdown (3 minutes)	Ability to sink hips while keeping heels flat, spinal posture	
	➤ Swoop to Near Foot (4 minutes)	Come to balance, contact posture, offset target	
	➤ Rip (4 minutes)	Tight arms, no wind-up, hips must extend with arms	
	Transition (1 minute)		
	➤ BLOCKING		
	➤ 2-Point Coil to Fit (4 minutes)	Use the Pillar fit in this drill	
	➤ 3-Point Coil to Fit (5 minutes)	Focus on a great stance, use the Pillar fit	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 1: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.

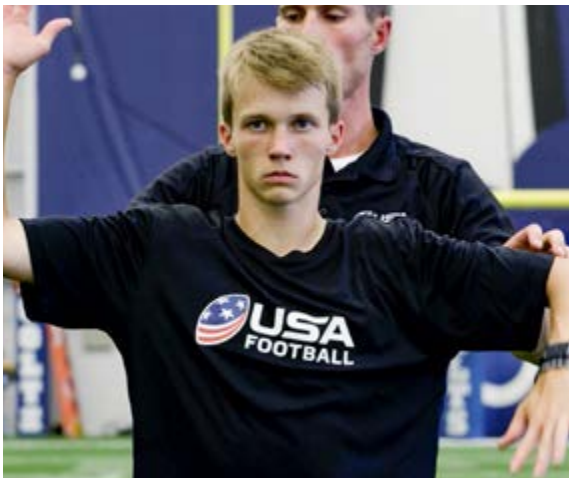


2-POINT COIL TO FIT

Description:

Align in a 2-point Coil with feet parallel in the center of the padded pole or partner, a full arm's length away from the pole. Hands carried in proper guard posture. Rock forward (teeter), uncoiling your hips while maintaining weight on your insteps. Move your knees down and out, which allows your hips to fully uncoil.

As you uncoil, your hands and hips ascend toward the striking surface and thumbs rotate outward and elbows turn down and in toward the ground. Strike the padded pole or your partner with densest part of the palm. Finish the drill in a posture similar to the Fit to Uncoil Drill (fully uncoiled, proper fit and arch in the back).



ARM SLAPS/HUGS

Description:

Keep arms straight and feet stationary. Swing arms behind the sides of your torso to open your chest, then dramatically bring your arms forward and wrap them around your chest like you are giving yourself a hug. Perform in a continuous motion.



BREAKDOWN

Description:

Have players stand in rows and move upon the coach's verbal commands. Stop after each command to check that players are in correct position. Set a solid base by stomping the feet and setting them shoulder-width apart. Weight is balanced, and pressure is on the balls of the feet. Players extend their chests to get the spine in line and create a large surface area. Think "proud chest." Bend at the knees, keeping the chest out and spine in line. Shoulders over hips. Knees over toes. Bring the hands up in a relaxed position and ready to react.

PRACTICE PLAN 2

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Teamwork Lesson 2	Use TrueSport Teamwork Lesson #2	Intro
DYNAMIC WARM-UP	➤ Walking Leg Tucks (2 x 10 yards) ➤ Lunge with a Twist (2 x 10 yards) ➤ Straight Leg Bounds (2 x 10 yards) ➤ High Knee Skips (2 x 10 yards) ➤ Carioca (2 x 10 yards) ➤ Hip Flips Back Pedal (2 x 15 yards) ➤ Jumping Jacks (15x)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Agility Ladder (4 minutes) ➤ Scatter Run (4 minutes)	Focus on quickness, foot speed, coordination, and body awareness Be sure to mix in change of tempo with movement changes	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-step Drop and Throw (2 minutes) ➤ 3-step Drop and Throw (2 minutes) ➤ Trajectory Throws (1-2-3) (2 minutes) ➤ RECEIVING ➤ Zig-zag Pathway (4 minutes) ➤ FOOTBALL MOVEMENT ➤ Hand-Off Relay (4 minutes)	Loosen up arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Emphasize low (1), medium (2) and high (3) angles of trajectory Display body control when running in zig zag orientations Focus on hand and arm-position	20 Minutes

PRACTICE PLAN 2 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Learning to Fall – Forward and Backward (4 minutes)	Control of hips to find ground, control of head and neck	
	➤ FLAG PULLING AND TACKLING		
	➤ Breakdown (2 minutes)	Sinking the hips while keeping heels down, spinal posture	
	➤ Shoot (4 minutes)	Learn to hinge at hips, spinal posture, using hip – not legs – for power	
	➤ Pop Up Tackle (Tackling Only) (4 minutes)	Tie rip and shoot into a smooth motion, target accuracy, accelerate finish	
	➤ Transition (1 minute)		
	➤ BLOCKING		
	➤ 3-Point Coil to Fit (3 minutes)	Emphasize uncoiling the hips, use the Pillar fit	
	➤ Fire Drill (4 minutes)	Make sure the back doesn't round	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 2: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



PALMS UP SMALL ARM CIRCLES TO LARGE ARM CIRCLES (CLOCKWISE AND COUNTER CLOCKWISE)

Description:

While standing stationary, keep your arms straight and raise them to shoulder height. Move your arms in a circular motion with your palms open and up, facing the sky. Start with small circles both clockwise and counterclockwise, gradually making larger circles.



FIRE DRILL

Description:

Begin in a proper 2-point coil posture. On the coach's command, advance forward 5 yards with short, choppy steps (foot fire) while moving a tennis ball back and forth between your hands. Feet shouldn't come off the ground. Steps are short and tight. Feet remain parallel with no long steps.



SHOOT

Description:

Line players up on their knees in front of a half-round bag or other soft object to serve as a landing spot. Toes are pointed back so that no power can come from pushing off the ground. Back is straight. Hands and arm start at the side.

On the coach's first command of "sink," players bend at the waist to set the hips. On the coach's second command of "shoot," players explode up and outward, uncoiling the hips and throwing two uppercuts to generate power, landing on the bag or soft surface. As players understand how to engage their hips, coaches can stand in front of the bags and hold up a number while players are in the air. Players shout out the number before hitting the bag. This ensures their heads remain looking forward with eyes up.

PRACTICE PLAN 3

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Hydration Lesson 1	Use TrueSport Hydration lesson #1	Intro
DYNAMIC WARM-UP	➤ Shoulder/Neck Rolls (30 seconds) ➤ Butt Kicks (2 x 10 yards) ➤ High Knees (2 x 10 yards) ➤ Reverse Lunges (2 x 10 yards) ➤ Quad Stretch and Reach (2 x 10 yards) ➤ Straight Leg March Hamstring Stretch (2 x 10 yards) ➤ Lateral Shuffle (2 x 10 yards)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Gear Runs (5 minutes) ➤ Three Player Roll and Weave (3 minutes)	Review running mechanics prior to starting the activity Encourage players to work as a unit, get a flow going	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ 5-10 Yard Spot Throws (4 minutes) ➤ RECEIVING ➤ Sharks and Minnows (3 minutes) ➤ KICKING AND PUNTING ➤ Straight Line Approach Drill (Punting) (3 minutes)	Loosen up the arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Plant your feet shoulder-width apart, drop your hips Avoid being tagged by employing zig zag pathways Maintaining balance in a stationary position	20 Minutes

PRACTICE PLAN 3 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Bear Crawl (2 minutes)	Shoulder stability, bend knees, hip sink, spinal positioning	
	➤ Crab Walk (2 minutes)	Keeping the hips up means postural strength and positioning through movement	
	➤ FLAG PULLING AND TACKLING		
	➤ Pop Up Tackle (Tackling only) (3 minutes)	Tie rip and shoot into a smooth motion, target accuracy, accelerate finish	
	➤ Near Foot, Near Shoulder (3 minutes)	Tie correct foot and shoulder together off movement contact posture	
	➤ Near Hip (4 minutes)	Focus on near hip, staying patient and to assigned leverage, close vertical space	
	Transition (1 minute)		
	➤ BLOCKING		
	➤ Fire Drill (4 minutes)	Try this drill from the 3-point posture	
➤ Come to Balance Fit (3 minutes)	Use the Pillar fit, make sure arms are fully extended		
➤ Teeter to Foot Fire (3 minutes)	Throwing the head back can help uncoil the hips		
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 3: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



ARM SLAPS/HUGS

Description:
Keep arms straight and feet stationary. Swing arms behind the sides of your torso to open your chest, then dramatically bring your arms forward and wrap them around your chest like you are giving yourself a hug. Perform in a continuous motion.



TEETER TO FOOT FIRE

Description:
Bend your knees in an athletic stance, place your weight in your heels and slightly arch your lower back so that your torso is upright. Displace your weight forward from your heels to the balls of your feet. While your knees move forward and down toward the ground, make sure you continue to push them out and activate your glutes.

From this coiled position, use the uncoiling of your hips to generate power and transfer to a foot fire, taking short, choppy steps to regain balance.



NEAR FOOT, NEAR SHOULDER

Description:
Set cones in a diamond shape with a ball-carrier and defender standing opposite of each other. On the coach's command, the two players move toward a designated cone. As the players near the cone, the defenders swoop in and establish leverage through the near foot, near shoulder technique, coming to a stop by touching both hands to the ball-carrier's near hip.

PRACTICE PLAN 4

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ATHLETE HEALTH	➤ Hydration Lesson 2	Use TrueSport Hydration lesson #2	Intro
DYNAMIC WARM-UP	➤ Walking Leg Tucks (2 x 10 yards) ➤ Lunge with a Twist (2 x 10 yards) ➤ Straight Leg Bounds (2 x 10 yards) ➤ High Skips (2 x 10 yards) ➤ Carioca (2 x 10 yards) ➤ Hip Flips Back Pedal (2 x 15 yards) ➤ Jumping Jacks (15x)		7 Minutes
ATHLETIC DEVELOPMENT	➤ 180 Jump Squats (2 minutes) ➤ Get Up, Chop, and Go (2 minutes)	Focus on two-foot landing technique Emphasis on movement transitions	4 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ 5-10 Yard Slants and Fades ➤ RECEIVING ➤ Self-Catch (2 minutes) ➤ FOOTBALL MOVEMENT ➤ Center-QB Exchange Drill (3 minutes)	Loosen up the arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Focus on posture and follow-through Focus on tracking and catching the ball Work with a partner	20 Minutes

PRACTICE PLAN 4 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Elevator Drill (1 minute)	Maintain posture, deep knee bend, always keep leverage advantage	
	➤ Monkey Walk (2 minutes)	Shoulder stability, bend knees, hip sink, spinal posture	
	➤ Elephant Walk (2 minutes)	Spinal posture, ability to stay square and level, bend knees, hip sink	
	➤ FLAG PULLING AND TACKLING		
	➤ Near Hip (3 minutes)	Focus on near hip, staying patient and to assigned leverage, close vertical space	
	➤ Two Man Rabbit (3 minutes)	Maintain leverage, laser focus, quality tag with good contact posture	
	➤ Run & Gather (Tackling Only) (3 minutes)	Adjust speeds accordingly to maintain leverage, square up to tackle	
	➤ Transition (1 minute)		
	➤ BLOCKING		
	➤ Fire Drill (3 minutes)	Make sure the ball continues in a circular motion as the feet go up and down	
	➤ Come to Balance Fit (3 minutes)	Do not target the midline, that's where opponents are the strongest	
	➤ Coil to Fit (4 minutes)	Focus on the blockers base to ensure proper width	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 4: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



ANGLE OF PURSUIT (THE RABBIT DRILL)

Description:

Angle of Pursuit is also commonly called “The Rabbit Drill” – Set up cones or markers along the sideline. Have one player on the sideline at the 50-yard line (the rabbit). Have all other players spread out in the middle of the field. Have the rabbit begin running down the sideline toward the endzone.

The goal is to have the defenders catch the rabbit before he/she gets to the end zone. Discuss the importance on taking a proper pursuit angle to catch the rabbit.



NEAR HIP

Description:

Set cones in a diamond shape with a ball-carrier and defender standing opposite of each other. On the coach’s command, the two players move toward a designated cone. As the players near the cone, the defenders Swoops in and establish leverage through the near foot, near shoulder technique, coming to a stop by touching both hands to the ball-carrier’s near hip.



TRUNK ROTATION THROWS

Description:

Line up 5 yards across from a partner. Plant feet shoulder-width apart and point both feet forward. While keeping your feet planted, rotate your torso as you throw the football to your partner.

PRACTICE PLAN 5

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ATHLETE HEALTH	➤ Sportsmanship Lesson 1		Intro
DYNAMIC WARM-UP	➤ Shoulder/Neck Rolls (30 seconds) ➤ Butt Kicks (2 x 10 yards) ➤ High Knees (2 x 10 yards) ➤ Reverse Lunges (2 x 10 yards) ➤ Quad Stretch and Reach (2 x 10 yards) ➤ Straight Leg March Hamstring Stretch (2 x 10 yards) ➤ Lateral Shuffle (2 x 10 yards)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Run-Shuffle-Run (3 minutes) ➤ Position Tag (5 minutes)	Use yard markers or cones Have players carry a football during the activity	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ 2-Man Concepts (4 minutes) ➤ RECEIVING ➤ Hot Potato (2 minutes) ➤ KICKING AND PUNTING ➤ 2-Step Approach Kicks (4 minutes)	Loosen up the arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Start with two receivers on the same side of the quarterback Emphasis on quick catch and quick release Rotate groups of 3 with a kicker, holder and receiver	20 Minutes

PRACTICE PLAN 5 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Pummeling (4 minutes) Tackling Only	Maintain strong posture, do not get broken down by teammate, 'dig' for position	
	➤ FLAG PULLING AND TACKLING		
	➤ Pop Up Tackle (Tackling Only) (3 minutes)	Tie rip and shoot into a smooth motion, target accuracy, accelerate finish	
	➤ Kneeling Thigh & Drive to Standing Thigh & Drive (Tackling Only) (4 minutes)	Shoulder accuracy, head and neck positioning, arm clamp	
	➤ 2-Step Thigh & Drive (Tackling Only) (3 minutes)	Shoulder accuracy, head and neck positioning, arm clamp, acceleration finish, stay connected to the bag	
	Transition (1 minute)		
	➤ BLOCKING		
	➤ Fire Drill (3 minutes)	Attempt to use a shield when performing the drill	
	➤ Iron Core (3 minutes)	Ensure the hips drive the hands in this drill, don't just move the arms	2 Minutes
	➤ Come to Balance Fit (4 minutes)	Perform the drill from a 2-and 3-point stance	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 5: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



IRON CORE

Description:

Start in a Coil position with a partner. As the focus partner, attempt to keep your hands within the midline of your body without letting your partner disrupt you through lateral pressure applied to your wrist/forearm. Respond to pressure by stabilizing through your torso and instep of your foot.

When your partner releases tension, do not let your hands move outside your frame (keep your hands in your midline). Your partner will apply pressure to your left and right, going back and forth. Continue the drill for 30 to 90 seconds.



STATIONARY THROW

Description:

Facing your throwing partner about 5 yards away, shoulders square to your target, feet shoulder width apart, hips are dropped. Without taking any strides, using proper throwing mechanics, throw the ball back and forth to your partner.



2-STEP THIGH AND DRIVE

Description:

Place a cone a few steps away from a coach or teammate holding a half-round bag or similar surface. On the coach's command, the player takes two steps toward the bag, establishing leverage. As the player approaches the contact zone, he swoops in using same foot, same shoulder technique, punching his arms around the bag to make the tackle.

PRACTICE PLAN 6

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Sportsmanship Lesson 2	TrueSport Sportsmanship Lesson #2	Intro
DYNAMIC WARM-UP	➤ Walking Leg Tucks (2 x 10 yards) ➤ Lunge with a Twist (2 x 10 yards) ➤ Straight Leg Bounds (2 x 10 yards) ➤ High Skips (2 x 10 yards) ➤ Carioca (2 x 10 yards) ➤ Hip Flips Back Pedal (2 x 15 yards) ➤ Jumping Jacks (15x)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Quick Feet Reaction (2 minutes) ➤ Balance Strides (10x each leg)	Also work on contralateral arm movement Have as many players as possible hold a ball during the drill	6 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ 5-10 Yard Curl and Crossing Routes (5 minutes) ➤ RECEIVING ➤ Globetrotter (2 minutes) ➤ FOOTBALL MOVEMENTS ➤ Catch-Wrap and Go (3 minutes)	Loosen up the arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Start with simulated snap Focus on catching the football Catch the ball with the hands first then secure the ball	20 Minutes

PRACTICE PLAN 6 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Somersaults (1 minute)	Fluid transitions of movement, no flopping ability to go straight over	
	➤ Shoulder Rolls (2 minutes)	Ability to roll off the center line but stay on a straight line	
	➤ Log Rolls (2 minutes)	Hold the core strong, do not let upper body get out of ahead of lower body and cause turning	
	➤ FLAG PULLING AND TACKLING		
	➤ 2-Step Thigh & Drive (3 minutes)	Shoulder accuracy, head and neck positioning, arm clamp, acceleration finish, stay connected to the bag	
	➤ Running Thigh & Drive (3 minutes)	Precontact posture, shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag	
	➤ Kneeling to Standing Thigh & Roll (4 minutes)	Tackling only. Shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	➤ Transition (1 minute)		
	➤ BLOCKING		
	➤ Come to Balance Fit (3 minutes)	Try executing while covering a distance, maintaining balance	
	➤ Wrecking Ball (3 minutes)	If struggling to hit the ball, reposition the feet, not the arms	
	➤ Iron Core (3 minutes)	Use the core muscles, specifically the obliques, to maintain posture	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 6: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



CROSS PLANT THROW

Description:

Start with the feet parallel (non-throwing shoulder pointed at the target) to the target, with the ball in ball-carriage position. Simulating the last 2-steps of a 3-step drop, take a cross-over step with the foot on the non-throwing side, plant the foot of the throwing side and complete the throw on balance in the finished position.



IRON CORE

Description:

Start in a Coil position with a partner. As the focus partner, attempt to keep your hands within the midline of your body without letting your partner disrupt you through lateral pressure applied to your wrist/forearm. Respond to pressure by stabilizing through your torso and instep of your foot.

When your partner releases tension, do not let your hands move outside your frame (keep your hands in your midline). Your partner will apply pressure to your left and right, going back and forth. Continue the drill for 30 to 90 seconds.



RUNNING THIGH AND DRIVE

Description:

Place a cone 7 yards from a coach or teammate holding a half-round bag or similar soft surface. On the coach's command, the player sprints to the bag, swoops in with near foot, near shoulder technique, punch around the bag with his arms and drives through the finish. As players show proficiency, move the bag inside-out or outside-in to simulate the way a ball-carrier runs.

PRACTICE PLAN 7

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Nutrition Lesson 1	Use TrueSport Nutrition Lesson #1	Intro
DYNAMIC WARM-UP	➤ Shoulder/Neck Rolls (30 seconds) ➤ Butt Kicks (2 x 10 yards) ➤ High Knees (2 x 10 yards) ➤ Reverse Lunges (2 x 10 yards) ➤ Quad Stretch and Reach (2 x 10 yards) ➤ Straight Leg March Hamstring Stretch (2 x 10 yards) ➤ Lateral Shuffle (2 x 10 yards)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Agility Ladder - Lateral Jump (3 minutes) ➤ 5-10-5 Touch the Cone (5 minutes)	Use yard lines if an agility ladder is not available Use yard lines or cones	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ Push-Pull Partner Throws (3 minutes) ➤ RECEIVING ➤ Clockwork Hands (3 minutes) ➤ KICKING AND PUNTING ➤ Multi-step Approach Kicks (4 minutes)	Loosen up the arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Keep the distance consistent between partners Focus on making a diamond with your thumbs and index fingers Use somewhere between 6 and 12 approach steps	20 Minutes

PRACTICE PLAN 7 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Body Lock (4 minutes)	Ability to control hip spacing, arm clamp, strong grip, generate lift from hips	
	➤ FLAG PULLING AND TACKLING		
	➤ 2-Step Roll (Tackle Only) (3 minutes)	Shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	➤ Running Roll (3 minutes)	Precontact posture, shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	➤ Two Man Rabbit (4 minutes)	Maintain leverage, laser focus, quality tag with good contact posture	
	➤ Transition (1 minute)		
	➤ BLOCKING		
	➤ Wrecking Ball (3 minutes)	Don't play on toes or hyperextend the back. Maintain a neutral spine.	
HYDRATION BREAK	➤ Fit to Uncoil (4 minutes)	Perform the Fit to Uncoil drill with the Pillar Fit	2 Minutes
	➤ Dowel Fit (3 minutes)	Extend the hips through the foot fire	
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 7: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



CROSS PLANT THROW

Description:
Start with the feet parallel (non-throwing shoulder pointed at the target) to the target, with the ball in ball-carriage position. Simulating the last 2-steps of a 3-step drop, take a cross-over step with the foot on the non-throwing side, plant the foot of the throwing side and complete the throw on balance in the finished position.



FIT TO UNCOIL

Description:
Place both hands on a padded pole or partner with thumbs rotated out at approximately 45 degrees. Fully extend both arms with elbows pointed to the ground. Condense torso while maintaining a proper triangular base.

Distribute your weight on the densest part of your palm. Begin the drill by teetering. The knees will move down and out, which allows the hips to fully uncoil.



RUNNING ROLL

Description:
Place a cone 7 yards from a coach or teammate holding a half-round bag or similar soft surface. On the coach's command, the player sprints to the bag, swoops in with near foot, near shoulder technique, punches around the bag with his arms and rolls through the finish, landing on top. As players show proficiency, move the bag inside-out or outside-in to simulate the way a ball-carrier runs.

PRACTICE PLAN 8

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Nutrition Lesson 2		Intro
DYNAMIC WARM-UP	➤ Walking Leg Tucks (2 x 10 yards) ➤ Lunge with a Twist (2 x 10 yards) ➤ Straight Leg Bounds (2 x 10 yards) ➤ High Skips (2 x 10 yards) ➤ Carioca (2 x 10 yards) ➤ Hip Flips Back Pedal (2 x 15 yards) ➤ Jumping Jacks (15x)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Burpees (2 minutes) ➤ Army-Navy Game (6 minutes)	Builds strength and muscular endurance Create a defined playing area of approximately 15-20 yards	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ Playbook Routes (5 minutes) ➤ RECEIVING ➤ Low Ball Drill (2 minutes) ➤ FOOTBALL MOVEMENT ➤ Outside Arm Drill (3 minutes)	Loosen up the arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Work on throwing routes out of the playbook Catch the football with your pinky fingers together Review the five points of pressure	20 Minutes

PRACTICE PLAN 8 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Bear Crawl (1 Minute)	Shoulder stability, bend knees, hip sink, spinal positioning	
	➤ The Bear (2 Minutes)	Shoulder stability, knee bend, hip sink, ability to resist force and control posture	
	➤ Push-Up Slaps-ies (2 minutes)	Shoulder stability, spinal posture and strength, the ability to stay square	
	➤ FLAG PULLING AND TACKLING		
	➤ Tight Angle Tackle (3 minutes) Tackling only.	Precontact posture, shoulder accuracy, rip and shoot drills, arm clamp, accelerate finish	
	➤ Running Drive (Tackling Only) (3 minutes)	Precontact posture, shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag	
	➤ Running Roll (Tackling Only) (3 minutes)	Precontact posture, shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	➤ Transition (1 minute)		
	➤ BLOCKING		
	➤ 3-Point Coil to Fit (3 minutes)	Perform the drill using the Pillar fit	
	➤ 2-Point Coil to Fit (3 minutes)	Perform the drill using the Pillar fit	
	➤ Come to Balance Fit (4 minutes)	Move towards an opponent holding a long pad, Come to Balance and uncoil the hips to fit. Use the Pillar fits.	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 8: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



COME TO BALANCE FIT

Description:

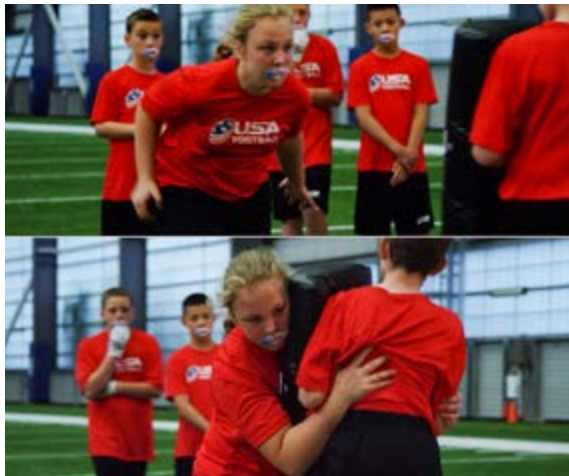
Start in a position-specific stance (2-point or 3-point) 5 to 10 yards from the coach or teammate holding a hand shield. Move quickly toward the target, transitioning to short, choppy steps as you approach your coach or teammate. Transition your hips under your body as your feet widen. Uncoil your hips to initiate a pillar strike on the pad.



CROSS PLANT THROW

Description:

Start with the feet parallel (non-throwing shoulder pointed at the target) to the target, with the ball in ball-carriage position. Simulating the last 2-steps of a 3-step drop, take a cross-over step with the foot on the non-throwing side, plant the foot of the throwing side and complete the throw on balance in the finished position.



Tight Angle Tackle

Description:

Set up two lines five yards apart with a slight offset. In one line, a player or coach holds a half-round bag or other soft surface tight to the chest. The other line includes the defenders. On the coach's command, the defender progresses toward the bag, establishing leverage with the right or left side, making contact with a strong same foot, same shoulder technique. Defenders drive through contact, but nobody goes to the ground.

PRACTICE PLAN 9

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Leadership Lesson 1	Use TrueSport Leadership Lesson #1	Intro
DYNAMIC WARM-UP	➤ Shoulder/Neck Rolls (30 seconds) ➤ Butt Kicks (2 x 10 yards) ➤ High Knees (2 x 10 yards) ➤ Reverse Lunges (2 x 10 yards) ➤ Quad Stretch and Reach (2 x 10 yards) ➤ Straight Leg March Hamstring Stretch (2 x 10 yards) ➤ Lateral Shuffle (2 x 10 yards)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Bird Dog (2 minutes) ➤ Partner Plank Hand Tag (2 minutes) ➤ Three Player Roll and Weave (4 minutes)	Reach as far forward as possible Alternate hands by giving "high fives" to each other Three players form a unit	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ 10-Yard Intermediate Game (4 minutes) ➤ RECEIVING ➤ High Ball Drill (2 minutes) ➤ KICKING AND PUNTING ➤ Catch and Mold (2 minutes) ➤ Partner Punts (2 minutes)	Loosen up the arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Review ball carriage and arm mechanics Catch the ball at its highest point with index fingers and thumbs together Position the ball for the drop Focus on an accurate drop and step	20 Minutes

PRACTICE PLAN 9 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Hand Fighting Tournament (4 minutes)	Grip strength, fight pressure with pressure, special awareness	
	➤ FLAG PULLING AND TACKLING		
	➤ Angle Tackle (Tackling Only) (4 minutes)	Maintain leverage, square to target, precontact posture, shoulder accuracy, arm clamp, acceleration finish	
	➤ Run & Gather (4 minutes)	Adjust speeds accordingly to maintain leverage, square up to tackle	
	➤ 2-Step Drive (Tackling Only) (3 minute)	Shoulder accuracy, head and neck positioning, arm clamp, acceleration finish, stay connected to the bag	
	➤ Transition (1 minute)		
	➤ BLOCKING		
	➤ Come to Balance Fit (3 minutes)	Create a competition by removing the shield and having the teammates work to move the opponent outside an area. Ensure they come to balance before striking.	
	➤ Teeter Long Jump (3 minutes)	As the knees move forward and down, move them out	
	➤ King of the Ring (4 minutes)	Use this drill to identify flaws as the players compete	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 9: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



COME TO BALANCE FIT

Description:

Start in a position-specific stance (2-point or 3-point) 5 to 10 yards from the coach or teammate holding a hand shield. Move quickly toward the target, transitioning to short, choppy steps as you approach your coach or teammate. Transition your hips under your body as your feet widen. Uncoil your hips to initiate a pillar strike on the pad.



RUN AND GATHER

Description:

Start with a ball-carrier and a defender about 10 yards apart. The ball-carrier begins running down the sideline or a yard line, starting and stopping in intervals. The defender takes an angle to the ball-carrier, tracking the near hip, changing speeds to match the ball-carrier and maintaining leverage, then closing with a swoop for a two-hand touch on the runner.

On the coach's command, the zombie walks, jogs or sprints toward the defender. On the second command, the defender begins moving forward toward the zombie. As the defender nears the contact zone, he drops his body height to initiate contact, dropping below the zombie's arms to deliver rising contact.



STATIONARY THROW

Description:

Facing your throwing partner about 5 yards away, shoulders square to your target, feet shoulder width apart, hips are dropped. Without taking any strides, using proper throwing mechanics, throw the ball back and forth to your partner.

PRACTICE PLAN 10

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ATHLETE HEALTH	➤ Leadership Lesson 2	Use TrueSport Leadership Lesson #2	Intro
DYNAMIC WARM-UP	➤ Walking Leg Tucks (2 x 10 yards) ➤ Lunge with a Twist (2 x 10 yards) ➤ Straight Leg Bounds (2 x 10 yards) ➤ High Skips (2 x 10 yards) ➤ Carioca (2 x 10 yards) ➤ Hip Flips Back Pedal (2 x 15 yards) ➤ Jumping Jacks (15x)		7 Minutes
ATHLETIC DEVELOPMENT	➤ 4-Way Balance (3 minutes) ➤ L-Drill (5 minutes)	Start from a standing position Set up cones 5 yards apart in an "L" shape	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ Ultimate Football (6 minutes) ➤ RECEIVING ➤ Long Arm Drill (5 minutes) ➤ FOOTBALL MOVEMENT ➤ Coaches Knock-Out (3 minutes)	Loosen up the arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Encourage creativity and throwing from different orientations Catch the ball with arms fully extended and thumbs and index fingers together Coaches try to knock the ball loose from players	25 Minutes

PRACTICE PLAN 10 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Hollow Rolls (2 minutes)	Core Strength, body control, do not let upper body get out ahead of lower body	
	➤ Somersaults to Sprint (1 minute)	Fluid transitions of movement, no flopping ability to go straight over	
	➤ 3 Somersaults to Sprint (1 minute)	Fluid transitions of movement, no flopping ability to go straight over	
	➤ FLAG PULLING AND TACKLING		
	➤ Sprint Tackle (Tackle Only) (3 minutes)	Maintain leverage, square to target, precontact posture, shoulder accuracy, arm clamp, acceleration finish	
	➤ Kneeling Roll (Tackle Only) (4 minutes)	Shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	➤ Two Man Rabbit (3 minutes)	Maintain leverage, laser focus, quality tag with good contact posture	
	Transition (1 minute)		
	➤ BLOCKING		
	➤ Come to Balance Fit (4 minutes)	If the fit is off, make sure the player isn't coming to balance too soon or too late	
	➤ Brace-pop (3 minutes)	The brace step should align the hips to the inside ear or target area.	
	➤ Squeeze Drill (3 minutes)	Power is driven through the brace foot and the hips	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 10: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.

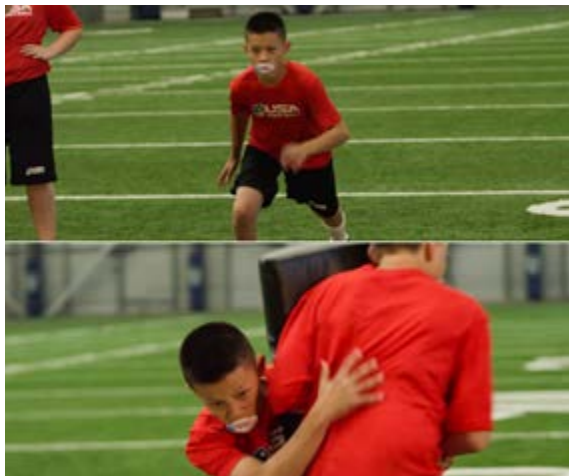


PARTNER STEP AND THROW

Description:

Partners stand 10 yards apart or an appropriate distance for the age group. Partner 1 grips and holds the football in both hands, assumes a stance with both feet shoulder-width apart, facing the target with his/her non-throwing shoulder.

Raise the ball to ear level, drop back with the dominant foot, take one step forward with the non-dominant foot and follow-through upon releasing the ball to Partner 2. Once receiving the ball, Partner 2 performs the same step and throw.



SPRINT TACKLE

Description:

Set four cones in a diamond shape. The defender starts at one cone. A coach or player with a half-round bag or similar surface set tight to the chest and shoulder starts at the opposite one. On the coach's command, both proceed to one of the cones set at a 45-degree angle to the starting point. The defender gains leverage and maintains it throughout tracking the ball-carrier. As the defender approaches the cone, he breaks down and swoops in with a near foot, near shoulder technique, ripping through the bag and opponent, driving to the finish. Neither goes to the ground as a quick whistle stops the play.



SQUEEZE DRILL

Description:

Face your partner in an offset 2-point coil position with shoulders aligned. Connect the shoulders (right-to-right or left-to-left) while remaining in a 2-point coil position.

Position your shoulder down and forward to protect the shoulder capsule. Brace your opposite foot of the shoulder being used to engage. The brace foot is angled with the instep pointed at the V of the opponent's neck. At the coach's command, simultaneously squeeze into each other, driving off the brace foot without advancing.

PRACTICE PLAN 11

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Recovery Lesson 1	Use TrueSport Recovery Lesson #1	Intro
DYNAMIC WARM-UP	➤ Shoulder Rolls (30 seconds) ➤ Butt Kicks (2 x 10 yards) ➤ High Knees (2 x 10 yards) ➤ Reverse Lunges (2 x 10 yards) ➤ Quad Stretch and Reach (2 x 10 yards) ➤ Straight Leg March Hamstring Stretch (2 x 10 yards) ➤ Lateral Shuffle (2 x 10 yards)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Flying 20 or 30 (4 minutes) ➤ Hip Flips Back Pedal (4 minutes)	Shorten or lengthen the distances based on players' readiness Focus on maintaining speed and balance	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-step Drop and Throw (2 minutes) ➤ 2 vs. 2 Passing Only (4 minutes) ➤ RECEIVING ➤ Five-Yard Quick Gain (2 minutes) ➤ KICKING AND PUNTING ➤ Punt 500 (4 minutes)	Loosen up the arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Let players make up their own routes, and play in a defined space Burst off the ball from an athletic stance and stay low in and out of breaks, finish with arms fully extended and thumbs and index fingers together Divide up into small groups	25 Minutes

PRACTICE PLAN 11 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Bear Crawl (1 minute)	Shoulder stability, bend knees, hip sink, spinal positioning	
	➤ Crab Walk (1 minute)	Keeping the hips up means postural strength and positioning through movement	
	➤ Monkey Walk (1 minute)	Shoulder stability, bend knees, hip sink, spinal posture	
	➤ Elephant Walk (1 minute)	Spinal posture, ability to stay square and level, bend knees, hip sink	
	➤ FLAG PULLING AND TACKLING		
	➤ Tight Angle Tackle (Tackle Only) (3 minutes)	Precontact posture, shoulder accuracy, rip and shoot drills, arm clamp, accelerate finish	
	➤ Running Roll (Tackle Only) (4 minutes)	Precontact posture, shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	➤ Two Man Rabbit (3 minutes)	Maintain leverage, laser focus, quality tag with good contact posture	
	Transition (1 minute)		
	➤ BLOCKING		
	➤ Fit to Finish (3 minutes)	Make sure the players are arm length apart	
	➤ Refit Drill (4 minutes)	Refit the hand in the tightest path possible	
	➤ Brace Pop (3 minutes)	Ensure that a wide base is maintained	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 11: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



REFIT DRILL

Description:

Begin with a solid triangular base with toes pointing out, feet outside the knees and knees outside the hips. Balance your weight on your insteps. With a partner, engage in a neutral fit position with arms extended outward and thumbs pointed up. One hand is on your partner's chest (correct fit position) and the other is on top of their shoulder (incorrect fit position). Hips are in an uncoiled position with arc strength in the body.

With your partner, refit by moving your hands from your partner's shoulder to their chest while they simultaneously do the same movement. Bring your hands around your partner's triceps in a small circular motion with emphasis on a low to high trajectory when regaining the fit back inside on the chest. It is critical to respond to pressure instantly by refitting the hand in the tightest path possible without losing the shoulders. The refit helps you instill precise movement patterns as speed is ramped up gradually.



RUNNING ROLL

Description:

Place a cone 7 yards from a coach or teammate holding a half-round bag or similar soft surface. On the coach's command, the player sprints to the bag, swoops in with near foot, near shoulder technique, punches around the bag with his arms and rolls through the finish, landing on top. As players show proficiency, move the bag inside-out or outside-in to simulate the way a ball-carrier runs.



TRUNK ROTATION THROWS

Description:

Line up 5 yards away from a partner. Plant your feet shoulder-width apart and point both feet forward. While keeping the feet planted, rotate your torso as you throw the football to a partner. Increase yardage as appropriate after several successful throws and catches. Emphasize upper body rotation.

PRACTICE PLAN 12

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ATHLETE HEALTH	➤ Recovery Lesson 2	Use TrueSport Recovery Lesson #2	Intro
DYNAMIC WARM-UP	➤ Walking Leg Tucks (2 x 10 yards) ➤ Lunge with a Twist (2 x 10 yards) ➤ Straight Leg Bounds (2 x 10 yards) ➤ High Skips (2 x 10 yards) ➤ Carioca (2 x 10 yards) ➤ Hip Flips Back Pedal (2 x 15 yards) ➤ Jumping Jacks (15x)		7 Minutes
ATHLETIC DEVELOPMENT	➤ 5-10-5 Touch the Line/Agility Shuffle (5 minutes) ➤ L-Drill (5 minutes) Agility Shuffle (5 minutes)	Focus on change of direction movement skills Make sure players are comfortable knowing the pattern before starting	10 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 3 vs. 3 Scrimmage Passing Only (7 minutes) ➤ RECEIVING ➤ Coach's Choice (3 minutes) ➤ FOOTBALL MOVEMENTS ➤ Exchanges (Hand-Offs and Snaps) (4 minutes)	Loosen up the arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target All players rotate positions and play QB Working with a partner, review skills as needed	25 Minutes

PRACTICE PLAN 12 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Pummeling (Tackle Only) (2 minutes)	Maintain strong posture, do not get broken down by teammate, 'dig' for position	
	➤ Body Lock (Tackle Only) (2 minutes)	Ability to control hip spacing, arm clamp, strong grip, generate lift from hips	
	➤ FLAG PULLING AND TACKLING		
	➤ Run & Gather (4 minutes)	Adjust speeds accordingly to maintain leverage, square up to tackle	
	➤ Tight Angle Tackle (Tackle Only) (3 minutes)	Precontact posture, shoulder accuracy, rip and shoot drills, arm clamp, accelerate finish	
	➤ Two Step Roll (Tackle Only) (3 minutes)	Shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	➤ Transition (1 minute)		
	➤ BLOCKING		
	➤ Refit Drill (4 minutes)	Bring the hands from a low to high trajectory	
HYDRATION BREAK	➤ Brace-Hop (3 minutes)	Try to keep the cleats in the ground as much as possible	2 Minutes
	➤ King of the Ring (4 minutes)	Make sure the players continue to refit as needed	
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 12: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



PALMS UP SMALL ARM CIRCLES TO LARGE ARM CIRCLES (CLOCKWISE AND COUNTER CLOCKWISE)

Description:

Palms Up Small Arm Circles to Large Arm Circles (clockwise and counterclockwise) While standing stationary, keep your arms straight and raise them to shoulder height. Move your arms in a circular motion with your palms open and up, facing the sky. Start with small circles both clockwise and counterclockwise, gradually making larger circles.

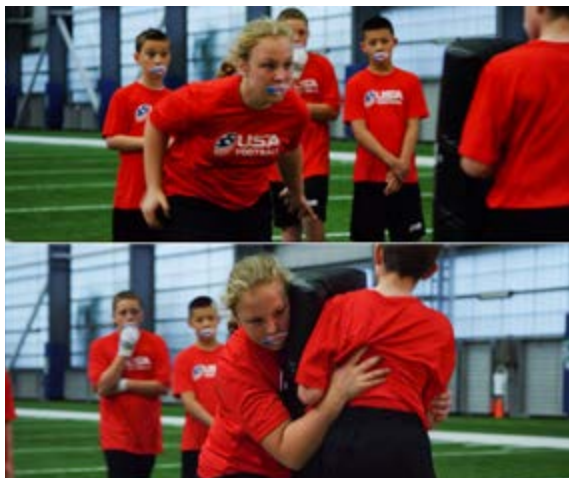


KING OF THE RING

Description:

Set up cones to outline a 3-yard by 6-yard box. Two players line up in the middle of the 6 yards in a neutral fit position. Unlike the Refit Drill, players stand straight up in the “ring” simulating a stalemate situation.

On the coach’s command, both players’ first motion is the Brace-Hop followed by the Refit. Players attempt to move the other back and out of the ring of cones through the closing and climbing of the hips and feet, continually refitting and recovering leverage as needed. The coach blows the drill dead after five seconds or if a player loses. Players lose by being pushed back, by going to the ground or by turning.



TIGHT ANGLE TACKLE

Description:

Set up two lines five yards apart with a slight offset. In one line, a player or coach holds a half-round bag or other soft surface tight to the chest. The other line includes the defenders. On the coach’s command, the defender progresses toward the bag, establishing leverage with the right or left side, making contact with a strong same foot, same shoulder technique. Defenders drive through contact, but nobody goes to the ground.



FOOTBALL DEVELOPMENT MODEL

PLAYER PROGRESSION GUIDE

STAGE 4 ACHIEVE & ADVANCE

Overview
Developmental Checklist
Skills
Practice Plans



STAGE 4

ACHIEVE AND ADVANCE

Flag

7-on-7

11-player Tackle

WHAT IS ACHIEVE AND ADVANCE?

Technical skill development and the dawning of tactical awareness mark athletes at this stage.

Players in flag football, 7-on-7 football and full-field youth tackle football test themselves with more complex strategies and movements within competitive games. With adolescence also comes the development of strength and speed more than in previous stages.

As players prepare for the high school version of the sport, their practices and game rules more closely resemble that type of game. However, it's important to remember that these are not high school athletes. Not physically, mentally or emotionally.

The range of maturity levels are the most varied at this stage. Some athletes will have fully completed puberty while others may still be a year or two away. Continue to construct drills and manipulate matchups as best you can to both test skills and achieve success.

Players at this stage also may vary individually in terms of maturity. A fully physically developed young teen may still retain emotionally immaturity, while players still waiting for that next big growth spurt can make up for it with mental and emotional maturity

➤ **Reminder: Using this guide**

Throughout this Player Progression Guide, you'll find drills. You can find descriptions of these drills in the glossary on page 231.



STAGE DEVELOPMENT CHECKLIST

These checkpoints are based on the CORE technical skill areas of the Football Development Model. Each athlete should be able to perform the following skills:



Passing (using a developmentally appropriate-sized football)

- ☐ Effectively incorporate varying degrees of trajectory and power with accuracy (i.e., touch, pace)
- ☐ Accurately throw 7 of 10 passes while moving and throwing to a stationary target
- ☐ Accurately throw 7 of 10 passes while moving and while throwing to a moving target



Receiving (using a developmentally appropriate-sized football)

- ☐ Demonstrate the ability to vary speed and direction to receive a thrown ball
- ☐ Demonstrate the ability to vary speed and direction to help create open receiving lanes
- ☐ Consistently catch accurately thrown balls while in traffic and/or while being defended



Flag Pulling and Tackling

- ☐ Display different body postures for different tackle types at various heights
- ☐ Display shoulder and helmet placement accuracy when entering contact situations
- ☐ Display ability to generate leg drive at varying body heights for different tackle types



Blocking

- ☐ Remove the helmet as a tool for contact
- ☐ Teach players to use the hands in conjunction with their hips
- ☐ Footwork and hand placement set the player up for success



Kicking and Punting (using a developmentally appropriate-sized ball or football)

- ☐ Using a running approach, kick a stationary ball with directional control in the air more than 20 yards
- ☐ Using a 3-step approach, place-kick with accuracy more than 15 yards
- ☐ Punt a ball with directional control more than 20 yards



Football Movement

- ☐ Consistently perform game-related movement skills at an advanced level of proficiency
- ☐ Perform falling and rolling skills and techniques in response to contact
- ☐ Apply movement and sensory skills accurately and efficiently in various conditions and larger spaces
- ☐ Maintain form and technique while meeting or exceeding the force demands of gameplay



Cognitive – Affective

- ☐ Memorize more complex plays
- ☐ Demonstrate a deeper understanding of game strategy
- ☐ Anticipate situations and have a better understanding of cause and effect relationships as they relate to gameplay
- ☐ Demonstrate constructive ways to handle success and failure





PASSING – SKILLS AND KPIs

GAME-TYPES > **FLAG** **7-ON-7** **11-PLAYER TACKLE**

Below are skills that build the Passing progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve passing. Drill descriptions can be found in this guide's glossary.

1 PRE-PASS POSITION

- ✓ The body, grip and arm position prior to the throwing motion beginning. Creating a solid base from which to throw by having feet shoulder width apart, ball centered at chest, with a firm grip on the ball.

KPI(s): Grip, Base, Ball Carriage, Drops

- Athletes can properly grip an age-appropriate football with fingers on the laces and the ball properly secured in both hands
- Nose of the football is up with the arm at a 90-degree bend
- One finger of space between the ball and the palm of the hand
- Ball carriage position is relaxed, central to the sternum and stable
- Athlete can maintain proper grip and base while taking a 3- and 5-step drop



Drills to Support

Meet in the Middle Grip Drill
 Cross Plant Throw
 1-Step Drop to Ball Carriage Position
 3-Step Drop
 5-Step Drop
 Snap – Catch – Throw
 Snap – Catch – Drop – Throw

2 POSTURE

- ✓ A comfortable neutral posture as the throwing motion begins. Gained by dropping the hips, having a gentle bend in the knees and a very slight lean forward at the waist.

KPI(s): Neutral Posture, Sink the Hips, Cleats in the Grass

- Athlete can stand in a proper throwing position with a slight bend in the knees, hips dropped and slight forward lean
- Lead shoulder pointing at the target
- Drop the hips, don't bend the knees, to load the body
- Upper body and lower body work in alignment
- Weight should be on instep
- Maintain posture on drop



Drills to Support

- Hip Flips from Lateral Shuffle
- 10-Yard Spot Throws to Right and Left
- 10-15-Yard Slants
- 10-15-Yard Fades
- Offset Throws
- 4-Cone Position Throws
- Drop-Back to 4-Cone Drill

3

THROWING MECHANICS



The movements that make up a successful throw and the ability to coordinate those movements throughout the throwing motion.



KPI(s): Exchange, Separation, Symmetry, Movement

- Back foot should finish even with front foot (or slightly behind)
- Don't lock out the front knee
- Hands and elbows mirror each other on separation
- Don't sacrifice fluidity for quickness



Drills to Support

- Snap – Catch – Roll – Throw
- 2-Man Concepts
- 2 vs. 1 Read the Defender (slant/arrow or fade/arrow)
- Contested Receiver Drill
- Negative Stride Drill
- Reverse Drop Throws (3-step drop and reverse)
- Fallaway Throws

4

FINISH



The body position and follow through after the ball is released.



KPI(s): Balance, Deceleration, Stabilize

- Front toe to the target on finish
- Front foot flat on the stride
- Back foot finishes even or slightly behind the front foot
- Stability in the finish
- Snap the shoulder at target



Drills to Support

- Towel Drill
- Don't Cross the Line Drill (moving forward on throw, decelerate with balance)
- Straddle the Line
- Split-Leg Throws
- Snap-Catch-Throw Rapid Fire
- Snap-Catch-Throw Rapid Fire to Different Targets (off-set targets)



RECEIVING – SKILLS AND KPIS

GAME-TYPES > **FLAG** **7-ON-7** **11-PLAYER TACKLE**

Below are skills that build the Receiving progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve receiving. Drill descriptions can be found in this guide's glossary.

1 FEET/FOOTWORK

- ✓ Preparing the body from the ground up by making sure the feet are positioned appropriately for the catch. Using the feet to help position the body in preparation, during, and after the catch.

KPI(s): Stance, Start, Tempo, Balance, Top of the Route, Break the Cushion

- Athletes can perform the stage-appropriate fundamentals of footwork literacy (i.e., walking, jogging, sprinting)
- Arm-appropriate motions include aligning with lower body activity, proper hip drive, thigh parallel to the ground and stop-and-go body control
- Individuals perform these actions while changing tempo and running various orientations and pathways and while using proper foot strike, appropriate body lean and hip/arm/body mechanics associated with acceleration
- Can demonstrate deceleration mechanics (lower hips, bending knees, choppy steps)
- Able to perform the techniques and overall skill consistently, efficiently and accurately



Drills to Support

Stance, Start and Go
Zig-Zag Pathway
Stop-and-Go Flow
Curved Pathway
Accelerating Speed
Decelerating Speed
Lateral Pathway
TOR Drill
Stem Drills
Dual Leg Dominance
Winning Leverage Drill

2 HANDS

- ✓ Preparing and positioning the fingers, hands and arms to complete a successful catch.

KPI(s): Position, Catch Radius, Long Arms

- Athlete can perform the stage-appropriate fundamentals of body and arm-hand placement efficiencies
- Physical literacy includes spatial awareness for appropriate body positioning
- Can perform with arm-appropriate positioning (parallel) to ground and hand positioning at various orientations

- Shows awareness relating to parallel and/or perpendicular arm placement, efficient hand orientation and dexterity awareness
- Display the ability to catch the football while moving



Drills to Support

Clockwork
 10-yard Intermediate Game (dig, curl, speed-out)
 5-yard Quick Game (hitch, slant, in, out)
 Long Arm Drill
 High Ball Drill
 Low Ball Drill

3 VISION

- ✓ Tracking the football through the air and into the hands. Learning to focus through distraction and with the body in various orientations.



KPI(s): Locate, Focus, Track

- Athlete displays the ability to locate ball in flight, adequately judging its depth and distance
- Displays the ability to track the football in flight
- Displays the ability to take ball in flight and adjust body position and speed to complete the catch



Drills to Support

Progressive Turn and Catch
 Over the Shoulder
 Pat and Go Drill
 Colored Ball Drill (tennis ball, racquetball)
 Colored Chalk Footballs

4 FINISH

- Movement through and following the catch. Transferring the football from catch to tuck and assuming correct ball-carrying position.



KPI(s): Secure, Transition, Run Through Catch

- Athletes can perform the stage-appropriate fundamentals of finishing the catch, catching the football with the eyes and securing the football with both arms and/or hands
- Athlete can transfer the football, securing it in a cradle position in either arm
- Ball security is administered with five points of pressure – index finger, middle finger, forearm, bicep and chest region



Drills to Support

Catch, Step and Wrap
 Catch, Wrap and Go
 Outside Arm
 5 Points of Pressure
 Progressive Run Through Catch Drills



FLAG PULLING AND TACKLING – SKILLS AND KPIs

GAME-TYPES > **FLAG** **7-ON-7** **11-PLAYER TACKLE**

Below are skills that build the Flag Pulling and Tackling progression. Throughout this guide, tackling skills and drills for each step of USA Football's Tackling progression have addressed the Key Performance Indicators (KPIs) involved in a high-quality tackle.

As players mature, their focus shifts from learning the skills to sharpening them. Growth often comes as a result from executing the core fundamentals with increased intensity, speed, power and accuracy.

Tackling Progression and KPIs

Until this stage, coaches used drills to teach tackle types and KPIs. In Stage 4, coaches first identify the steps and KPIs they want to emphasize within different tackle types and build or select their drills based on the player(s) maturity, cognitive abilities and general athletic development.

The following progression steps can leverage USA Football's shoulder tackling drills to help coaches develop every aspect of the tackle.

1 TRACK

- ✓ The ability to get to the ball-carrier with speed – taking into consideration scheme, leverage and blockers – in order to pull a flag or make the tackle.

 **KPI(s): Change of Direction, Approach Height and Speed, Scan for Opponent, Laser Focus, Angle-Approach-Leverage**

2 PREPARE

- ✓ The ability to transition from tracking to the correct body positions with proper foot placement to either pull a flag or for up-coming contact dependent on the type of tackle being made.

 **KPI(s): Balance, Foot Placement, Drop Height, Dominate Contact Angles**

3 CONNECT

- ✓ Through preparation and proper technique, defenders can take the advantage from the first touch, leading to a dominant position and, eventually, a proper tackle or flag pull.

 **KPI(s): Initial Grasp Accuracy (Flag), Initial Shoulder Accuracy, Arm Clamp, Iron Grip, Top Frontal Strike Point**

4 ACCELERATE

- ✓ The ability to generate force through the feet and into the ground, providing sustained pressure along with generating controlled power.

 **KPI(s): Cleats in the Ground, Leg Drive, Control the Ball-carrier, Roll Over the Front Foot**

5 FINISH

- Taking the tackle to the ground in a dominant fashion and never allowing the job to be left incomplete by controlling the ball-carrier fully, all the way to the deck.

KPI(s): Tighten the Clamp, No Roll-off, Finish on Top

The KPIs become a language coaches can use to assess and offer feedback to each player. They are technical execution markers that you are looking for during every drill. This allows the you and your fellow coaches to paint detailed feedback to your players by highlighting which specific KPIs inside of the tackle are being done well and which can be improved.

Drills to Support

The progression and KPIs remain an important part of the coaching package and become the teaching and learning points coaches use to instruct the below drills. Each drill should be installed using consistent language from the KPIs, such as shoulder accuracy, arm clamp, cleats in the ground and leg drive.

Fundamentals

- Breakdown (Prepare)
- Near Foot (Prepare)
- Swoop (Track, Prepare)
- Shoot (Connect)
- Uppercut Progression (Connect)

Leverage

- Near Foot, Near Shoulder (Prepare)
- Near Hip (Prepare)
- Run and Gather (Prepare)
- Two-Man Tackle (Prepare)
- Two-man Rabbit (Prepare)

Form Tackle

- Pop Up Tackle (Track, Prepare, Connect, Accelerate)
- Tight Angle Tackle (Track, Prepare, Connect, Accelerate)
- Angle Tackle (Track, Prepare, Connect, Accelerate)
- Sprint Tackle (Track, Prepare, Connect, Accelerate)

Thigh and Drive Tackle

- Kneeling Drive (Connect, Accelerate Finish)
- Standing Drive (Prepare, Connect, Accelerate, Finish)
- Two-Step Drive (Prepare, Connect, Accelerate, Finish)
- Running Drive (Track, Prepare, Connect, Accelerate, Finish)

Thigh and Roll Tackle

- Kneeling Roll (Connect, Accelerate, Finish)
- Standing Roll (Prepare, Connect, Accelerate, Finish)
- Two-Step Roll (Prepare, Connect, Accelerate, Finish)
- Running Roll (Track, Prepare, Connect, Accelerate, Finish)

➤ **Access shoulder tackling drills and resources**

You can gain full access to free lessons with videos, articles and pictures at **footballdevelopment.com/shoulder-tackling**.



BLOCKING – SKILLS AND KPIS

GAME-TYPES > 11-PLAYER TACKLE

Below are skills that build the Blocking progression. For this stage, the progression steps, Key Performance Indicators (KPIs) and drills help coaches train and improve this skill. Drill descriptions can be found in this guide's glossary.

This Stage 4 skill progression includes base blocking fundamentals and footwork from USA Football's Contact System, which is available at footballdevelopment.com/contact-system.

C.U.F.F. BLOCKING PROGRESSION

The progression steps below create a systematic approach to blocking that allows a player to achieve maximum force with maximum control. The C.U.F.F. Blocking Progression stands for ...

1 COIL



The foundational pre-contact posture that is necessary to move multi-directionally or mirror an opponent in space and to deliver contact with optimal power and the greatest degree of body control.

2 UNCOIL



Energy is transferred from the uncoiling of the hips into the arms and focused out through the densest part of the palm and into the contact surface of the opponent.

3 FIT



The strike or initial contact delivered onto an opponent.

4 FINISH



Securing control of an opponent after initial impact in order to execute the situational objective.

> Refer to the Blocking Skills and KPIS in Stage 3 in this guide for more details on the progression.

This progression can be applied to any position on the field. Specific blocks that offensive linemen, tight ends and fullbacks leverage are below. These blocks use the C.U.F.F. Blocking progression, but specific methods for execution are included.

FIT TECHNIQUES

At Stage 4, all 3 types of blocking fits can be executed. Details on each fit are listed below.

Bridge Fit

- Hands make contact at the bottom of the opponent's breast plate with thumbs rotated out as if carrying a heavy boulder
- The player's forearms must be perpendicular to the blocking surface of the opponent, giving the blocker the best opportunity to lift a player
- The elbows should be bent and facing down, and a coach standing behind the blocker should not see their elbows

Pillar Fit

- The arms are at full extension when contacting the opponent
- Hands make contact at the top of the pecs on the breast plate with the thumbs rotated out at 45 degrees
- Players may offset the strike when playing a gap or “half the man”

Buckle Fit

- Leveraged when shoulder contact is required
- See full details for this in the Shoulder Blocks section below

TYPES OF BLOCKS

See how to apply the C.U.F.F. progression to specific blocks your players will encounter.

BASE BLOCK

Fit: Bridge



KPI(s): Stance, Start, Triangulate Defender

STANCE (COIL)

Set the Base

- Form a triangle with the legs and torso – knees outside the hips and toes pointed slightly outward

Condense the Body

- Lower the center of gravity, allowing to strike with power while maintaining lateral movement

Guard the Chest

- An optimal position to strike with the hands up, elbows away from the body

FOOTWORK (UNCOIL -> FIT)

Starting with proper steps off the snap, blockers quickly progress through the mechanics required to achieve vertical and/or lateral displacement and open a hole for the ball-carrier on an inside run

- The brace step footwork, which puts the blocker in position to block the defender footwork, aligns the hips to the inside ear of the defender
- Pop step – tight, short steps with the instep of the foot
- Both feet are in the ground with weight on the insteps

STRIKE (FIT -> FINISH)

- Turn the thumbs out to rotate the elbows down
- Strike the defender at the bottom of the breast plate on the opponent’s shoulder pad
- Correct execution of the uncoil, proper posture of the elbows and placement of the hands will elevate the opponent’s body
- Hands should be open with thumbs at a “10-and-2” position – 2 o’clock to the right, 10 o’clock to the left as if carrying a boulder
- Remember, a shrugging or curling motion does not create lift in the opponent, it is generated by the ascension of the hips and correct placement and posture of the hands and forearms

**Drills to Support**

Fit to Uncoil vs. Pole (or alternative surface)

2-Point Coil to Fit

DOWN BLOCK**Fit:** Bridge**KPI(s):** Correct Angle to Cut off Defender, Catch and Clamp Hand Fit, Hip Closure**STANCE (COIL)***Set the Base*

- Form a triangle with the legs and torso – knees outside the hips and toes pointed slightly outward

Condense the Body

- Lower the center of gravity, allowing to strike with power while maintaining lateral movement

Guard the Chest

- An optimal position to strike with the hands up, elbows away from the body.

*Adjust Stagger in Stance to Tighter Stagger**Load Pop Step Leg Pre-snap***FOOTWORK (UNCOIL -> FIT)**

Starting with proper steps off the snap, blockers quickly progress through the mechanics required to achieve vertical and/or lateral displacement and open a hole for the ball-carrier on an inside run

- The brace step footwork, which puts the blocker in position to block the defender footwork, aligns the hips to the inside ear of the defender
- Pop step – tight, short steps with the instep of the foot
- Both feet are in the ground with weight on the insteps
- The initial brace step gains width and aligns hips with target
- The brace step and “catch hand” work together to gain position and catch the far pectoral muscle

STRIKE (FIT -> FINISH)

Catch the far breastplate

Close the hips to the defender with short choppy steps; insteps in ground

Play-side hand added to hip to clamp the defender

**Drills to Support**

Find the Brace Angle

Catch & Close

Close & Clamp

REACH BLOCK**Fit:** Pillar**KPI(s):** Deep Brace Angle to Cut Off Defender, Gallop Step, Single Pillar to Double Pillar, Teeter to Uncoil, Cover the Defender, Climb and Close

STANCE (COIL)

Set the Base

- Form a triangle with the legs and torso – knees outside the hips and toes pointed slightly outward

Condense the Body

- Lower the center of gravity, allowing to strike with power while maintaining lateral movement

Guard the Chest

- An optimal position to strike with the hands up, elbows away from the body

FOOTWORK (UNCOIL -> FIT)

Move feet without moving body

Step deep at an angle to get in front of the defender

Gather (gallop) with the next step (step into the same bucket)

Perform multiple deep steps in order to gain leverage over the target

Gain ground when you can win

Remain coiled during footwork

Both feet under and teeter into the defender

STRIKE (FIT -> FINISH)

Set single pillar with backside hand to sternum of defender in strike range and stay coiled

- Bring backside arm low-to-high between defenders' arm to find sternum without uncoiling hips

Do not "run and punch"

- Bring play-side hand to outside edge of breast plate/shoulder when feet have crossed center line of defender (defender is encircled)

Teeter into double pillar

Close, climb and finish



Drills to Support

Find the Angle

Step into the Bucket – Deep-Gather Sequence

Deep-Gather-Gain Ground Sequence

Deep-Gather-Single Pillar

Single Pillar to Double Pillar

SHOULDER BLOCKS

Provides offensive and defensive players sustainable power and control for high-speed impacts when blocking and defeating blocks using the shoulders.

Fit: Buckle



KPI(s): 90-degree Angle, Instep Perpendicular to Centerline, Close and Foot Fire

It's important that blockers Come to Balance, which is the act of going from a 2-point stance to a sprint, then back to the 2-point coil position before contact occurs

- Player transitions from sprint to short, choppy steps
- Weight on insteps
- Toes widen out for more control and ability for the hips to uncoil
- Toes outside knees, knees outside hips
- Triangulate opponents off their center line – player's nose to opponent's eye/ear to the side of the objective or assignment

Power is generated from the foot opposite the shoulder engaging in contact

The instep of the brace foot should run perpendicular to the center line of the opponent's ear

Just prior to contact, the contact shoulder should be down and forward

After contact, squeeze into the opponent through the instep of the brace foot at a 45-degree angle, closing the hips and firing the feet to finish



Drills to Support

Squeeze Drill

LEVERAGE RECOVERY SKILLS

The following skills and techniques can be used when executing any block.

REFIT



KPI(s): Hands Inside Position of Defenders, Tight Movement of Hands

- Reset their hands, or fit, to recover leverage to win the contact situation
- Refit by moving their hands from their partner's shoulder to the chest while the partner simultaneously does the same movement
- Bring their hands around the partner's tricep in a small circular motion with emphasis on a low to high when regaining the fit back inside on the chest
- Each hand refit should finish with the thumb rotated out at 45 degrees to help soften the opponent's shoulder
- Respond to pressure instantly by refitting the hand in the tightest path possible without losing the shoulders



Drills to Support

Refit Drill

Brace Hop

BRACE HOP TECHNIQUE

The following skills and techniques can be used when executing any block.



KPI(s): Short Backward Hop with Both Feet, Toes Turned Out, Hands Refit One at a Time, Close and Climb

- Player being pushed back performs a short, tight hop backward, and cleats should barely come off the ground
- During the hop, the player's toes turn out even more to allow the hips to uncoil upon sticking/landing the hop
- The player refits each hand back to a correct fit (one at a time)
- Finish by closing and climbing with the hips and feet



Drills to Support

Brace Hop

Brace Hop with Physio Ball



KICKING AND PUNTING – SKILLS AND KPIS

GAME-TYPES > **FLAG** **7-ON-7** **11-PLAYER TACKLE**

Below are skills that build the Kicking and Punting progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve kicking and punting.

1 PREPARE

- ✓ The stance and approach prior to making contact to the ball with the foot.

KPI(s): Footwork, Body Position

- Show proper lean and balance when approaching a stationary ball to kick.
- Ability to successfully approach a stationary ball from varying distances



Drills to Support

Two-Step Kicks
Multi-Step Approach (6 to 12)
Straight Line Approach Drill (punting)

2 CONTACT MECHANICS

- ✓ The movements that make up a successful kick/punt up to and at the point of contact. The ability to coordinate these movements throughout the kicking/punting motion.

KPI(s): Eye-foot Coordination, Foot Position, Strike Point

- Maintain vision on contact point through connection
- Show leg swing through contact
- Connect with ball from a point on the shoelaces
- Connect with ball slightly below its center on place kick
- Connect with the center of the ball on punts
- Ankle and knee are locked at the point of contact
- Ability to strike a place kick properly for onside kick



Drills to Support

Directional Kicking
Lift-Off Drill
Directional Punting
Catch and Mold Drill
Kneeling Drop Drill
Walk and Drop Drill
Onside Kicks

3 POWER

- ✓ Using multiple muscles and leg speed to generate strength behind the kick in order to achieve longer distance and/or height.



KPI(s): Leg Swing, Backswing, Leg Speed

- Generates force at the point of contact through backswing
- Ability to adjust power based on desired distance, length, height or direction



Drills to Support

Backswing Drill
Kick Return Tag
Punt Return Tag
Leg-Swing Line Drill
Kickoffs

4

FINISH

The drive and follow-through that completes the kicking motion.



KPI(s): Leg Drive, Follow-through

- Maintain balance through contact
- Fluid motion from first step through follow-through
- Follow-through up and through toward the target
- Hips and shoulders square to the target line through finish
- Ability to lift ball off the ground from a place kick



Drills to Support

Extension Kicks
Leg-Swing Line Drill Balance
15-Yard Partner Punt Passes
Kicker H-O-R-S-E
Kick the Horseshoe
Field Goals Multi-Distance
Field Goals Multi-Angle



FOOTBALL MOVEMENT- SKILLS AND KPIs

GAME-TYPES > **FLAG** **7-ON-7** **11-PLAYER TACKLE**

Below are drills to help players develop football movement skills. These skills, Key Performance Indicators (KPIs) and drills will help lay the foundation for these physical movements.

GENERAL ATHLETICISM

The physical qualities that make up athletes, such as agility, balance, coordination, speed, stamina and strength.

 **KPI(s): Running, Lateral Shuffle, Jumping, Hopping, Falling, Rolling, Sensory Awareness, Combination Movements**

RUNNING

- Can skip and march with contralateral arm movement, linear arm movement (nose-to-pocket arm swing) and hip drive with thigh parallel to the ground
- Able to stop and go with body control
- Able to change tempo successfully within drills
- Can run in various orientations and pathways
- Can perform actions using proper foot strike, appropriate body lean and hip/arm/body mechanics associated with acceleration
- Demonstrates deceleration mechanics: lowering hips, bending knees, choppy steps
- Able to perform the techniques and overall skill consistently, efficiently and accurately



Drills to Support

Bound
Forward/Backward
Stop-and-Go Flow
High Knee Skips
High Knees
Butt Kicks
Karaoke
Straight Leg Bounds

LATERAL SHUFFLE

- Can gallop and shuffle without feet touching
- Can shuffle both directions stop and go with body control
- Can perform all actions while changing tempo
- Performs action on balls of the feet while keeping a low center mass with fluid movements
- Continues to increase fluidity and efficiency of movement, keeping the head level and hips low

- Able to perform the techniques and overall skills consistently, efficiently and accurately



Drills to Support

- Lateral Cone Step Over
- Lateral Shuffle and Roll Reaction
- L-Drill
- X-Drill
- T-Drill

JUMPING AND HOPPING

- Can jump and land with both feet leaving and touching the ground at the same time, coordinated arm swing, raising and lowering center of mass
- Can leave the ground and land on one foot while maintaining balance and body control
- Can jump and hop in different directions (forward/back, side-to-side)
- Can jump and hop with varying force
- Can perform all actions while changing tempo
- Can perform these actions while using proper landing mechanics: knees bent, hips lower towards the ground in a controlled manner, maintaining spinal integrity, chest up
- Continuing to improve mechanics as force demands increase
- Able to perform the techniques and overall skill consistently, efficiently and accurately



Drills to Support

- Jumps and Landings to a Box
- Jumps and Landings from a Box
- Jump Rope
- 180 Jumps
- Agility Ladder Jumps Forward
- Agility Ladder Jump Lateral
- Jump and Land Vertical
- Jump and Land Horizontal
- Front Box Jump
- Lateral Box Jump
- Jump Squats
- 180 Jump Squats
- Burpees
- Leg Tucks
- Single Leg Lateral Hops

FALL AND ROLL

- Can rolling in straight line
- Can transition from a standing position to a roll, rolling in different orientations
- Can transition into a roll from an upright movement skill and return to that movement skill

- Continue to improve fluidity and efficiency of this movement skill
- Ability to perform skill and techniques in response to contact



Drills to Support

Lateral Shuffle and Roll Reaction
Three Player Roll and Weave
Burpees

SENSORY AWARENESS

- Continued development of movement skill vocabulary
- Continued growth in ability to move in space, including directional awareness, identifying different rhythms and tempo, ability to visually track an object and maintaining balance in different body orientations
- Can execute tasks that combine multiple sensory skills
- Continued growth and efficient application of sensory skills in various conditions



Drills to Support

Diagonal Chop and Reach
1-Leg Cone Touch Lateral
Partner Tracking Tag
Partner Knee Tag
Partner Cross-Tracking Tag
Flying 20 or 30
Hip Flips Back Pedal
Backpedal
W-Drill

COMBINATION MOVEMENTS

- Combine foundational movement skills into movement transitions. For example: run to shuffle, jump to skip, roll to hop, gallop to skip
- Demonstrate increased fluidity with movement transitions



Drills to Support

Wall Squat and Step
Push-Up and Roll
Racetrack
Lateral Shuffle and Roll
L-Drill
T-Drill
W-Drill
Three Player Roll and Weave
5-10-5 Touch the Line
Run-Shuffle-Run

FOOTBALL PERFORMANCE

Foundational movement skills and skill descriptors that are inherent to all levels and game types within football.

KPI(s): Agility, Strength and Power, Stamina and Speed

AGILITY

- Can perform foundational movement with appropriate spatial and temporal awareness
- Demonstrates chase and avoid skills
- Shows efficient backward movement
- Can run a prescribed pattern with increased accuracy and efficiency
- Shows improved reaction time and ability to anticipate
- Applies movement and sensory skills created by the demands of a full-sized field
- Utilizes skills to meet the specific needs and responsibilities of varying positions



Drills to Support

Building Agility 1
Building Agility 2
Building Agility 3
Building Agility 4
Agility Ladder Run
Agility Ladder Lateral
Agility Ladder Jumping Jack Feet
Quick Feet Reaction
Karaoke
Partner Mirror Drill
Agility Ladder Turn and Sprint
Agility Ladder In and Out
Partner Tag
Random Cone Jumps
Crossover Steps
Partner Knee Tag

STRENGTH AND POWER

- Can perform foundational movement skills in a biomechanically correct manner with proper load progression
- Can maintain form and technique while meeting or exceeding the demands of person-to-person contact



Drills to Support

Pushups
Squat Walkout
Squat

1-Leg Balance Reach
 Reverse Lunge
 Lunge
 1-Leg Cone Touch Lateral
 Bird Dog
 Diagonal Chop and Reach
 Partner Plank Hand Tag
 Gorilla Crawl
 Bear Crawl
 Push Up and Roll
 Wall Push
 Partner Mirror Hands
 Various Plank Drills
 Head Lifts
 Diagonal Chop and Reach
 Crab Crawl

STAMINA AND SPEED

- Ability to repeatedly perform skills within the context of competitive practices and games without undue fatigue
- Demonstrate this ability with the increased demands of higher-level play
- Performs foundational movement skills in a biomechanically correct manner with increases to tempo
- Demonstrates the ability to adapt tempo to the needs of the competitive scenario within the context of different positions on the field
- Able to perform game-related movement skills at an advanced level of proficiency



Drills to Support

Get up, Chop, and Go
 L-Drill with Cones
 Sprints
 Circle-Around the Cone
 Backpedal
 Flying 20 or 30
 W-Drill
 X-Drill
 Slalom Weave Drill

PRACTICE PLAN 1

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Teamwork Lesson 1	Use TrueSport Teamwork Lesson #1	Intro
DYNAMIC WARM-UP	➤ Shoulder/Neck Rolls (30 seconds) ➤ Butt Kicks (2 x 10 yards) ➤ High Knees (2 x 10 yards) ➤ Reverse Lunges (2 x 10 yards) ➤ Quad Stretch and Reach (2 x 10 yards) ➤ Straight Leg March Hamstring Stretch (2 x 10 yards)(2 x 10 yards) ➤ Lateral Shuffle (2 x 10 yards) (2 x 10 yards)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Balance Strides (10x each leg) ➤ Bear Crawls (2 minutes) ➤ Agility Ladder (3 minutes)	Switch hand/leg after every fifth rep Only hands and toes should touch the ground Use yard lines if a ladder is not available	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ RECEIVING ➤ Stance Start and Go (6 minutes) ➤ FOOTBALL MOVEMENT ➤ Partner QB-Center Exchanges (5 minutes)	Loosen up arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Emphasize athletic two-point stance with even weight distribution Review the skill, players work with a partner	20 Minutes

Important Note:
Within the FDM, USA Football encourages players to learn all skills, even as they begin to focus on specific positions in Stage 4. Remember that Receiving skills will be developed alongside Passing skills, so continue to focus on technique as players pass the ball back and forth.

PRACTICE PLAN 1 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Learning to Fall (4 minutes)	Controlling the head and neck position, smooth rolling action	
	➤ FLAG PULLING AND TACKLING		
	➤ Breakdown (3 minutes)	Ability to sink hips while keeping heels flat, spinal posture	
	➤ Swoop to Near Foot (4 minutes)	Come to balance, contact posture, offset target	
	➤ Rip (4 minutes)	Tight arms, no wind-up, hips must extend with arms	
	Transition (1 minute)		
	➤ BLOCKING		
	➤ 2-Point Coil to Fit (3 minutes)	Make sure to strike with the densest part of the palm	
	➤ 3-Point Coil to Fit (3 minutes)	Focus on a great stance, use the Bridge fit	
	➤ 3-Point Coil to Fit (3 minutes)	Focus on a great stance, use the Pillar fit	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 1: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



2-POINT COIL TO FIT

Description:

Align in a 2-point Coil with feet parallel in the center of the padded pole or partner, a full arm's length away from the pole. Hands carried in proper guard posture. Rock forward (teeter), uncoiling your hips while maintaining weight on your insteps. Move your knees down and out, which allows your hips to fully uncoil.

As you uncoil, your hands and hips ascend toward the striking surface and thumbs rotate outward and elbows turn down and in toward the ground. Strike the padded pole or your partner with densest part of the palm. Finish the drill in a posture similar to the Fit to Uncoil Drill (fully uncoiled, proper fit and arch in the back).



SWOOP TO NEAR FOOT

Description:

Align players in front of either half-round bags, lines on the field or something to designate a straight line. On the coach's command, players take short, choppy steps forward, coming to balance and swooping into a left-foot or right-foot lead, depending on predrill instructions. Once in the breakdown position, players take a short, six-inch power step toward an imaginary ball-carrier. Weight remains distributed on the balls of the feet.



TRUNK ROTATION THROWS

Description:

Line up 5 yards away from a partner. Plant your feet shoulder-width apart and point both feet forward. While keeping the feet planted, rotate your torso as you throw the football to a partner. Increase yardage as appropriate after several successful throws and catches. Emphasize upper body rotation.

PRACTICE PLAN 2

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Teamwork Lesson 2	Use TrueSport Teamwork Lesson #2	Intro
DYNAMIC WARM-UP	➤ Walking Leg Tucks (2 x 10 yards) ➤ Lunge with a Twist (2 x 10 yards) ➤ Straight Leg Bounds (2 x 10 yards) ➤ High Skips (2 x 10 yards) ➤ Carioca (2 x 10 yards) ➤ Hip Flips Back Pedal (2 x 15 yards) ➤ Jumping Jacks (15x)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Lateral Shuffle and Roll (4 minutes) ➤ Three Player Roll and Weave (4 minutes)	Focus on fluid movement transition Encourage players to work as a unit to get a flow going	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ Trajectory Throws (1-2-3) (3 minutes) ➤ RECEIVING ➤ Stop and Go Flow (5 minutes) ➤ KICKING AND PUNTING ➤ Straight Line Approach Drill (Punting) (5 minutes)	Loosen up arms and shoulders Get the shoulder pointed at your target Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Focus on footwork Emphasize low (1), medium (2) and high (3) angles of trajectory Display ability to run at varying tempos Maintain balance in a stationary position	25 Minutes

PRACTICE PLAN 2 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Learning to Fall – Forward and Backward (4 minutes)	Control of hips to find ground, control of head and neck	
	➤ FLAG PULLING AND TACKLING		
	➤ Near Foot, Near Shoulder (2 minutes)	Do not overextend on the angle, remain under control	
	➤ Shoot (Tackle Only) (4 minutes)	Learn to hinge at hips, spinal posture, using hips - not legs - for power	
	➤ Pop Up Tackle (Tackle Only) (4 minutes)	Tie rip and shoot into a smooth motion, target accuracy, accelerate finish	
	➤ Transition (1 minute)		
	➤ BLOCKING		
	➤ 3-Point Coil to Fit (3 minutes)	Ensure the foot to heel relationship is correct, use the Bridge fit	
	➤ 3-Point Coil to Fit (3 minutes)	Make sure the offhand is positioned correctly, use the Pillar fit	
	➤ Fire Drill (4 minutes)	Make sure the back doesn't round	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 2: DRILL INDEX

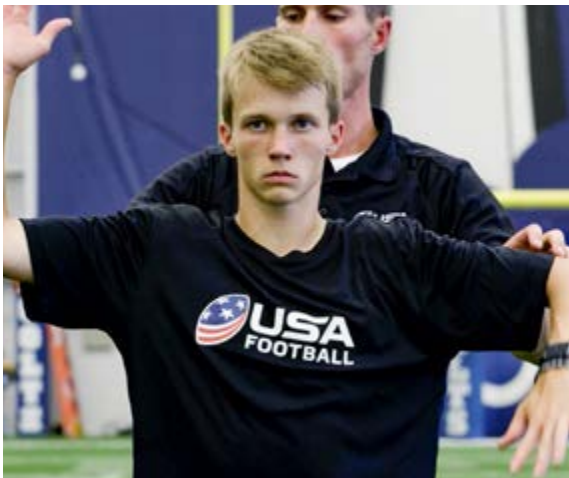
Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



FIRE DRILL

Description:

Begin in a proper 2-point coil posture. On the coach’s command, advance forward 5 yards with short, choppy steps (foot fire) while moving a tennis ball back and forth between your hands. Feet shouldn’t come off the ground. Steps are short and tight. Feet remain parallel with no long steps.



ARM FLAPS (INTERNAL/EXTERNAL ROTATION)

Description:

Raise your elbows so that upper arms are perpendicular to the body with forearms pointing forward (stick-up position). Keeping elbows in place, rotate shoulders to the point so both hands are pointing down toward the ground (fingers up, fingers down).

Reverse the motion and rotate all the way until hands are now pointing straight up. This completes one rep.



NEAR FOOT, NEAR SHOULDER

Description:

Divide players into two lines. Mark their starting points with cones about five yards apart. The ball-carrier holds the ball in front of him as a target point. On the coach’s command, the two players progress toward each other. As players near, the defender plants the near foot toward the ball-carrier and brings his same arm forward, pushing off the ball and sending the two players back toward their cones. Players then repeat the process. The defender can continue to use the same foot/shoulder combination or alternate, depending on skill level.

PRACTICE PLAN 3

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Hydration Lesson 1		Intro
DYNAMIC WARM-UP	➤ Shoulder/Neck Rolls (30 seconds) ➤ Butt Kicks (2 x 10 yards) ➤ High Knees (2 x 10 yards) ➤ Reverse Lunges (2 x 10 yards) ➤ Quad Stretch and Reach (2 x 10 yards) ➤ Straight Leg March Hamstring Stretch (2 x 10 yards) ➤ Lateral Shuffle (2 x 10 yards)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Gear Runs (5 minutes) ➤ Three Player Roll and Weave (3 minutes)	Review running mechanics prior to starting the activity Encourage players to work as a unit, get a flow going	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ 5-10 Yard Slants and Fades (5 minutes) ➤ RECEIVING ➤ Clockwork Hands (2 minutes) ➤ FOOTBALL MOVEMENTS ➤ Hand-Off Relay (3 minutes)	Loosen up arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Focus on posture and follow-through Make a diamond with thumbs and index fingers, keep eye on tip of the ball Focus on arm and body position	25 Minutes

PRACTICE PLAN 3 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Bear Crawl (2 minutes)	Shoulder stability, bend knees, hip sink, spinal positioning	
	➤ Crab Walk (2 minutes)	Keeping the hips up means postural strength and positioning through movement	
	➤ FLAG PULLING AND TACKLING		
	➤ Pop Up Tackle (Tackle Only) (3 minutes)	Tie rip and shoot into a smooth motion, target accuracy, accelerate finish	
	➤ Near Foot, Near Shoulder (3 minutes)	Tie correct foot and shoulder together off movement, contact posture	
	➤ Near Hip (4 minutes)	Focus on near hip, staying patient and to assigned leverage, close vertical space	
	Transition (1 minute)		
	➤ BLOCKING		
	➤ Fire Drill (4 minutes)	Try starting this drill in a 3-point stance	
	➤ Brace-pop (3 minutes)	The pop step is a small powerful step that must be grounded before contact	
	➤ Come to Balance Fit (3 minutes)	Use the Bridge fit, make sure arms are fully extended	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 3: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



PALMS UP SMALL ARM CIRCLES TO LARGE ARM CIRCLES (CLOCKWISE AND COUNTER CLOCKWISE)

Description:

While standing stationary, keep your arms straight and raise them to shoulder height. Move your arms in a circular motion with your palms open and up, facing the sky. Start with small circles both clockwise and counterclockwise, gradually making larger circles.



COME TO BALANCE FIT

Description:

Start in a position-specific stance (2-point or 3-point) 5 to 10 yards from the coach or teammate holding a hand shield. Move quickly toward the target, transitioning to short, choppy steps as you approach your coach or teammate. Transition your hips under your body as your feet widen. Uncoil your hips to initiate a pillar strike on the pad.



NEAR HIP

Description:

Set cones in a diamond shape with a ball-carrier and defender standing opposite of each other. On the coach's command, the two players move toward a designated cone. As the players near the cone, the defenders swoops in and establish leverage through the near foot, near shoulder technique, coming to a stop by touching both hands to the ball-carrier's near hip.

PRACTICE PLAN 4

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Hydration Lesson 2	Use TrueSport Hydration Lesson #2	Intro
DYNAMIC WARM-UP	➤ Walking Leg Tucks (2 x 10 yards) ➤ Lunge with a Twist (2 x 10 yards) ➤ Straight Leg Bounds (2 x 10 yards) ➤ High Skips (2 x 10 yards) ➤ Carioca (2 x 10 yards) ➤ Hip Flips Back Pedal (2 x 15 yards) ➤ Jumping Jacks (15x)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Hip Flips Back Pedal (3 minutes) ➤ L-Drill (5 minutes)	Flip hips 90 degrees while maintaining speed Don't focus too much on speed; focus on change of direction skills	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ 5-10 Yard Curl and Crossing Routes (4 minutes) ➤ RECEIVING ➤ Low Ball Drill (2 minutes) ➤ KICKING AND PUNTING ➤ Plant Foot Drills (2 minutes) ➤ Catch and Mold (Punt) (2 minutes)	Loosen up arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Focus on balance and follow-through Catch football with pinky fingers together Focus on ball position prior to the drop Focus on ball position prior to the drop	20 Minutes

PRACTICE PLAN 4 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Elevator Drill (1 minute)	Maintain posture, deep knee bend, always keep leverage advantage	
	➤ Monkey Walk (2 minutes)	Shoulder stability, bend knees, hip sink, spinal posture	
	➤ Elephant Walk (2 minutes)	Spinal posture, ability to stay square and level, bend knees, hip sink	
	➤ FLAG PULLING AND TACKLING		
	➤ Near Hip (3 minutes)	Focus on near hip, staying patient and to assigned leverage, close vertical space	
	➤ Two Man Rabbit (3 minutes)	Maintain leverage, laser focus, quality tag with good contact posture	
	➤ Run & Gather (3 minutes)	Adjust speeds accordingly to maintain leverage, square up to tackle	
	Transition (1 minute)		
	➤ BLOCKING		
	➤ Fire Drill (3 minutes)	Make sure the ball continues in a circular motion as the feet go up and down	
	➤ Come to Balance Fit (3 minutes)	Do not target the midline, that's where opponents are the strongest	
	➤ Coil to Fit (4 minutes)	Try executing this drill using the shoulder with the Buckle fit	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 4: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



ARM SLAPS/HUGS

Description:

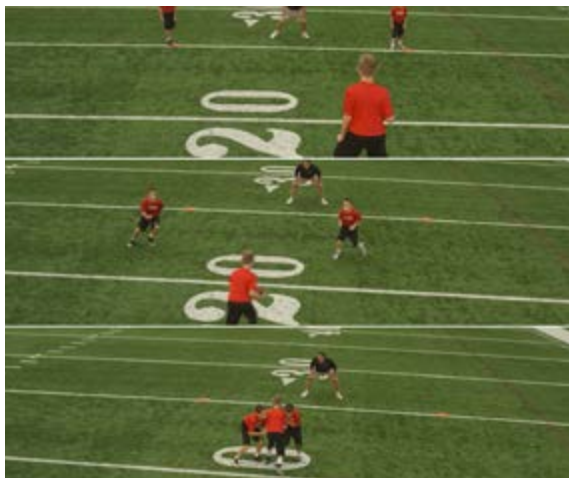
Keep arms straight and feet stationary. Swing arms behind the sides of your torso to open your chest, then dramatically bring your arms forward and wrap them around your chest like you are giving yourself a hug. Perform in a continuous motion.



FIRE DRILL

Description:

Begin in a proper 2-point coil posture. On the coach's command, advance forward 5 yards with short, choppy steps (foot fire) while moving a tennis ball back and forth between your hands. Feet shouldn't come off the ground. Steps are short and tight. Feet remain parallel with no long steps.



TWO MAN RABBIT

Description:

Start with three cones placed five yards apart in an equilateral triangle. As players master the skill, widen the distance they have to move. With two defenders and a ball-carrier on the three cones, all three move forward on the coach's command. As the defenders narrow the gap to the runner, dominating their assigned leverage, the ball-carrier shifts and jukes in order to try to break contain. The defenders maintain leverage, swooping in with same foot, same shoulder to make a two-hand touch on the runner.

PRACTICE PLAN 5

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ATHLETE HEALTH	➤ Sportsmanship Lesson 1	Use TrueSport Sportsmanship Lesson #1	Intro
DYNAMIC WARM-UP	➤ Shoulder/Neck Rolls (30 seconds) ➤ Butt Kicks (2 x 10 yards) ➤ High Knees (2 x 10 yards) ➤ Reverse Lunges (2 x 10 yards) ➤ Quad Stretch and Reach (2 x 10 yards) ➤ Straight Leg March Hamstring Stretch (2 x 10 yards) ➤ Lateral Shuffle (2 x 10 yards)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Bird Dog (2 minutes) ➤ 5-10-5 Touch the Line (4 minutes)	Hold each position for 5-10 seconds Focus on change of direction with fluid movement	6 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ Ultimate Football (7 minutes) ➤ RECEIVING ➤ High Ball Drill (4 minutes) ➤ FOOTBALL MOVEMENT ➤ Outside Arm Drill (3 minutes)	Loosen up arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Encourage creativity and throwing from various body orientations Catch ball at its highest point with index fingers and thumbs together Review five points of pressure	20 Minutes

PRACTICE PLAN 5 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Pummeling (4 minutes)	Maintain strong posture, do not get broken down by teammate, 'dig' for position	
	➤ FLAG PULLING AND TACKLING		
	➤ Pop Up Tackle (Tackle Only) (3 minutes)	Tie, rip and shoot into smooth motion, target accuracy, accelerate finish	
	➤ Kneeling Thigh & Drive to Standing Thigh & Drive (Tackle Only) (4 minutes)	Shoulder accuracy, head and neck positioning, arm clamp	
	➤ 2-Step Thigh & Drive (Tackle Only) (3 minutes)	Shoulder accuracy, head and neck positioning, arm clamp, acceleration finish, stay connected to the bag	
	Transition (1 min)		
	➤ BLOCKING		
	➤ Fire Drill (3 minutes)	Try having another player hold a blocking shield this time	
		➤ Iron Core (3 minutes)	
	➤ Come to Balance Fit (4 minutes)	Perform the drill from a 2- and 3-point stance, use the Bridge fit	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 5: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



2-STEP THIGH AND DRIVE

Description:

Place a cone a few steps away from a coach or teammate holding a half-round bag or similar surface. On the coach's command, the player takes two steps toward the bag, establishing leverage. As the player approaches the contact zone, he swoops in using same foot, same shoulder technique, punching his arms around the bag to make the tackle.



IRON CORE

Description:

Start in a Coil position with a partner. As the focus partner, attempt to keep your hands within the midline of your body without letting your partner disrupt you through lateral pressure applied to your wrist/forearm. Respond to pressure by stabilizing through your torso and instep of your foot.

When your partner releases tension, do not let your hands move outside your frame (keep your hands in your midline). Your partner will apply pressure to your left and right, going back and forth. Continue the drill for 30 to 90 seconds.



TRUNK ROTATION THROWS

Description:

Line up 5 yards away from a partner. Plant your feet shoulder-width apart and point both feet forward. While keeping the feet planted, rotate your torso as you throw the football to a partner. Increase yardage as appropriate after several successful throws and catches. Emphasize upper body rotation.

PRACTICE PLAN 6

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Sportsmanship Lesson 2	Use TrueSport Sportsmanship Lesson #2	Intro
DYNAMIC WARM-UP	➤ Walking Leg Tucks (2 x 10 yards) ➤ Lunge with a Twist (2 x 10 yards) ➤ Straight Leg Bounds (2 x 10 yards) ➤ High Skips (2 x 10 yards) ➤ Carioca (2 x 10 yards) ➤ Hip Flips Back Pedal (2 x 15 yards) ➤ Jumping Jacks (15x)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Three Player Roll and Weave (4 minutes) ➤ W-Drill (4 minutes)	Hold each position for 5-10 seconds Focus on change of direction with fluid movement	6 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ 5-10 Yard Curl and Crossing Routes (4 minutes) ➤ RECEIVING ➤ Long Arm Drill (2 minutes) ➤ KICKING AND PUNTING ➤ Catch and Mold (2 minutes) ➤ Partner Punts (2 minutes)	Loosen up arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Take routes right out of the playbook Catch ball with arms fully extended and thumbs and index fingers together Position the ball for the drop Focus on an accurate drop and step	20 Minutes

PRACTICE PLAN 6 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Somersaults (1 minute)	Fluid transitions of movement, no flopping ability to go straight over	
	➤ Shoulder Rolls (2 minutes)	Ability to roll off the center line but stay on a straight line	
	➤ Log Rolls (2 minutes)	Hold the core strong, do not let upper body get out ahead of lower body and cause turning	
	➤ FLAG PULLING AND TACKLING		
	➤ 2-Step Thigh & Drive (Tackle Only) (3 minutes)	Shoulder accuracy, head and neck positioning, arm clamp, acceleration finish, stay connected to the bag	
	➤ Running Thigh & Drive (Tackle Only) (3 minutes)	Precontact posture, shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag	
	➤ Kneeling to Standing Thigh & Roll (Tackle Only) (4 minutes)	Shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	➤ Transition (1 minute)		
	➤ BLOCKING		
➤ Come to Balance Fit (3 minutes)	Try executing while covering a distance, maintaining balance		
➤ Wrecking Ball (4 minutes)	If struggling to hit the ball, reposition the feet, not the arms		
➤ Iron Core (3 minutes)	Use the core muscles, specifically the obliques, to maintain posture		
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 6: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



COME TO BALANCE FIT

Description:

Start in a position-specific stance (2-point or 3-point) 5 to 10 yards from the coach or teammate holding a hand shield. Move quickly toward the target, transitioning to short, choppy steps as you approach your coach or teammate. Transition your hips under your body as your feet widen. Uncoil your hips to initiate a pillar strike on the pad.



RUNNING THIGH AND DRIVE

Description:

Place a cone 7 yards from a coach or teammate holding a half-round bag or similar soft surface. On the coach's command, the player sprints to the bag, swoops in with near foot, near shoulder technique, punch around the bag with his arms and drives through the finish. As players show proficiency, move the bag inside-out or outside-in to simulate the way a ball-carrier runs



STATIONARY THROWS

Description:

Facing your throwing partner about 5 yards away, shoulders square to your target, feet shoulder width apart, hips are dropped. Without taking any strides, using proper throwing mechanics, throw the ball back and forth to your partner.

PRACTICE PLAN 7

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Nutrition Lesson 1	Use TrueSport Nutrition Lesson #1	Intro
DYNAMIC WARM-UP	➤ Shoulder/Neck Rolls (30 seconds) ➤ Butt Kicks (2 x 10 yards) ➤ High Knees (2 x 10 yards) ➤ Reverse Lunges (2 x 10 yards) ➤ Quad Stretch and Reach (2 x 10 yards) ➤ Straight Leg March Hamstring Stretch (2 x 10 yards) ➤ Lateral Shuffle (2 x 10 yards)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Crawl Relay (5 minutes) ➤ T-Drill (5 minutes)	Use various crawls (Bear, crab, seal, etc..) Don't focus too much on speed; focus on fluidity of movement	10 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 3 vs. 3 Scrimmage Passing Only (6 minutes) ➤ RECEIVING ➤ Five-Yard Quick Gain (4 minutes) ➤ FOOTBALL MOVEMENTS ➤ Exchanges (Toss Drill) (4 minutes)	Loosen up arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target All players rotate positions to be QB, use defined smaller area Burst off the ball from an athletic stance, stay low in and out of breaks, and finish with arms fully extended with thumbs Position the ball for the drop	20 Minutes

PRACTICE PLAN 7 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Body Lock (4 minutes)	Ability to control hip spacing, arm clamp, strong grip, generate lift from hips	
	➤ FLAG PULLING AND TACKLING		
	➤ Two Step Roll (Tackle Only) (3 minutes)	Shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	➤ Running Roll (Tackle Only) (3 minutes)	Precontact posture, shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	➤ Two Man Rabbit (4 minutes)	Maintain leverage, laser focus, quality tag with good contact posture	
	Transition (1 minute)		
	➤ BLOCKING		
	➤ Wrecking Ball (3 minutes)	Don't play on toes or hyperextend the back. Maintain a neutral spine.	
	➤ Fit to Uncoil (4 minutes)	Perform the Fit to Uncoil drill with the Bridge Fit	
➤ Dowel Fit (3 minutes)	Extend the hips through the foot fire		
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 7: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



CROSS PLANT THROW

Description:

Start with the feet parallel (non-throwing shoulder pointed at the target) to the target, with the ball in ball-carriage position. Simulating the last 2-steps of a 3-step drop, take a cross-over step with the foot on the non-throwing side, plant the foot of the throwing side and complete the throw on balance in the finished position.



FIT TO UNCOIL

Description:

Place both hands on a padded pole or partner with thumbs rotated out at approximately 45 degrees. Fully extend both arms with elbows pointed to the ground. Condense torso while maintaining a proper triangular base.

Distribute your weight on the densest part of your palm. Begin the drill by teetering. The knees will move down and out, which allows the hips to fully uncoil.



2-STEP ROLL

Description:

Place a cone a few steps away from a coach or teammate holding a half-round bag or similar surface. On the coach's command, the player takes two Swoop steps toward the bag, establishing leverage. As the player approaches the contact zone, he swoops in using same foot, same shoulder technique, punching his arms around the bag to make the tackle. The player then rolls to complete the tackle, finishing on top.

On the coach's command, the zombie walks, jogs or sprints toward the defender. On the second command, the defender begins moving forward toward the zombie. As the defender nears the contact zone, he drops his body height to initiate contact, dropping below the zombie's arms to deliver rising contact.

PRACTICE PLAN 8

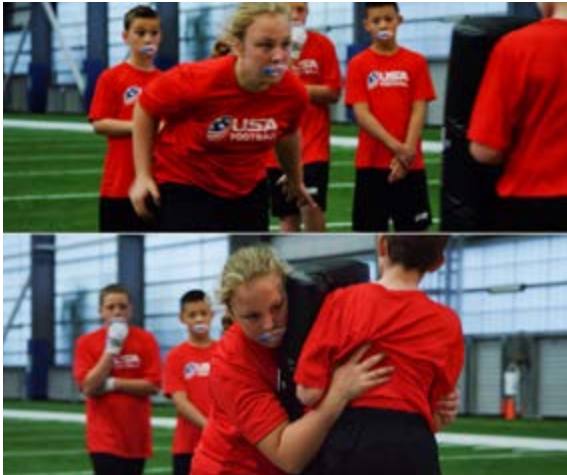
THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Nutrition Lesson 2	Use TrueSport Nutrition Lesson #2	Intro
DYNAMIC WARM-UP	➤ Walking Leg Tucks (2 x 10 yards) ➤ Lunge with a Twist (2 x 10 yards) ➤ Straight Leg Bounds (2 x 10 yards) ➤ High Skips (2 x 10 yards) ➤ Carioca (2 x 10 yards) ➤ Hip Flips Back Pedal (2 x 15 yards) ➤ Jumping Jacks (15x)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Balance Strides (2 minutes) ➤ Burpees (2 minutes) ➤ X-Drill (6 minutes)	Do five reps then explode forward and make a quick cut Drill for core strength and muscular endurance Start by setting up four cones, each 5 yards apart in a square	10 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ 2-Man Concepts (4 minutes) ➤ RECEIVING ➤ Colored Chalk Footballs (3 minutes) ➤ KICKING AND PUNTING ➤ Multiple Step Approach (Kicking) (3 minutes)	Loosen up arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Start with two receivers on the same side of the quarterback Burst off ball from an athletic stance, stay low in and out of breaks, finish with arms fully extended with thumbs and index fingers together, and focus on color of the ball Have players use between 6 and 12 approach steps	20 Minutes

PRACTICE PLAN 8 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Bear Crawl (1 Minute)	Shoulder stability, bend knees, hip sink, spinal positioning	
	➤ The Bear (2 Minutes)	Shoulder stability, knee bend, hip sink, ability to resist force and control posture	
	➤ Push-Up Slaps-ies (2 minutes)	Shoulder stability, spinal posture and strength, the ability to stay square	
	➤ FLAG PULLING AND TACKLING		
	➤ Tight Angle Tackle (3 minutes)	Tackle only. Precontact posture, shoulder accuracy, rip and shoot drills, arm clamp, accelerate finish	
	➤ Running Drive (Tackle Only) (3 minutes)	Precontact posture, shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag	
	➤ Running Roll (Tackle Only) (3 minutes)	Precontact posture, shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	➤ Transition (1 minute)		
	➤ BLOCKING		
	➤ Come to Balance Freeze (4 minutes)	When approaching the opponent, widen the base and take short choppy steps to return to the coil position	
➤ 2-Point Coil to Fit (3 minutes)	Perform the drill using the Bridge fit		
➤ Find the Brace Angle (3 minutes)	As players progress, practice taking multiple brace steps		
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 8: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



TIGHT ANGLE TACKLE

Description:

Set up two lines five yards apart with a slight offset. In one line, a player or coach holds a half-round bag or other soft surface tight to the chest. The other line includes the defenders. On the coach's command, the defender progresses toward the bag, establishing leverage with the right or left side, making contact with a strong same foot, same shoulder technique. Defenders drive through contact, but nobody goes to the ground.



COME TO BALANCE FREEZE

Description:

Start from a 2-point or 3-point position (based on position). When running in space, your sprint strides should remain long and linear to gain as much ground as possible. When approaching your opponent, widen your base and take short, choppy steps to get back into the 2-point coil position.

Transition from a forward lean as your hips begin to gather underneath your body. Bring hands out in front of the body (the guard position). Freeze in this position.



PARTNER STEP AND THROW

Description:

Partners stand 10 yards apart or an appropriate distance for the age group. Partner 1 grips and holds the football in both hands, assumes a stance with both feet shoulder-width apart, facing the target with his/her non-throwing shoulder.

Raise the ball to ear level, drop back with the dominant foot, take one step forward with the non-dominant foot and follow-through upon releasing the ball to Partner 2. Once receiving the ball, Partner 2 performs the same step and throw.

PRACTICE PLAN 9

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Leadership Lesson 1	Use TrueSport Leadership Lesson #1	Intro
DYNAMIC WARM-UP	➤ Shoulder/Neck Rolls (30 seconds) ➤ Butt Kicks (2 x 10 yards) ➤ High Knees (2 x 10 yards) ➤ Reverse Lunges (2 x 10 yards) ➤ Quad Stretch and Reach (2 x 10 yards) ➤ Straight Leg March Hamstring Stretch (2 x 10 yards) ➤ Lateral Shuffle (2 x 10 yards)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Ultimate Football (8 minutes)	Encourage creativity	8 Minutes
HYDRATION BREAK			5 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 5-10 Yard Routes (6 minutes) ➤ RECEIVING ➤ Number Callout (3 minutes) ➤ KICKING AND PUNTING ➤ 15-yard Partner Punt Passes (3 minutes)	Loosen up arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Focus on footwork during drop with good ball carriage From an athletic stance, burst off the ball on the route called Working with a partner, review skills as needed	20 Minutes

PRACTICE PLAN 9 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Hand Fighting Tournament (4 minutes)	Grip strength, fight pressure with pressure, special awareness	
	➤ FLAG PULLING AND TACKLING		
	➤ Angle Tackle (Tackle Only) (4 minutes)	Maintain leverage, square to target, precontact posture, shoulder accuracy, arm clamp, acceleration finish	
	➤ Run & Gather (4 minutes)	Adjust speeds accordingly to maintain leverage, square up to tackle	
	➤ 2-Step Drive (Tackle Only) (3 minute)	Shoulder accuracy, head and neck positioning, arm lamp, acceleration finish, stay connected to the bag	
	➤ Transition (1 minute)		
	➤ BLOCKING		
	➤ Come to Balance Freeze (3 minutes)	Use the hips to drive the hands, not the arms. Use the Bridge and Pillar fits.	
	➤ Find the Brace Angle (3 minutes)	Remember that the depth of the brace step depends on the distance and the angle to the target	
	➤ Deep-Gather-Gain Ground Sequence (3 minutes)	Make sure the hips still drive the hands	
HYDRATION BREAK			5 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 9: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



CROSS PLANT THROW

Description:

Start with the feet parallel (non-throwing shoulder pointed at the target) to the target, with the ball in ball-carriage position. Simulating the last 2-steps of a 3-step drop, take a cross-over step with the foot on the non-throwing side, plant the foot of the throwing side and complete the throw on balance in the finished position.



COME TO BALANCE MIRROR

Description:

With a partner, take turns mirroring each other as you practice coming to balance. Start from a 2-point or 3-point position (based on position). When running in space, your sprint strides should remain long and linear to gain as much ground as possible. When approaching your opponent, widen your base and take short, choppy steps to get back into the 2-point coil position.

Transition from a forward lean as your hips begin to gather underneath your body. Bring hands out in front of the body (the guard position).



RUN AND GATHER

Description:

Start with a ball-carrier and a defender about 10 yards apart. The ball-carrier begins running down the sideline or a yard line, starting and stopping in intervals. The defender takes an angle to the ball-carrier, tracking the near hip, changing speeds to match the ball-carrier and maintaining leverage, then closing with a swoop for a two-hand touch on the runner.

PRACTICE PLAN 10

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Leadership Lesson 2	Use TrueSport Leadership Lesson #2	Intro
DYNAMIC WARM-UP	➤ Walking Leg Tucks (2 x 10 yards) ➤ Lunge with a Twist (2 x 10 yards) ➤ Straight Leg Bounds (2 x 10 yards) ➤ High Skips (2 x 10 yards) ➤ Carioca (2 x 10 yards) ➤ Hip Flips Back Pedal (2 x 15 yards) ➤ Jumping Jacks (15x)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Flying 20 or 30 (4 minutes) ➤ Quick Feet Reaction (4 minutes)	Shorten or lengthen the distances based on players' conditioning Start running in place with feet shoulder-width apart	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ 2 vs. 1 Read the Defender (4 minutes) ➤ RECEIVING ➤ Pat and Go (3 minutes) ➤ KICKING AND PUNTING ➤ 15-yard Partner Punt Passes (3 minutes)	Loosen up arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Recognize the coverage and throw to the open receiver From a good athletic stance, burst off the ball and track the trajectory of the football through the air Focus on developing directional punting	20 Minutes

PRACTICE PLAN 10 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Hollow Rolls (2 minutes)	Core strength, body control, do not let upper body get out ahead of lower body	
	➤ Somersaults to Sprint (1 minute)	Fluid transitions of movement, no flopping ability to go straight over	
	➤ 3 Somersaults to Sprint (1 minute)	Fluid transitions of movement, no flopping ability to go straight over	
	➤ FLAG PULLING AND TACKLING		
	➤ Sprint Tackle (Tackle Only) (3 minutes)	Maintain leverage, square to target, precontact posture, shoulder accuracy, arm clamp, acceleration finish	
	➤ Kneeling Roll (Tackle Only) (4 minutes)	Shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	➤ Two Man Rabbit (3 minutes)	Maintain leverage, laser focus, quality tag with good contact posture	
	➤ Transition (1 minute)		
	➤ BLOCKING		
	➤ Squeeze Drill (3 minutes)	While squeezing, uncoil the hips	
	➤ Come to Balance Fit (4 minutes)	Make sure that the thumbs extend up and out at a 45 degree angle	
	➤ Fit to Finish (3 minutes)	Continue to take short choppy steps as the block is finished	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 10: DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



2-STEP DRIVE

Description:

Place a cone a few steps away from a coach or teammate holding a half-round bag or similar surface. On the coach's command, take two steps toward the bag, establishing leverage.

As you approach the contact zone, swoop in using your same foot, same shoulder technique, punching your arms around the bag to make the tackle.



RUN AND GATHER

Description:

Start with a ball-carrier and a defender about 10 yards apart. The ball-carrier begins running down the sideline or a yard line, starting and stopping in intervals. The defender takes an angle to the ball-carrier, tracking the near hip, changing speeds to match the ball-carrier and maintaining leverage, then closing with a swoop for a two-hand touch on the runner.



STATIONARY THROWS

Description:

Facing your throwing partner about 5 yards away, shoulders square to your target, feet shoulder width apart, hips are dropped. Without taking any strides, using proper throwing mechanics, throw the ball back and forth to your partner.

PRACTICE PLAN 11

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	➤ Recovery Lesson 1	Use TrueSport Recovery Lesson #1	Intro
DYNAMIC WARM-UP	➤ Shoulder/Neck Rolls (30 seconds) ➤ Butt Kicks (2 x 10 yards) ➤ High Knees (2 x 10 yards) ➤ Reverse Lunges (2 x 10 yards) ➤ Quad Stretch and Reach (2 x 10 yards) ➤ Straight Leg March Hamstring Stretch (2 x 10 yards) ➤ Lateral Shuffle (2 x 10 yards)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Hip Flips Back Pedal (3 minutes) ➤ W-Drill (5 minutes)	Maintain balance and speed with fluid movement Keep center of gravity low throughout the drill	8 Minutes
HYDRATION BREAK			5 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ Push-Pull Partner Throws (2 minutes) ➤ Snap – Catch – Roll – Throw (5 minutes) ➤ RECEIVING ➤ 10-Yard Intermediate Game (2 minutes) ➤ FOOTBALL MOVEMENTS ➤ Exchanges (Hand-Offs and Snaps) (5 minutes)	Loosen up arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Keep distance consistent while throwing back and forth Roll out in a predesignated direction and throw Burst off ball from an athletic stance, stay low in and out of breaks, and finish with arms fully extended with thumbs and index fingers together Working with a partner, review skills as needed	20 Minutes

PRACTICE PLAN 10 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Bear Crawl (1 minute)	Shoulder stability, bend knees, hip sink, spinal positioning	
	➤ Crab Walk (1 minute)	Keeping the hips up means postural strength and positioning through movement	
	➤ Monkey Walk (1 minute)	Shoulder stability, bend knees, hip sink, spinal posture	
	➤ Elephant Walk (1 minute)	Spinal posture, ability to stay square and level, bend knees, hip sink	
	➤ FLAG PULLING AND TACKLING		
	➤ Tight Angle Tackle (Tackle Only) (3 minutes)	Precontact posture, shoulder accuracy, rip and shoot drills, arm clamp, accelerate finish	
	➤ Running Roll (Tackle Only) (4 minutes)	Precontact posture, shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	➤ Two Man Rabbit (3 minutes)	Maintain leverage, laser focus, quality tag with good contact posture	
	Transition (1 min)		
	➤ BLOCKING		
➤ Brace-pop (3 minutes)	The pop step is a small, powerful step that must be grounded before contact		
➤ Fit to Finish (3 minutes)	Remember that the fit starts with the densest part of the hand		
➤ Refit Drill (4 minutes)	Make sure to not maintain a neutral spine when uncoiled		
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 11 DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



CROSS PLANT THROW

Description:

Start with the feet parallel (non-throwing shoulder pointed at the target) to the target, with the ball in ball-carriage position. Simulating the last 2-steps of a 3-step drop, take a cross-over step with the foot on the non-throwing side, plant the foot of the throwing side and complete the throw on balance in the finished position.

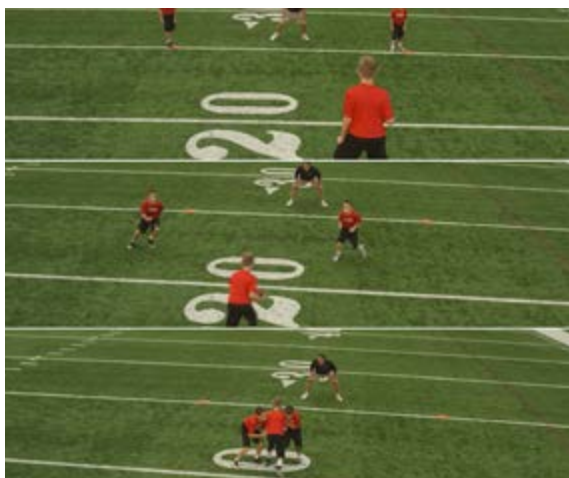


KING OF THE RING

Description:

Set up cones to outline a 3-yard by 6-yard box. Two players line up in the middle of the 6 yards in a neutral fit position. Unlike the Refit Drill, players stand straight up in the “ring” simulating a stalemate situation.

On the coach’s command, both players’ first motion is the Brace-Hop followed by the Refit. Players attempt to move the other back and out of the ring of cones through the closing and climbing of the hips and feet, continually refitting and recovering leverage as needed. The coach blows the drill dead after five seconds or if a player loses. Players lose by being pushed back, by going to the ground or by turning.



TWO MAN RABBIT

Description:

Start with three cones placed five yards apart in an equilateral triangle. As players master the skill, widen the distance they have to move. With two defenders and a ball-carrier on the three cones, all three move forward on the coach’s command. As the defenders narrow the gap to the runner, dominating their assigned leverage, the ball-carrier shifts and jukes in order to try to break contain. The defenders maintain leverage, swooping in with same foot, same shoulder to make a two-hand touch on the runner.

PRACTICE PLAN 12

THEME	ACTIVITY	DETAILS	DURATION
CHARACTER DEVELOPMENT/ATHLETE HEALTH	➤ Recovery Lesson 2	Use TrueSport Recovery Lesson #2	Intro
DYNAMIC WARM-UP	➤ Walking Leg Tucks (2 x 10 yards) ➤ Lunge with a Twist (2 x 10 yards) ➤ Straight Leg Bounds (2 x 10 yards) ➤ High Skips (2 x 10 yards) ➤ Carioca (2 x 10 yards) ➤ Hip Flips Back Pedal (2 x 15 yards) ➤ Jumping Jacks (15x)		7 Minutes
ATHLETIC DEVELOPMENT	➤ Agility Ladder Variations (5 minutes) ➤ 5-10-5 Shuffle (5 minutes)	Use any variety of agility ladder movement skills Focus on fluid change of direction skills	8 Minutes
HYDRATION BREAK			2 Minutes
SKILLS FOUNDATIONS	➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 Yards (2 minutes) ➤ Stationary Throw (1 minute) ➤ Cross Plant and Throw (2 minutes) ➤ 1-Step Drop and Throw (2 minutes) ➤ 3-Step Drop and Throw (2 minutes) ➤ Lateral Partner Throws (2 minutes) ➤ Lateral Partner Throws (2 minutes) ➤ RECEIVING ➤ Coach's Choice (3 minutes) ➤ KICKING AND PUNTING ➤ Partner Punts (3 minutes)	Loosen up arms and shoulders Focus on ball carriage position before rotating Shoulder pointed at the target-feet parallel to target Shoulder pointed at the target-feet parallel to target Start with feet square to the target Drop-cross-plant and throw Start facing a partner at distance of 5-10 yards Focus on footwork and getting shoulder pointed at the target Work on accurate drop and maintaining balance after the punt	20 Minutes

PRACTICE PLAN 12 (CONTINUED)

THEME	ACTIVITY	DETAILS	DURATION
CONTACT SKILLS	➤ PREP FOR CONTACT		25 Minutes
	➤ Pummeling (2 minutes)	Maintain strong posture, do not get broken down by teammate, 'dig' for position	
	➤ Body Lock (2 minutes)	Ability to control hip spacing, arm clamp, strong grip, generate lift from hips	
	➤ FLAG PULLING AND TACKLING		
	➤ Run & Gather (4 minutes)	Adjust speeds accordingly to maintain leverage, square up to tackle	
	➤ Tight Angle Tackle (Tackle Only) (3 minutes)	Precontact posture, shoulder accuracy, rip and shoot drills, arm clamp, accelerate finish	
	➤ Two Step Roll (Tackle Only) (3 minutes)	Shoulder accuracy, head and neck positioning, arm clamp, torque for acceleration, stay connected to the bag, finish on top	
	Transition (1 minute)		
	➤ BLOCKING		
	➤ Refit Drill (3 minutes)	Make sure the arms don't windmill	
	➤ Brace Hop (3 minutes)	Don't land with one foot, take a small hop	
	➤ King of the Ring (4 minutes)	Incorporate Refit or Iron Core as teaching tools	
HYDRATION BREAK			2 Minutes
TEAM OFFENSE			15 Minutes
TEAM DEFENSE			15 Minutes
COOL DOWN/ BREAKDOWN			

PRACTICE PLAN 12 DRILL INDEX

Below are a few drill diagram examples for this practice plan. Every drill is explained in the glossary at the back of this guide.



TIGHT ANGLE TACKLE

Description:

Set up two lines five yards apart with a slight offset. In one line, a player or coach holds a half-round bag or other soft surface tight to the chest. The other line includes the defenders. On the coach's command, the defender progresses toward the bag, establishing leverage with the right or left side, making contact with a strong same foot, same shoulder technique. Defenders drive through contact, but nobody goes to the ground.



REFIT DRILL

Description:

Begin with a solid triangular base with toes pointing out, feet outside the knees and knees outside the hips. Balance your weight on your insteps. With a partner, engage in a neutral fit position with arms extended outward and thumbs pointed up. One hand is on your partner's chest (correct fit position) and the other is on top of their shoulder (incorrect fit position). Hips are in an uncoiled position with arc strength in the body.

With your partner, refit by moving your hands from your partner's shoulder to their chest while they simultaneously do the same movement. Bring your hands around your partner's triceps in a small circular motion with emphasis on a low to high trajectory when regaining the fit back inside on the chest. It is critical to respond to pressure instantly by refitting the hand in the tightest path possible without losing the shoulders. The refit helps you instill precise movement patterns as speed is ramped up gradually.



TRUNK ROTATION THROWS

Description:

Line up 5 yards across from a partner. Plant feet shoulder-width apart and point both feet forward. While keeping your feet planted, rotate your torso as you throw the football to your partner.



FOOTBALL DEVELOPMENT MODEL

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GLOSSARY

Passing
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PASSING – DRILLS

PRE-PASS POSITION

/ 1-Step Drop and Throw	Start with both feet positioned directly under the shoulders and hips. Slightly bend at the knees and stand in an athletic stance. With the football positioned at the sternum and ready to throw, take one step back with the foot on the same side of your body as your throwing arm. Plant that foot behind you, and as you throw the football forward, feel your weight shifting to your front foot.
/ 3-Step Drop and Throw	Start in an athletic stance with both feet positioned directly under your shoulders and hips. Point your non-throwing shoulder toward the target. With the football positioned at the sternum and ready to throw, take one explosive step back with the foot on the same side of the body as your throwing arm. Once that foot is planted, for your second step, quickly cross your opposite foot over the front of your previously planted foot. Once that foot is planted, bring your initial foot behind the cross-step foot and plant it firmly in the ground. Once both feet are planted and you have regained your athletic stance, throw the ball to a partner.
5-Step Drop	See directions for the 3-step drop. With the 5-step drop, simply incorporate two more cross-steps and about 3 more yards of distance. Steps should be perpendicular with the line of scrimmage.
Cleats in the Grass	Plant the entire bottoms of both feet in the ground. Avoid weight being distributed on just the balls (toes) of feet.
Cross Plant and Throw	Start with the feet parallel (non-throwing shoulder pointed at the target) to the target, with the ball in ball-carriage position. Simulating the last 2-steps of a 3-step drop, take a cross-over step with the foot on the non-throwing side, plant the foot of the throwing side and complete the throw on balance in the finished position.
Hip Flips from Standing Position	Start with both feet positioned directly under the shoulders and hips. When instructed, jump up with both feet off the ground, bringing the knees up toward the chest and rotate your body position 90 degrees before landing simultaneously on both feet.
Hips Inside the Heels	Assume a comfortable standing position. Move both feet a bit wider than shoulder-width apart. Make sure that hips align with the inside part of the heels.
Meet in the Middle Grip Drill	Start in an athletic stance with both hands at your side. Hold the football in your dominant throwing hand. In one motion, bring the football toward your sternum to meet your non-dominant hand. Once the football is in both hands, make sure fingers cross the laces.
Opposite Foot Throws (overhand)	Start with both feet positioned directly under your shoulders and hips. Take one step forward with the foot opposite your dominant throwing arm. While stepping forward, simultaneously pass the football to a partner with an overhand throw.
Opposite Foot Throws (underhand)	Start with both feet positioned directly under your shoulders and hips. Take one step forward with the foot opposite your dominant throwing arm. While stepping forward, simultaneously pass the football to a partner with an underhand throw.
Partner Step and Throw	Partners stand 10 yards apart or an appropriate distance for the age group. Partner 1 grips and holds the football in both hands, assumes a stance with both feet shoulder-width apart, facing the target with his/her non-throwing shoulder. Raise the ball to ear level, drop back with the dominant foot, take one step forward with the non-dominant foot and follow-through upon releasing the ball to Partner 2. Once receiving the ball, Partner 2 performs the same step and throw.
(Shotgun) Snap – Catch – Drop – Throw	Receive a shotgun snap from a partner and bring the football to a ready position at the sternum. Take one step back with the foot on the same side of your body as your throwing arm and plant that foot behind you. As you throw the ball, feel your weight transfer from your back foot to your front foot.
Snap – Catch – Throw	Receive a direct snap from a partner and bring the football to a throwing, ready position at your sternum. Take one step back with the foot on the same side of the body as your throwing arm. Plant that foot behind you, and as you throw the ball, feel your weight transfer from your back foot to your front foot.



PASSING – DRILLS

POSTURE

4-Cone Position Throws	Set cones in a square, 5 or 10 yards to a side. One player stands in the center of the square and shuffles to a designated cone as called by the coach and throws a pass downfield.
5- and 10-Yard Fades	Throw the football to receivers as they run a fade route.
5- and 10-Yard Slants	Throw the football to receivers as they run a slant route.
5-10 Yard Curl and Crossing Routes	Have passers throw routes to receivers who are running 5 to 10-yard Curl and/or Crossing Routes. Incorporate 3-step drop mechanics.
5-Yard Spot Throws to Right and Left	Plant your feet shoulder-width apart, drop your hips (see Hip Drop Drill) and throw the football to a target on either the left or right.
5-Yard Trunk Rotation Throws (feet parallel to target)	Line up 5 yards across from a partner. Plant feet shoulder-width apart and point both feet forward. While keeping your feet planted, rotate your torso as you throw the football to your partner.
10- to 15-Yard Fades	Throw the football to receivers as they run a fade route.
10- to 15-Yard Slants	Throw the football to receivers as they run a slant route.
10-Yard Spot Throws to Right and Left	Plant your feet shoulder-width apart, drop your hips (see Hip Drop Drill) and throw the football to a target on either the left or right.
Drop Back to 4-Cone Drill	Set cones in a square 5 or 10 yards to a side. One player stands in the center of the square and shuffles to a designated cone as called by the coach. Complete a 1- or 3-step drop before throwing a pass downfield.
Hip Drops	Stand with feet shoulder-width apart. On the coach's command, drop the hips, giving a gentle bend in the knees, and lean slightly forward. Spine angle is essential: keep the back straight and bend slightly forward.
Hip Flips from Lateral Shuffle	While shuffling in a lateral direction, jump up with both feet off the ground and rotate your body position 90 degrees before landing simultaneously on both feet, then continue to shuffle in your new direction.
Hip Flips from Standing Position	Start with both feet positioned directly under the shoulders and hips. When instructed, jump up with both feet off the ground, bringing the knees up toward the chest and rotate your body position 90 degrees before landing simultaneously on both feet.
Lunge with a Twist	From a comfortable standing position, take a large step forward with one of your feet. Keeping your other foot planted in the original position, sink your hips until your thigh is parallel with the ground. Your knee should be at a 90-degree angle. From this position, slowly twist your torso and upper body to the right and then to the left. During the twist, your arms should be bent at the elbows and kept in front of you. Keep your core engaged and squeeze your glutes. Once you've brought your torso and upper body back to a center position, bring your back planted foot up to meet your extended foot, standing up straight as you do so. Then, step forward with your previously planted foot and repeat the process.
Mirror Drill	Keeping 5 yards between you, line up facing a partner or coach. With both of you holding a football, mirror each other's movements. The coach leads the movements.
Offset Throws	After simulating a snap, a quarterback takes a 3-step drop. At the top of the drop, the passer steps and throws across the body at a stationary target not directly in front of him or her.
Simon Says	One person is designated "Simon" while the others are the players. Standing in front of the group, Simon tells the players what they must do. However, the players must only obey commands that begin with the words, "Simon Says...." If Simon says, "Simon says touch your nose," then players must touch their noses. But, if Simon simply says, "jump," without first saying, "Simon says," players must not jump. Those who do jump are eliminated.



PASSING – DRILLS

THROWING MECHANICS

1-Knee Throws	While kneeling on the same knee as your throwing arm, work on bringing the ball to ball carriage position. Begin the throwing motion by rotating the trunk so the opposite shoulder is pointing toward the target. Make a smooth fluid throwing motion. Follow-through with the throwing arm across the body (thumb-to-pocket).
2 vs. 1 Read the Defender	Start two receivers on the same side of the quarterback and opposite a single defender. On the coach's command, the quarterback takes a 3-step drop while the receivers run a slant/arrow or fade/arrow concept. The defender chooses one receiver to cover. The quarterback recognizes the coverage and throws to the open receiver.
2 vs. 2 - Passing Only	Allow the team to compete in 2 vs. 2 scenarios but only allow the offense to use passing plays. No running plays allowed.
2-Man Concepts	Start two receivers on the same side of the quarterback. On the coach's command, the quarterback takes a 3-step drop while the receivers run a slant/arrow, fade/arrow or another route concept that matches your team's playbook. The quarterback chooses a receiver and throws to him/her. As players advance, the coach signals at the top of the quarterback's drop which receiver to throw to.
3 vs. 3 Scrimmage - Passing Only	Allow the team to scrimmage 3 vs. 3 but only allow the offense to use passing plays from the playbook. No running plays allowed.
4-to Score (3 vs. 3)	This is simply a 3 vs. 3 flag football game where the offense is only given four attempts to score a touchdown. After the fourth attempt, if the offense does not score, the ball goes to the other team. All possessions start at the same spot so the team must go 20 yards. Teams can get more than one score in four tries. Recommended field size is 20 yards long and 20 yards wide.
Arm Flaps (internal/external rotation)	Raise your elbows so that upper arms are perpendicular to the body with forearms pointing forward (stick-up position). Keeping elbows in place, rotate shoulders to the point so both hands are pointing down toward the ground (fingers up, fingers down). Reverse the motion and rotate all the way until hands are now pointing straight up. This completes one rep.
Arm Slaps/Hugs	Keep arms straight and feet stationary. Swing arms behind the sides of your torso to open your chest, then dramatically bring your arms forward and wrap them around your chest like you are giving yourself a hug. Perform in a continuous motion.
Clockwork Hands Passing	This drill is the same as the clockwork hands receiving drill except the focus is on the passer. Challenge the passers to throw the ball to the different clock positions represented by the receiver's hands (i.e., twelve o'clock is above the head, six o'clock is below the waist, etc...)
Contested Receiver Drill	Start a receiver on the line of scrimmage opposite a single defender. Before the snap, the coach tells both the receiver and defender what route the receiver will be running. On the coach's command, the quarterback takes a 3-step drop and delivers the pass to a spot where only the receiver has a chance to catch it. The defender can jump the route but cannot commit pass interference.
Fall Away Throws	From a traditional pocket passing position, a quarterback places all his/her weight on the back foot to simulate falling backward under pressure to deliver a throw downfield or to the side to a stationary target.
Horizontal "L" to Vertical "L" Drill	Start with a ball in ball carriage position. Separate your hands and move your arms vertically to your sides at shoulder height (equal and opposite symmetry). Keeping your arms level at shoulder height, bend your arms at your elbows and assume 90-degree angles with both forearms and hands pointing away from the midline and shoulders; this is the horizontal "L" position. Keeping your arms at shoulder height, rotate your hands and forearms up in the air above your shoulder; this is the vertical "L" position.
Lateral Partner Throws	Standing and facing a partner at 5-10 yards away, both partners jog forward in tandem, remaining parallel to each other while throwing the ball back and forth. Focus on turning the shoulders to complete the throw.



PASSING – DRILLS

THROWING MECHANICS

Mirror Drill (keep pre-pass position)	Keeping 5 yards between you, line up facing a partner or coach. With both of you holding a football, mirror each other's movements. The coach leads the movements.
Mirror Drill and Throw	Line two players up 5 yards across from each other. While both hold a football, they mirror each other's movements. Once instructed by the coach, throw a pass to another partner down or upfield.
Negative Stride Drill	Start with your knees bent, feet shoulder-width apart and the football held in both hands at the sternum. On the coach's command, create a wider-than-normal base by taking a long step back with the leg on the same side of your body as your throwing arm. Bring the football from your sternum to a ready position. Pull your lead foot back for a "negative stride" while you initiate a passing motion and release the ball. Turn your hips toward the target as you throw. Make sure your front foot stays connected to the ground as you rotate through and complete the throw.
Opposite Foot Throws (overhand)	Start with both feet positioned directly under your shoulders and hips. Take one step forward with the foot opposite your dominant throwing arm. While stepping forward, simultaneously pass the football to a partner with an overhand throw.
Palms Up Small Arm Circles to Large Arm Circles (clockwise and counterclockwise) / Arm Circles	While standing stationary, keep your arms straight and raise them to shoulder height. Move your arms in a circular motion with your palms open and up, facing the sky. Start with small circles both clockwise and counterclockwise, gradually making larger circles.
Partner Step and Throw	Distance partners 10 yards apart. One starts with the ball and performs a step-and-throw to the partner. Once receiving the ball, the second partner performs a step and throw.
Playbook Routes / Throw Playbook Routes	Coach can take specific routes from their playbook and have passers and receivers work on throwing and receiving these specific routes.
Push-Pull Partner Throws	Face a partner while standing on the same yard line. There should be 10 yards between you and your partner. As Partner 1 takes a step toward Partner 2, Partner 2 will take a step back to maintain the 10-yard distance between players. Always keep the 10-yard distance while throwing the ball back and forth.
Reverse Drop Throw	Starting under center, a quarterback takes a simulated snap and performs a 3-step drop. At the top of the drop, the quarterback reverse pivots toward his/her non-throwing-arm side. He/she then either resets and throws or delivers a wrong-foot throw – depending on skill level – to a stationary target.
Single-Leg Turn Throw	While standing on either your left or right leg, maintain balance and stability while throwing the football to a partner. Use the thumb-to-pocket follow through to ensure optimal ball rotation.
Snap – Catch – Roll – Throw	Starting under center, take a snap, roll out in a predesignated direction and throw a pass downfield to a stationary target.
Snap – Catch – Throw Rapid Fire	At a rapid pace, receive a snap from a partner and bring the football to a throwing-ready position at the sternum. Take one step back with the foot on the same side of the body as your throwing arm and plant that foot behind you. While throwing the football to your partner as quickly as possible, feel your weight transferring to your front foot upon release.
Stationary Throw	Facing your throwing partner about 5 yards away, shoulders square to your target, feet shoulder width apart, hips are dropped. Without taking any strides, using proper throwing mechanics, throw the ball back and forth to your partner.
Team Touchdown	Players are divided into two teams. Each team wears a different color flag. The object is to run with the football into the other teams' territory and place the football into their end-zones (hula hoops or designated area) scoring a touchdown. When in the opponents' territory, they can pull the player's flag. When a player's flag is pulled, he/she must give the ball to the opposing team and return to their own side.



PASSING – DRILLS

THROWING MECHANICS

Throw and Catch Relay	Count players off by four. 1s and 2s will form team A, and 3s and 4s will form team B. 1s will line up along a yard line facing the 2s. 3s will line up along a yard line facing the 4s. The distance between the 1s-2s and 3s-4s will depend on skill. The first 1 and the first 3 will each be given a football. On the coach’s command, the first 1 will throw the ball to the first 2, who will then throw the ball to the second 1, etc. The first 3 will throw the ball to the first 4, who will throw the ball to the second 3, etc. If someone on team A fails to make the catch, the 1s and 2s must start over again. This process repeats itself until one of the two teams has all players complete a throw and catch of the ball.
Throw Routes	Have passers throw to receivers who are running routes specified by the coach. Coach is encouraged to incorporate receiving routes that will involve the passers using 3 and 5-step drops and roll-outs as determined by passer ability.
Towel Drill	Start with your feet shoulder-width apart and hold a towel in your dominant throwing hand. Step back with the foot on the same side of your body as your throwing arm and make the motion as if you’re throwing a football.
Trajectory Throws (1-2-3)	Emphasize low (1), medium (2) and high (3) angles of trajectory while throwing the football.
Trunk Rotation Throws	Line up 5 yards away from a partner. Plant your feet shoulder-width apart and point both feet forward. While keeping the feet planted, rotate your torso as you throw the football to a partner. Increase yardage as appropriate after several successful throws and catches. Emphasize upper body rotation.
Ultimate Football	Ultimate Football is a fast-paced game that involves passing, pitching and receiving. Running with the ball is not allowed, but players are allotted two steps before they pass the ball. Once those two steps are used up, the ball-carrier can only pivot, always keeping one foot on the ground. The ball can be thrown overhand or underhand going forward, backward or laterally.



PASSING – DRILLS

FINISH

Don't Cross the Line	Start with both feet touching any line on the field. Perform a one-step drop with the foot on the same side as your dominant throwing arm and throw the football to your partner. Do not let your trail foot follow-through and cross over the line where both your feet started. Make sure your trail foot stays behind your front foot.
Snap-Catch-Throw Rapid Fire	At a rapid pace, receive a snap from a partner and bring the football to throwing-ready position at the sternum. Take one step back with the foot on the same side of the body as your throwing arm and plant that foot behind you. Throwing the football to your partner as quickly as possible, feel your weight transfer to your front foot upon release.
Snap-Catch-Throw Rapid Fire to Different Targets (offset targets)	At a rapid pace, receive a snap from a partner and bring the football to throwing-ready position at the sternum. Take one step back with the foot on the same side of the body as your throwing arm, plant that foot behind you, distribute your weight to your forward foot and throw the football to your partner, or varying targets, as quickly as possible.
Straddle the Line Drill	Find any line on the field and position one foot on either side of the line (the line will be between your feet). Start with both feet positioned directly under your shoulders and hips. Step forward with your opposite foot and throw the ball to the target, staying stable while passing.
Thumb-to-Pocket	Assume an athletic stance with feet directly underneath shoulders and hips. Hold the football in both hands at a throwing-ready position at the sternum. Bring the ball to the trigger position (earlobe). Step forward with the opposite foot and throw the ball to the target. When following through, bring your throwing hand thumb toward the pocket of your shorts on your opposite hip to throw an optimal spiral.
Towel Drill	Start with your feet shoulder-width apart and hold a towel in your dominant throwing hand. Step back with the foot on the same side of your body as your throwing arm and make the motion as if you're throwing a football.



RECEIVING – DRILLS

FEET/FOOTWORK

3-on-3 Ultimate Football	Ultimate Football is a fast-paced game that involves passing, pitching and receiving. Running with the ball is not allowed, but players are allotted two steps before they pass the ball. Once those two steps are used up, the ball-carrier can only pivot, always keeping one foot on the ground. The ball can be thrown overhand or underhand going forward, backward or laterally. A goal occurs when a player catches a ball in his/her end zone. Each goal is worth one point. There is no physical contact. Holding, reaching over the back, blocking, pushing and stripping the ball from an opposing ball-carrier are illegal. The ball is dead when it lands on the ground, a foul is committed, or the ball-carrier takes extra steps. The ball is back in play as soon as it is picked up by the defense. Possession can also change on an interception. With the focus on receiving, simplify the game by playing 3-on-3 to create more open space instead of larger groups.
Acceleration Drills	Players line up in a single-file line next to the coach/QB. On coach's "GO," a receiver will jog forward in a straight line. The coach/QB will throw the ball over the player's head, forcing him/her to accelerate and track the ball in order to complete the catch. Passes should be thrown on the player's second step and caught around six yards.
Blob Tag	When play begins, 2 players linked at the elbows, "The Blob", move together and try to tag the rest of the players. When someone is tagged, he/she links elbows with the taggers, becoming part of The Blob. When a fourth player is tagged, The Blob separates into two Blobs. Every time a Blob becomes four players, it splits: this ensures each Blob has only 2 or 3 people. Play continues until all of the players become part of Blobs. If a player runs out of bounds while trying to avoid The Blob, he/she must then connect with the nearest Blob and continue to play. The last two players can then become the first Blob for the next game.
Curved Pathway	Players run in varying curved directions and pathways as laid out by cones, ladders, tape or the coach's directions.
Deceleration Drills	Players line up in a single-file line next to the coach/QB. On the coach's "GO," a receiver will sprint forward in a straight line. The coach/QB will throw the ball behind or short of the player, forcing him/her to decelerate in order to complete the catch. Pass should be thrown on player's second step and caught around six yards.
Dual Leg Dominance	Starting from the line of scrimmage, players release from a 2-point stance with either the right foot or left foot forward, based on position to the coach simulating the quarterback. Players will run 5 or 10 yards upon release from their stance. Work players from both sides.
Duck Duck Goose	All the players, except the person designated as "it", sit in a circle. The person who is "it" walks around the circle, tapping each player on the head, saying "duck" with each tap, until they decide to tap someone and say "goose." The "goose" person runs after the person who is "it," trying to tag him/her before "it" can take the goose's original seat. If "it" successfully reaches the goose's seat without being tagged, the goose becomes the new "it." If the goose tags the person who is "it," then the goose keeps his/her spot in the circle, and the "it" must either continue to be "it" for another turn or sit in the middle of the circle until a new "it" names a goose and fails to take the goose's seat without being tagged. That person then must sit in the circle, and the cycle continues.
Freeze Tag	Begin by choosing a person to be "it." The person who is "it" is the player who can "freeze" other players. When the game begins, everyone runs away from "it." The "it" chases after other players, trying to tag them. If a person is tagged, he or she must freeze in place (stand still and not move). Frozen people cannot move until an unfrozen player unfreezes them (touches them to return them to normal).
Lateral Pathway	Players line up in a single-file line. Players will either run a pattern: a hitch or curl (to be determined by coach). Upon coming out of his/her "break," the receiver will shuffle either right or left five steps to simulate attempting to get open.
Multi-Directional Get Up and Go (acceleration mechanics)	Create a square space with cones (10 yards long and 5 yards wide). Have one player enter the space at a time, and on the coach's command, allow the player to run freely. After five seconds, the coach/QB can throw the ball anywhere within that designated area, forcing the player to adjust, accelerate or decelerate to catch the ball.



RECEIVING – DRILLS

FEET/FOOTWORK

Red Light, Green Light	Line players along a marked starting line. When coach says “green light,” everyone will move towards the finish line and his/her own pace (walking, jogging or running). When coach says “red light,” everyone must immediately stop. If a player is still moving when coach calls “red light,” he/she must go back to the starting line. Start a new round when everyone gets across the finish line or when most players make it across the finish line.
Receiving Routes and Catch / Route Running – Working with Passers	Working with passers, coach will specify which routes the receivers will be running. Coaches are encouraged to use routes from their playbook or that are developmentally appropriate.
Sharks and Minnows	Identify who will be the shark(s) -- everyone else will be minnows. The shark(s) stand(s) in the middle of the play area and says, “Fishy, fishy, come out and play.” The minnows slowly walk from the starting line of the play area toward the sharks. At any time, the shark(s) can yell, “Shark attack!” At that point, the minnows must run to the opposite boundary line without being tagged. If a minnow is tagged, he/she also becomes a shark. When there are only one or two minnows left, they become the next round’s sharks.
Simon Says	One person is designated “Simon” while the others are the players. Standing in front of the group, Simon tells the players what they must do. However, the players must only obey commands that begin with the words, “Simon Says....” If Simon says, “Simon says touch your nose,” then players must touch their noses. But, if Simon simply says, “jump,” without first saying, “Simon says,” players must not jump. Those who do jump are eliminated.
Stance Start and Go	Players will align in a 2-point staggered stance (dominant foot forward). On coach’s “GO,” the receiver will sprint “off the ball” running for 10 yards.
Stem Drills	A receiver will align himself/herself 5 yards away and 1-yard offset from the QB/coach, either on the inside or outside. On the coach’s command, the player sprints off his/her mark, squaring up with the defensive player to re-establish head-up leverage. This drill helps players establish the option of a two-way go.
Stop-and-Go Flow	Set up cones to create an area that is 15 yards by 15 yards. Designate one person as “it.” On the coach’s command, the players play tag. Every 10 seconds, the coach instructs players on the pace in which they should move (i.e., 50 percent, jog, buzz the feet, hop).
Top of the Route Drill	From a standing 2-point start, sprint to a cone 4 yards away. Upon reaching the cone, break down and pivot back to the quarterback using as few steps as possible while maintaining speed.
Winning Leverage Drill	A receiver will align himself/herself 1 to 10 yards away and 1-yard offset from a receiver – either inside or outside. On the coach’s command, the player sprints off his/her mark and re-establishes head-up leverage, creating a two-way go. This drill differs from the Stem Drill in that it emphasizes press coverage as opposed to off-man coverage.
Zig-Zag Tag	One person is “IT”; this person will chase the other players, trying to tag them, until he/she tags someone else. Every player involved in the game must move in a zig-zagged pathway every third step.
Zig-Zag Pathway	Players run in zig-zag orientations—changing directions every 3 feet--and direction without prompting. Do this over a specified distance, such as the full length of the football field.



RECEIVING – DRILLS

HANDS

5-Yard Quick Game (hitch, slant, in, out)	Starting at the line of scrimmage, run 5-yard patterns, ending in a stationary position from which the player catches the ball. As players progress, add slant and in-and-out patterns to the route.
10-Yard Intermediate Game (dig, curl, speed-out)	Starting at the line of scrimmage, run 10-yard patterns. In accordance with players' capabilities, add slants and increasingly advanced techniques.
Catch and Step with Partner	Set partners 3 yards apart. Toss an age appropriately sized ball back and forth. After every complete catch, the player who catches caught the ball takes a step back before throwing the ball back to his/her partner.
Catch Low, Medium, High	Start 5 five yards away from a partner. Throw an appropriately sized ball back and forth as the receiver works the hands up and down.
Clockwork Hands Passing and Receiving / Clockwork Receiver Drill	Start 5 five yards away from a partner. Throw an appropriately sized ball back and forth as the receiver works the hands around a figurative clock. For example, a ball thrown over the head is 12 o'clock. To the right is 3 o'clock. The passer is simply attempting to throw around the clock while the receiver is catching the ball in the various locations.
Globetrotter	Have the players huddle up and then take two steps back to form a nice, big circle. Give one player a tennis ball and have them him/her randomly underhand the ball to players in the circle. It's important that these are soft, catchable passes. Once they've gotten into a rhythm, add a second tennis ball, and expect the tempo to increase. Continue to add tennis balls. Then take away the tennis balls and exchange them for footballs.
High Ball Drill	Two players stand one behind the other 5 yards away from a coach. On the coach's command, the player in front prepares to catch a pass thrown high in the air – an appropriate height for the age and skill of the players – while the player behind attempts to knock it away. The back player must remain behind the receiver and cannot interfere in any way.
Hot Potato	Using underhand passes, toss the football around the circle or class without dropping the ball. If someone drops it, he/she sits in the center of the circle ("hot potato soup" pot). After the end of each round, increase the speed that the ball is tossed around the circle until only two players remain standing.
Long Arm Drill	Two players start one behind the other 5 yards away from a coach. On the coach's command, the player in front prepares to catch a pass with arms outstretched. The player in the back will attempt to knock the ball away while remaining behind the receiver. He/she cannot interfere in any way.
Low Ball Drill	Starting 7 yards from a coach and on coach's command, the receiver runs toward the coach, catching a pass aimed at the knee-to-shin area. Feel free to substitute your quarterback for coach or quarterback.
Partner Catch	Players begin by standing across from a partner at a distance that is developmentally appropriate and will allow the players to throw and catch with success.
Self-Catch	Toss or throw an appropriately sized ball (football, tennis ball, racket ball, foam ball, etc.) in the air to oneself and secure the catch.



RECEIVING – DRILLS

VISION

Colored Ball Drill (any ball)	You can use tennis balls, rubber balls or any balls of different colors. Starting at the line of scrimmage, the coach calls out a route. On the coach's command, the receiver runs the called route and the coach throws one of the balls. The receiver must identify and call out the color of the ball while it is still in the air.
Colored Chalk Footballs	Prepare by coloring the front third of footballs with different color chalk or other non-permanent markings. Starting at the line of scrimmage, the coach calls out route. On the coach's command, the receiver runs the called route and the coach throws one of the balls. The receiver must identify and call out the color of the chalk while the ball is still in the air.
Hide and Seek	One player closes his/her eyes for a brief period (often counting to 30) while the other players hide. The seeker then opens his/her eyes and tries to find those who are in hiding. The first one found is the next seeker, and the last one found is the winner of the round. In one of many forms of the game, the hiders try to run back to "home base" while the seeker is away looking for them. If all the hiders return safely, the seeker repeats as seeker in the next round.
Number Callout	Starting at the line of scrimmage, a coach calls out the appropriate number or other code – based on the playbook – for a route or pattern. The receiver then runs that route and catches the pass.
Over the Shoulder Catches	A player stands 3 yards away from a coach with his/her back to the coach. On the coach's command, the coach lofts a pass over the receiver's shoulder. The receiver, while remaining stationary, looks back and follows the ball into a catch. The receiver will not move from his/her position as he/she makes the catch.
Pat-and-Go Drill	Divide players into two lines with two players/coaches serving as quarterbacks. On the coach's command, receivers run downfield to catch a 10- to 12-yard pass that is either thrown over the shoulder, inside, outside or behind the receiver, adjusting the body appropriately.
Progressive Turn and Catch	Start with a partner 3 yards away. One partner has his/her back turned. On the coach's command, the player with his/her back turned then turns around and catches a toss from the partner. Then alternate. As players progress, modifications can include rolling, bouncing and throwing the ball at various heights.



RECEIVING – DRILLS

FINISH

Catch-Wrap and Go	Partners spaced 3 yards apart toss an appropriately sized ball back and forth. After every catch, the receiver securely wraps the football, turns and sprints 5 yards before returning to his/her original spot. On each catch, the thrower takes a step back.
Catch, Wrap and Step	Set partners 3 yards apart, throwing or tossing an appropriately sized ball to each other. After every caught ball, the receiver secures the football with five points of contact. With every catch, the receiver takes a step back.
Coaches Knockout Football Style / Coaches Knockout	Set cones to outline an area of 10 yards by 10 yards. Every player starts with an appropriately sized football and five points of pressure. As players run around the space, coaches try to knock the ball loose from players. As players progress to later stages, they can try to knock the ball loose from others while keeping their own secure.
Five Points of Pressure	Secure an appropriately sized football using the five points of pressure: the index finger, middle finger, forearm, bicep and lower pectoral. As players progress, start from a neutral position and transition to five points of pressure.
Outside Arm	Toss or throw an appropriately sized football to a player. Once in possession of the ball, the player secures the ball in the outside arm (the one nearest the sideline), then turns and runs 5 to 10 yards upfield.
Progressive RTC Drills	On the coach’s command, a player runs a pattern or route, running through the catch and turning upfield with the ball secured using five points of pressure.
YAC	YAC standards for yards after catch. In football, when you catch it, you run with it! Have players partner up. They will need a flag belt and a football. Have players play catch for about 30 seconds. At or around 30 seconds, coach will blow the whistle and the player who has the ball must run from their partner, who will try to pull their flag off. Allow 20 to 30 seconds for each “chase” before starting again.



PREP FOR CONTACT – DRILLS

Angle of Pursuit / The Rabbit Drill / Pursuit Angles	Angle of Pursuit is also commonly called “The Rabbit Drill” – Set up cones or markers along the sideline. Have one player on the sideline at the 50-yard line (the rabbit). Have all other players spread out in the middle of the field. Have the rabbit begin running down the sideline toward the endzone. The goal is to have the defenders catch the rabbit before he/she gets to the end zone. Discuss the importance on taking a proper pursuit angle to catch the rabbit.
Bear Crawls	Get down on all fours with your arms straight, hands below your shoulders and your knees bent 90 degrees below your hips. Only your hands and toes should touch the ground. Keeping your back flat, crawl forward and backward moving opposite hands and feet in unison (right hand and left foot, left hand and right foot).
Crab Walk	Start off by sitting down on the floor, leaning back on your arms and with your feet drawn in towards your hips so your knees are bent. Make sure your hands are on the floor underneath your shoulders with your fingers pointing down to your feet. Then, push into your hands and feet like a table, engaging your core and glutes to lift your hips off the floor by about 6 inches. From here, lift your left hand and right foot and take a step back with both of them, then place them back down. Pick up your right hand and left foot and take a step back with them. Keep this alternating opposite hand/foot walk going in a backward direction.
Elephant Walk	Get down on all fours with your arms straight, hands below your shoulders and your knees bent 90 degrees below your hips. Keeping your back flat, move the same side arm and leg together to further challenge anti-rotation abilities.
Elevator Drill	Place two athletes 1-yard apart with one holding a football. The athlete with the football assumes a fundamental athletic position. The defender will get into a near foot, near shoulder tackling position bisecting the ball-carrier. The offensive player should start in as high a stance as possible and the defensive player matching his height but keeping a leverage advantage with shoulders under shoulders. On the coach’s command, the offensive player will begin to preform slow controlled squats. He should not complete standard reps but move in partial ranges going slightly down then up, down and stopping, all the way down and partway up, down and up again. The defensive player will follow the lead of the offensive player and sink and rise in his defensive tackle position to maintain his leverage advantage. After allotted time (dependent on age, physical strength and condition of the athletes), the defender should switch his near foot, near shoulder to the opposite side and repeat the drill. Players should then rotate offense and defense repeating for two more reps one on each leg. Both players should focus on ankle, knee and hip bend to warm up the joints and both should aim to keep cleats in the ground, especially the defenders back foot, for entire drill.
Flag Tag Drill	Create a defined box shaped playing area of about 15 yards by 15 yards. Start by making 4 coned areas, one for each corner of the playing area. Then create 2 teams (usually yellow and red; based on flag color). Then split the teams again, assigning them to corners diagonal to each other. On the go signal or whistle, players enter the playing area and try to pull the flag of the opposite team. If a player gets their flag pulled off, they are “out”. However, out means they go to the starting area away from the main playing area and performs predetermined exercise (ie., 10 jumping jacks, 10 sit-ups, etc). Play continues until there is no one of a certain color left. Once the round is over, repeat with a new exercise.
Hand Fighting Tournament	Pair up partners in groups of two in a grid with ample space between groups. Both partners have a square stance and are separated by 12-18 inches. Have each athlete grab the left wrist of his partner with his right hand and bend knees to find good athletic position to get in the ready position for the drill. Be sure to rotate each round so they players working different grip hands. The goal of this drill should be to gain double wrist control over the opponent by hand fighting, grabbing and gripping without moving the feet.
Hollow Rolls	Lay down with your back on the ground, face toward the sky. Keep your hands, elbows, feet and knees off the ground at all times, forcing rotation from your core. Rotate to either the left or right, keeping your core engaged. Only your torso and upper body should be touching the ground as you roll.



PREP FOR CONTACT – DRILLS

Learning to Fall Backward	Start in an athletic stance. Grab your shirt collar or the inside of your shoulder pads to keep from using your arms. When directed by coach, start to lean backward to the comfort of your abilities. Lean with your whole body – you should not be bending at the hips. At the last moment before making contact with the ground, forcefully, yet under control, twist your body to align your side with the direction you are falling. You will use the knee-hip-shoulder roll technique to fall in line with the direction you were originally facing.
Learning to Fall Forward	Start in an athletic stance. Grab your shirt collar or the inside of your shoulder pads to keep from using your arms. When directed by coach, start to lean forward until you feel off-balance. This is a full-body fall, so you should not be bending at the hips. Your first contact with the ground will be made with the outside portion of your knee, transitioning to the same-side hip followed by your same-side shoulder. Your hands should remain locked on their grips and your elbows should be positioned so that they do not contact the ground between the hip and shoulder. Keep your spine “strong” and straight, particularly through the neck so that your head does not make contact with the ground after the shoulder.
Log Rolls	Lay down on your back, face toward the sky. Keep your arms and legs straight and force the start of rolling rotation to either the left or right by utilizing your core. Arms and legs can assist in the roll. They do not need to stay off the ground.
Mousetrap	Divide players into two equal groups. Group 1 creates the mousetrap. Have those teammates hold hands to form a circle (the trap). Group 2 are the mice. Have the mice run in and out of circle under the arms of the other players. When the whistle blows, players in the circle are caught and join the trap. Have players adjust their height and speed as they move in and out of the trap.
Monkey Walk	Get down on all fours with your arms straight, hands below your shoulders and your knees bent 90 degrees below your hips. Only your hands and toes should touch the ground. While moving sideways, move your same side arm and leg to move laterally and bring your other arm and leg to reposition in original stance.
Pummeling	Pair up partners in a grid with ample space between groups, with their right legs forward. Both partners place the right arms under the armpit of the opposite and cup the hand and wrist to secure the back of the shoulder pad at the shoulder blade level. Note that this can be performed without pads. Players will place their left hand under their partners’ triceps and clamp the elbow down to trap the arm underneath it. This drill helps warm up the upper body for close quarters contact.
Push-Up Slaps-ies	Pair up partners in groups of two in a grid with ample space between groups. Both partners will begin in a push-up position facing each other so that their heads are 6-to-12 inches apart depending on size and arm length. Each ‘match’ is played in rounds. Only one point may be scored per round. Assign one partner to start on Offense and one to start on Defense. On the coach’s command, “1-2-3, Go” the athletes on offense will attempt to slap the back of the opponent’s hand while it is on the ground. The defending partner will move his hands to faint and dodge. The goal of the game is to tap the top of the opponent’s hand like the child’s game slaps-ies. If any part of the body other than hands or feet touch the ground, that player is ‘out.’ Offensive players may not sprawl for the tap, even after the tap is made, they must stay in the push-up position. Each round is played 10-15 seconds and time is held by the coaches. Offensive player may use either hand and attach either hand of their opponent. As players pick up one hand to attack or move a hand to avoid, they will be placed in a one-armed push-up position that will challenge their shoulder stability and work on anti-rotational core strength. After a point is scored, athletes reset and begin again on the next 1-2-3, Go command switching Offense and Defense. After a set number of rounds, find a new partner and continue for desired number of matches.
Seal Crawl	Begin flat on the ground on your stomach. Press your upper body up off the ground until your arms are extended. Keep your hips, knees and feet flat on the ground. While keeping your feet and knees together, use your upper body to drag yourself across the field.



PREP FOR CONTACT – DRILLS

Shoulder Rolls	Start with feet shoulder-width apart. Bend your knees and place both hands on the ground in front of you. Place either your left or right shoulder on the ground, tuck your neck and keep contact with the ground with both hands until you push off the ground with both feet. Tuck and roll 360 degrees over either your left or right shoulder.
Shrimping	Start on your back and bring your feet up toward your hips. Roll to one side, bracing your upper body and use your shoulder on the ground as a pivot point. Lift your hips off the ground and extend legs to push hips back. Extend from your waist until you are in a straight line with your head facing a target cone. Repeat this movement on your opposite side.
Somersaults	Start with feet shoulder-width apart. Bend your knees and place both hands on the ground in front of you. Place the crown of your head on the ground and tuck your neck. Keep contact with the ground with both hands, pushing off the ground with both feet and rotate 360 degrees around a horizontal axis while remaining in a tucked position. Pass your feet over your head and stand up once your feet have landed firmly on the other side.
Somersault to Sprint	Start with feet shoulder-width apart. Bend your knees and place both hands on the ground in front of you. Place the crown of your head on the ground and tuck your neck. Keep contact with the ground with both hands, pushing off the ground with both feet and rotate 360 degrees around a horizontal axis while remaining in a tucked position. Pass your feet over your head and stand up once your feet have landed firmly on the other side. Once your feet hit the ground, get up to a standing position as quickly as possible and take off into a sprint for 5 yards. Try a variation of this drill by performing multiple somersaults before taking off in a sprint.
The Bear	Pair up partners in groups of two in a grid with ample space between groups. The partners who is up first will start on their hands and knees, and then push up so that knees are off the ground and all their weight is on their hands and toes. The second partner, who will be the one providing the force to the down partner in an effort to move them off balance, will begin on one side of their partner. Ensure all groups start on the same side to avoid any running into each other. Key pressure areas for the 'pushing partner are: Shoulder – L/R and up/down, Hips, Rib cage, Straight through the shoulders on a level even with spine height.



FLAG PULLING AND TACKLING – DRILLS

TRACK

5-10-5 Touch the Cone (w/3 cones)	Place three cones 5 yards apart in a straight line. Start by standing behind cone 1 (middle cone) with one hand touching the cone. When instructed by coach, sprint to the right to cone 2. Touch cone 2 with your right hand. Change direction and sprint to cone 3. Touch cone 3 with your left hand and sprint back through cone 1, then repeat in the opposite direction. You should be running in a straight line directly behind the line of cones.
Army-Navy Game	Create a defined playing area of approximately 15 yards. The coach will call out these commands: - “Army:” Run to one side of the field area (designated by coach, i.e., right side) - “Navy:” Run to the other side of the field area (designated by coach, i.e., left side) - “Hit the deck:” Lie face down - “At ease:” Stand up Try adding in some different movement skills like shuffle, skip and hop. Players must be careful to wait for the “At ease” command before getting up to run somewhere. Add your own ideas to modify this quick game to suit your needs.
Cone Circles (change of direction)	Arrange cones in any pattern. Players will run through the cones, alternating whether they approach the cones from the right or the left, forcing them to change direction each time they see a new cone along the path.
Cones In and Out (lateral)	Line cones up along a sideline or yard line. Start to the left or right side of the last cone in the line and remain lateral (face looking 90 degrees away from the cones rather than straight at the cones) as you shuffle through them.
Cops and Robbers Football	Divide players into “cops” and “robbers.” The robbers try to get the footballs from the far side safely back to their home base without getting their flags swiped off by the cops. Place footballs along one end of the playing area. Robbers wearing flags line up along the opposite side from the footballs. Cops start in the middle. They will try to pull the flags off the robbers as they run by. On the signal, the robbers try running to take a single football at a time and make it back safely without getting caught. Robbers will go back-and-forth grabbing footballs one at a time until their flags are pulled. If they are caught, the robbers must sit. When sitting, they can try to pull flags off other robbers who are running by. Play until all footballs have been taken or until all flags have been pulled. Switch roles and play again.
Diamond Agility Drill	Place four cones 5 yards apart in a diamond shape. Assume an athletic stance on the right side of cone 1. Sprint to the left side of the cone 2. Quickly move your feet around the cone and sprint to left side of cone 1, making a figure 8. Quickly move your feet around cone 1 and sprint to the opposite side of cone 3. Quickly move your feet around cone 3 and run to the opposite side of cone 4, making another figure 8. Quickly move your feet around cone 4 and sprint back to cone 3.
Helicopters	Move around with others in a set space while turning in circles with arms out like a helicopter to work on spatial awareness.
Helicopters - Modification	Move around with others in a set space while turning in circles with arms out like a helicopter to work on spatial awareness. Stop rotating and find a partner or race to a set place at signal of instructor.
L-Drill (w/3 cones, shuffle-sprint)	Set up cones one and two 5 yards apart. Set up cone three 5 yards to the right of cone two. This will create an “L” formation with the cones. Start at cone 1. Sprint forward to cone 2, turn and sprint back to cone 1, turn again and sprint back to cone 2. Run around cone 2, turn right and sprint to cone 3. Run around cone 3 and sprint past cone 2. This is where you finish the drill. Place an emphasis on quick change of direction and maintaining low body position.
Move and Sprint Reaction	Move laterally, left or right, following instructions for which direction and at what speed.
Near Foot, Near Shoulder	Divide players into two lines. Mark their starting points with cones about five yards apart. The ball-carrier holds the ball in front of him as a target point. On the coach’s command, the two players progress toward each other. As players near, the defender plants the near foot toward the ball-carrier and brings his same arm forward, pushing off the ball and sending the two players back toward their cones. Players then repeat the process. The defender can continue to use the same foot/shoulder combination or alternate, depending on skill level.



FLAG PULLING AND TACKLING – DRILLS

TRACK

Near Hip	Divide players into two lines. Mark their starting points with cones about five yards apart. The ball-carrier holds the ball in front of him as a target point. On the coach's command, the two players progress toward each other. As players near, the defender plants the near foot toward the ball-carrier and brings his same arm forward, pushing off the ball and sending the two players back toward their cones. Players then repeat the process. The defender can continue to use the same foot/shoulder combination or alternate, depending on skill level.
Partner Cone Weave	Two identical, parallel lines of cones must be set up. Two partners will hold onto each other with one hand at arm's length (Player 1's left arm extended to meet Player 2's right arm). They will weave through their individual lines of cones, using each other for balance.
Partner Cross-Tracking Tag	Stand with feet shoulder-width apart. A partner stands directly behind you and inserts a hand into your field of vision (i.e., lower left side, upper right side, middle right side, etc.). Without turning your feet, locate your partner's hand and touch it with your hand on the opposite side of your body (touch your partner's left hand with your right hand). Your partner will then pull the hand back and insert it in different location. Vary the hands and positioning.
Pong	Set up four cones in a box shape. The dimensions of the box will vary based on the age and athleticism of the athletes as well as the skills being emphasized. The standard size is 5 feet by 5 feet. Two ball-carriers line up on any two adjacent edges while a single defensive player lines up opposite either of the runners. On the coach's command, the offensive player opposite the defender enters the box and tries to reach the other side untouched. The defender tracks the hip for a two-handed tag. As soon as the tag is made, the other runner leaves his/her line and runs toward the opposite side. The defender flips his/her eyes and tracks the second runner, attempting another tag.
Position Tag	One or two defenders go into the middle of field. Other teammates count off as either QBs, RBs or WRs. One defender calls out a position and the players of that position must run across the field area without getting tagged by the defenders. Tagged players go to the sideline.
Quick Feet Reaction	Chop feet (running in place) and follow verbal instructions: left/right (turn 90 degrees and back, keeping feet square), down (burpee and return to standing position), up (jump).
Run-Shuffle-Run	Set up four cones in a straight line, each 5 yards apart. Start at the first cone and sprint to the second cone (5 yards). Laterally shuffle from the second to third cone (5 yards). Sprint between the third and fourth cone (5 yards). Immediately repeat in the opposite direction using the same pattern (i.e., run-shuffle-run).
Run and Gather	Start with a ball-carrier and a defender about 10 yards apart. The ball-carrier begins running down the sideline or a yard line, starting and stopping in intervals. The defender takes an angle to the ball-carrier, tracking the near hip, changing speeds to match the ball-carrier and maintaining leverage, then closing with a swoop for a two-hand touch on the runner.
Scatter Run	Run in a designated path (along the sideline) until the coach calls one of the following commands: crawl, hop, march (low, high, slow, fast). Adjust to the new command until the coach tells you to go back to running. Wait for the next command while running.
Slalom Weave Drill (w/cones)	Set up 10-15 cones in a straight line, each cone 4 yards apart. Weave in and out of the cones beginning at the left side of the first cone, then run to the right side of the second cone. Continue to go around the outside each cone and burst forward 5 yards when you reach the end of the cones. Walk or jog back to the starting position and repeat.
Swoop to Near Foot	Align players in front of either half-round bags, lines on the field or something to designate a straight line. On the coach's command, players take short, choppy steps forward, coming to balance and swooping into a left-foot or right-foot lead, depending on predrill instructions. Once in the breakdown position, players take a short, six-inch power step toward an imaginary ball-carrier. Weight remains distributed on the balls of the feet.
Tag the Runner with the Ball	One or two defenders go into the middle of field. Other teammates count off as either QBs, RBs or WRs. One defender calls out a position and the players of that position must run across the field area without getting tagged by the defenders. One of the offensive players will have a ball. It is the job of the defenders to quickly find and tag the one who has the ball.



FLAG PULLING AND TACKLING – DRILLS

TRACK

Two Man Rabbit	Start with three cones placed five yards apart in an equilateral triangle. As players master the skill, widen the distance they have to move. With two defenders and a ball-carrier on the three cones, all three move forward on the coach’s command. As the defenders narrow the gap to the runner, dominating their assigned leverage, the ball-carrier shifts and jukes in order to try to break contain. The defenders maintain leverage, swooping in with same foot, same shoulder to make a two-hand touch on the runner.
W-Drill (w/cones, start with backpedal)	Place seven cones 5 yards apart in a zig-zag pattern. Start at cone 1. Sprint to cone 2. Planting into the ground with your outside foot, backpedal to cone 3. Sprint to cone 4. Repeat this pattern until you’re finished with all the cones. Switch starting cone and repeat in opposite direction.
Zombie Tackle	A tackler and an offensive player start about 10 yards apart. Adjust the spacing based on your players’ age, athleticism and primary positions. The offensive player does not carry a ball, instead assuming a zombie pose with arms straight out and palms facing forward. On the coach’s command, the zombie walks, jogs or sprints toward the defender. On the second command, the defender begins moving forward toward the zombie. As the defender nears the contact zone, he drops his body height to initiate contact, dropping below the zombie’s arms to deliver rising contact.



FLAG PULLING AND TACKLING – DRILLS

PREPARE

1-Leg Balance Reach	Stand on one leg and reach out, bending over, to touch a cone on the ground, all while maintaining balance.
1-Leg Diagonal Chop and Reach	Stand on one leg and reach out to touch a cone on the ground that is off to the side. The raised leg cannot touch the ground at any point.
2-Step Drive	Place a cone a few steps away from a coach or teammate holding a half-round bag or similar surface. On the coach's command, take two steps toward the bag, establishing leverage. As you approach the contact zone, swoop in using your same foot, same shoulder technique, punching your arms around the bag to make the tackle.
2-Step Roll	Place a cone a few steps away from a coach or teammate holding a half-round bag or similar surface. On the coach's command, the player takes two Swoop steps toward the bag, establishing leverage. As the player approaches the contact zone, he swoops in using same foot, same shoulder technique, punching his arms around the bag to make the tackle. The player then rolls to complete the tackle, finishing on top.
2-Step Thigh & Drive	Place a cone a few steps away from a coach or teammate holding a half-round bag or similar surface. On the coach's command, the player takes two steps toward the bag, establishing leverage. As the player approaches the contact zone, he swoops in using same foot, same shoulder technique, punching his arms around the bag to make the tackle.
Agility Ladder	Move in and out of an agility ladder utilizing jumping jack feet, lateral steps and visual commands from coaches.
Army-Navy Game	Create a defined playing area of approximately 15 yards. The coach will call out these commands: - "Army:" Run to one side of the field area (designated by coach—i.e., right side) - "Navy:" Run to the other side of the field area (designated by coach—i.e., left side) - "Hit the deck:" Lie face down - "At ease:" Stand up Try adding some rules like "first one to Army gets a point" or "last one to Navy is out." Players must be careful to wait for the "At ease" command before getting up to run somewhere. Add your own ideas to modify this quick game to suit your needs.
Balance Beam Lean and Touch	Walk along a balance beam or yard line, balancing while stopping to squat down and touch cones to either side at set points.
Balance Beam Over and On	Follow commands to move laterally backward and forward over a balance beam (a yard line). On the coach's command, jump back and forth "over" the beam with both feet. When the coach says to land "on" the balance beam, hop directly onto the line and continue with the lateral movement.
Balance Strides	All players grab a football and spread out so they have plenty of space around them. Players hold the ball in their right hands and balance on their left feet, then lean forward and touch the ground with their left hands. The player will do five reps then explode forward and make a quick cut after the fifth repetition. Every five reps, the player will switch hands. After 10 reps on one leg, the player will switch legs for a total of 20 reps.
Beach Ball Rodeo	Hold a beach ball up with a partner, each using one hand. One person moves in different directions, forcing the other partner to move simultaneously so that the ball is not dropped.
Beach Ball Rodeo - Modification	Hold a beach ball up with a partner, each using one hand. The partners will be tied together at the waist by a chord, leaving about two feet of chord between them. Both partners then close their eyes. One person moves in different directions, forcing the other partner to move simultaneously so that the ball is not dropped.
Breakdown	Have players stand in rows and move upon the coach's verbal commands. Stop after each command to check that players are in correct position. Set a solid base by stomping the feet and setting them shoulder-width apart. Weight is balanced, and pressure is on the balls of the feet. Players extend their chests to get the spine in line and create a large surface area. Think "proud chest." Bend at the knees, keeping the chest out and spine in line. Shoulders over hips. Knees over toes. Bring the hands up in a relaxed position and ready to react.



FLAG PULLING AND TACKLING – DRILLS

PREPARE

Follow the Snake	Follow a randomly drawn line on the ground, keeping feet on either side of the line. The “snake” can mirror a pattern or route, or it can help players with their change-of-direction skills.
Hop Guesser	Mark random places on the ground, using footballs, cones, ropes, ladders, etc. Instruct players to jump from one point to another in a certain number of hops (i.e., “Jump from the football to the cone in four hops.”). The point is to give players a chance to work on evenly splitting the distance between two points. Reminder: players should keep both feet together when they hop.
Jump and Land (from a box)	Transition to an athletic stance after jumping off a box.
Jump and Land (horizontal)	Transition to an athletic stance after jumping horizontally.
Jump and Land (vertical)	Transition to an athletic stance after jumping vertically.
Jump Rope Agility Snake	Use a jump rope to mark a path on the ground. Follow the jump rope path, keeping feet on either side of the line. The “snake” can mirror a pattern or route, or it can help players with their change-of-direction skills.
Surfer	Starting on your hands and knees, quickly get up into athletic position upon instruction.
Zombie Tackle	A tackler and an offensive player start about 10 yards apart. Adjust the spacing based on your players’ age, athleticism and primary positions. The offensive player does not carry a ball, instead assuming a zombie pose with arms straight out and palms facing forward. On the coach’s command, the zombie walks, jogs or sprints toward the defender. On the second command, the defender begins moving forward toward the zombie. As the defender nears the contact zone, he drops his body height to initiate contact, dropping below the zombie’s arms to deliver rising contact.



FLAG PULLING AND TACKLING – DRILLS

CONNECT

Angle Tackle	Set four cones in a diamond shape. The defender starts at one cone. A coach or player with a half-round bag or similar surface, held at arm's length, starts at the opposite cone. On the coach's command, both proceed to the same unoccupied cone. The defender gains leverage and maintains it throughout, tracking the ball-carrier. As the defender approaches the cone, he/she breaks down and swoops in with a near foot, near shoulder technique, ripping through the bag and driving to the finish.
Body Lock / Body Lock Game	Pair up teammates of equal abilities. Have at least 5 yards between groups in all directions. Have pairs assume a neutral over-hook/under-hook setup with roughly one foot separating their chests. Each player will have one over-hook and one under-hook. On the coach's command, both players will work for double under-hooks. The players can use footwork, movement and upper body grappling skills but must always stay connected to their opponent. The goal of the drill is to gain double under-hooks and lift your opponent off his feet. Lifts only count if double under-hooks are present.
Cops and Robbers Football	Divide players into "cops" and "robbers." The robbers try to get the footballs from the far side safely back to their home base without getting their flags swiped off by the cops. Place footballs along one end of the playing area. Robbers wearing flags line up along the opposite side from the footballs. Cops start in the middle. They will try to pull the flags off the robbers as they run by. On the signal, the robbers try running to take a single football at a time and make it back safely without getting caught. Robbers will go back-and-forth grabbing footballs one at a time until their flags are pulled. If they are caught, the robbers must sit. When sitting, they can try to pull flags off other robbers who are running by. Play until all footballs have been taken or until all flags have been pulled. Switch roles and play again.
Flag Tag	The object of the game is to not get your flags pulled. When your flag is pulled, the player must hold it in their hand and can remain playing until their second flag is pulled. When a player's second flag is pulled, they must stay in place and try and pull the flags of other players running by. Everyone is "it." Coaches are encouraged to set boundary areas for the activity.
Flag Tag Corners	Within a defined box-shaped playing area of about 15 yards by 15 yards, start by making four coned areas in each of the four corners of the playing area. Create two teams (usually yellow and red, based on flag color). Once you have your two teams, split them in half again. Players of the same flag color/team will go into the corners, diagonal one other. On the "GO" signal or whistle, players will enter the neutral playing area and try to pull the flags of the opposite team. If a player gets his/her flag pulled off, he/she is "out." However, "out" means this player goes outside the playing area and performs a predetermined exercise (i.e., 10 jumping jacks, 10 sit-ups, etc.). Play continues until there is no one of a certain flag color left. Once the round is over, assign new exercises, get players to the corners and start again.
Kneeling Drive	Get down on one knee in front of a half-round bag or similar soft surface. Have your shoulder lined up with the bag and your corresponding foot forward. On the coach's command, split the bag in half with your shoulder, punching your arms around the bag, grabbing the back side. Roll to the leverage side, finishing on top of the bag.
Partner Knee Tag	Partners face each other in an athletic stance with the right hand on the right knee and the left hand on the left knee. Each partner tries to tag the other partner's knee when his/her hand is off it. It's a drill of anticipation, strategy and timing.
Partner Tag	With a partner and without leaving his/her reach, attempt to tag him/her. Pairs will not leave their original area. You must tag your partner below the waist. Keep your feet moving and keep track of how many times you tag them.
Pop Up Tackle	Set two cones on the ground 5 yards apart. The defender stands by one cone. Another player or coach stands at the other, holding out a half-round bag or similar soft surface at arm's length. On the coach's command, the defender runs toward the bag, swooping in and using a near foot, near shoulder technique, ripping double uppercuts through the bag. The defender drives through the bag, securing the tackle.



FLAG PULLING AND TACKLING – DRILLS

CONNECT

Pummel	Each player has a partner, and each pair should have ample space. Both partners have their right legs forward. Both partners place their right arms under the armpit of the opposite and cup the hand and wrist to secure the back of the shoulder pad at shoulder blade level (can be done without pads as well). Athletes place their left hands on their partners' triceps and clamp the elbow down to trap the arm underneath it. Both athletes will take their left hand, remove it from triceps and chop it between the near side pectoral between them and opponent. Partners will simultaneously switch feet and head position while snaking arm inside and underneath opponents' arm to gain "cup" position on shoulder blade. When they feel their opponent gain the grip on their opposite side, they will clamp the elbow and secure the triceps with the hand. Drill continues moving from side to side working the chop, dive, snake and secure of each arm causing limited chest-to-chest contact.
Rip	Have a coach or player holding a half-round bag in a horizontal position about three feet off the ground. From a solid Near Foot stance, players shoot the hips and rip the arms in an uppercut motion, making initial contact with the same-side shoulder as the foot that is forward. Players take the bag from a teammate, using an upward strike – low to high – with uppercuts. Players grab the backside of the bag while driving through the contact, carrying it for five yards to finish.
Shoot	Line players up on their knees in front of a half-round bag or other soft object to serve as a landing spot. Toes are pointed back so that no power can come from pushing off the ground. Back is straight. Hands and arm start at the side. On the coach's first command of "sink," players bend at the waist to set the hips. On the coach's second command of "shoot," players explode up and outward, uncoiling the hips and throwing two uppercuts to generate power, landing on the bag or soft surface. As players understand how to engage their hips, coaches can stand in front of the bags and hold up a number while players are in the air. Players shout out the number before hitting the bag. This ensures their heads remain looking forward with eyes up.
Standing Drive	Begin by standing in near foot, near shoulder position in front of a half-round bag or similar soft surface. On the coach's command, split the bag in half with your shoulder, punching your arms around the bag, grabbing the back side. Take an additional step to complete the drive and take the bag to the ground.
Switch Tag	One partner chases and tries to tag the other within a designated area. Roles are switched when one partner is tagged or upon coach instruction.
Tight Angle Tackle	Set up two lines five yards apart with a slight offset. In one line, a player or coach holds a half-round bag or other soft surface tight to the chest. The other line includes the defenders. On the coach's command, the defender progresses toward the bag, establishing leverage with the right or left side, making contact with a strong same foot, same shoulder technique. Defenders drive through contact, but nobody goes to the ground.



FLAG PULLING AND TACKLING – DRILLS

ACCELERATE

Cone Jumps	Jump over cones in a line. Perform laterally as well, facing one side. When jumping, keep both feet together and bring the knees up to clear the cone.
Duck Duck Goose	All the players except the person designated as “it” sit in a circle. The person who is “it” walks around the circle, tapping each player on the head, saying “duck” with each tap, until they decide to tap someone and say “goose.” The “goose” person runs after the person who is “it,” trying to tag him/her before “it” can take the goose’s original seat. If “it” successfully reaches the goose’s seat without being tagged, the goose becomes the new “it.” If the goose tags the person who is “it,” then the goose keeps his/her spot in the circle, and the “it” must either continue to be “it” for another turn or sit in the middle of the circle until a new “it” names a goose and fails to take the goose’s seat without being tagged. That person then must sit in the circle, and the cycle continues.
Gear Runs	Run forward, with an instructor calling out what gear (speed) the participant runs at. Speed up, slow down and stop as instructed. Maintain body position and adjust height to an athletic stance when stopping.
Gear Runs (brake and reverse)	As instructed, run forward or backward at varying speeds with an instructor calling out the gear (speed) and direction.
Kneeling Roll	Set a player on one knee in front of a half-round bag or similar soft surface. The player is in a near-foot ½ kneeling position with his shoulder lined up with the bag and corresponding foot forward. On the coach’s command, the player splits the bag in half with his shoulder, punches his arms around the bag, grabbing the back side. The player then rolls to the leverage side, finishing on top of the bag.
Red Light, Green Light	Line players along a marked starting line. When coach says, “green light,” everyone will move towards the finish line at a designated pace (walking, jogging or running). When coach says, “red light,” everyone must immediately stop. If a player is still moving when coach calls “red light,” he/she must go back to the starting line. Start a new round when everyone gets across the finish line or when most players make it across the finish line.
Red Light, Green Light - Modification	Line players along a marked starting line. When coach says, “green light,” everyone will move towards the finish line at a designated pace (walking, jogging, or running). When coach says, “red light,” everyone must immediately stop. If a player is still moving when coach calls “red light,” he/she must go back to the starting line. Start a new round when everyone gets across the finish line or when most players make it across the finish line. When “red light” is called, have players drop to a relevant height by performing a burpee, push-up, etc.
Regain Your Feet	Start by lying on your stomach, arms extended above the head with palms flat on the tackle bag and toes on the ground. The tackle bag is also flat on the ground in-line with the body. On the coach’s command, regain your feet keeping your hands on the bag and drive the bag 4 to 5 yards across the field. On coach’s second command, release the bag and then swoop over the length of the bag. Finish the drill executing with a controlled form tackle on a teammate, who is positioned at the end of the bag.
Running Drive	Place a cone 7 yards from a coach or teammate holding a half-round bag or similar soft surface. On the coach’s command, the player sprints to the bag, swoops in with near foot, near shoulder technique, punch around the bag with his arms and drives through the finish. As players show proficiency, move the bag inside-out or outside-in to simulate the way a ball-carrier runs.
Running Thigh and Drive	Place a cone 7 yards from a coach or teammate holding a half-round bag or similar soft surface. On the coach’s command, the player sprints to the bag, swoops in with near foot, near shoulder technique, punch around the bag with his arms and drives through the finish. As players show proficiency, move the bag inside-out or outside-in to simulate the way a ball-carrier runs.



FLAG PULLING AND TACKLING – DRILLS

ACCELERATE

Sprint Tackle	Set four cones in a diamond shape. The defender starts at one cone. A coach or player with a half-round bag or similar surface set tight to the chest and shoulder starts at the opposite one. On the coach’s command, both proceed to one of the cones set at a 45-degree angle to the starting point. The defender gains leverage and maintains it throughout tracking the ball-carrier. As the defender approaches the cone, he breaks down and swoops in with a near foot, near shoulder technique, ripping through the bag and opponent, driving to the finish. Neither goes to the ground as a quick whistle stops the play.
Wrestler’s Spin	Your partner will start on his/her hands and knees in a basic wrestler’s position of disadvantage. Fit into your partner with shoulder and chest pressure on their side. Your cleats are in the ground and knees are off the ground. On the coach’s first command, drive through your partner while they provide resistance. On the spin command, flip your hips and reconnect on the other side of your partner, resuming push.



FLAG PULLING AND TACKLING – DRILLS

FINISH

Army-Navy Game	Create a defined playing area of approximately 15 yards. The coach will call out these commands: - “Army:” Run to one side of the field area (designated by coach—i.e., right side) - “Navy:” Run to the other side of the field area (designated by coach—i.e., left side) - “Hit the deck:” Lie face down - “At ease:” Stand up Try adding some rules like “first one to Army gets a point” or “last one to Navy is out.” Players must be careful to wait for the “At ease” command before getting up to run somewhere. Add your own ideas to modify this quick game to suit your needs.
Deer Hunter Game	Map out a square or circle with cones. The square is approximately 30-by-30 yards. Choose four players as “hunters” and put yellow shell jerseys on them to distinguish them from the “deer.” Put the four hunters in the center of the square and ask everyone else to spread out within the square. At the coach’s signal, the hunters try and tag the deer. Once tagged, the deer move outside the box.
Kneeling Thigh & Drive to Standing Thigh & Drive	Set a player on one knee in front of a half-round bag or similar soft surface. The player is in a near-foot half-kneeling position with the shoulder lined up with the bag and corresponding foot forward. On the coach’s command, the player splits the bag in half with his shoulder, punching his arms around the bag, grabbing the back side. The player then rolls to the leverage side, finishing on top of the bag. Try the same thigh and drive progression starting from a standing position.
Kneeling to Standing Thigh & Roll	Set a player on one knee in front of a half-round bag or similar soft surface. The player is in a near-foot ½ kneeling position with his shoulder lined up with the bag and corresponding foot forward. On the coach’s command, the player splits the bag in half with his shoulder, punches his arms around the bag, grabbing the back side. The player then rolls to the leverage side, finishing on top of the bag. Try the same thigh and roll progression starting from a standing position.
Running Roll	Place a cone 7 yards from a coach or teammate holding a half-round bag or similar soft surface. On the coach’s command, the player sprints to the bag, swoops in with near foot, near shoulder technique, punches around the bag with his arms and rolls through the finish, landing on top. As players show proficiency, move the bag inside-out or outside-in to simulate the way a ball-carrier runs.



BLOCKING – DRILLS

COIL

2-Point Coil to Fit	Align in a 2-point Coil with feet parallel in the center of the padded pole or partner, a full arm’s length away from the pole. Hands carried in proper guard posture. Rock forward (teeter), uncoiling your hips while maintaining weight on your insteps. Move your knees down and out, which allows your hips to fully uncoil. As you uncoil, your hands and hips ascend toward the striking surface and thumbs rotate outward and elbows turn down and in toward the ground. Strike the padded pole or your partner with densest part of the palm. Finish the drill in a posture similar to the Fit to Uncoil Drill (fully uncoiled, proper fit and arch in the back).
3-Point Coil to Fit	Align in a 3-point Coil with feet parallel in the center of the padded pole or partner, a full arm’s length away from the pole. Hands carried in proper guard posture. Rock forward (teeter), uncoiling your hips while maintaining weight on your insteps. Move your knees down and out, which allows your hips to fully uncoil. As you uncoil, your hands and hips ascend toward the striking surface and thumbs rotate outward and elbows turn down and in toward the ground. Strike the padded pole or your partner with densest part of the palm. Finish the drill in a posture similar to the Fit to Uncoil Drill (fully uncoiled, proper fit and arch in the back).
Fire Drill	Begin in a proper 2-point coil posture. On the coach’s command, advance forward 5 yards with short, choppy steps (foot fire) while moving a tennis ball back and forth between your hands. Feet shouldn’t come off the ground. Steps are short and tight. Feet remain parallel with no long steps.
Iron Core	Start in a Coil position with a partner. As the focus partner, attempt to keep your hands within the midline of your body without letting your partner disrupt you through lateral pressure applied to your wrist/forearm. Respond to pressure by stabilizing through your torso and instep of your foot. When your partner releases tension, do not let your hands move outside your frame (keep your hands in your midline). Your partner will apply pressure to your left and right, going back and forth. Continue the drill for 30 to 90 seconds.



BLOCKING – DRILLS

UNCOIL

Teeter Long Jump	Bend your knees in an athletic stance, place your weight in your heels and slightly arch your lower back so that your torso is upright. Displace your weight forward from your heels to the balls of your feet. While your knees move forward and down toward the ground, make sure you continue to push them out and activate your glutes. From this coiled position, use the uncoiling of your hips to generate power and jump as far as you can forward.
Teeter to Foot Fire	Bend your knees in an athletic stance, place your weight in your heels and slightly arch your lower back so that your torso is upright. Displace your weight forward from your heels to the balls of your feet. While your knees move forward and down toward the ground, make sure you continue to push them out and activate your glutes. From this coiled position, use the uncoiling of your hips to generate power and transfer to a foot fire, taking short, choppy steps to regain balance.
Wrecking Ball	Stand across from your partner and face each other. One of you will hold a medicine ball, and the other will hold a small shield or tackling pad. Holding the pad rigid, the shield holder engages his core in order to provide resistance. The player with a medicine ball is in a 2-point coil position, holding the ball with long arms at or around knee height. On the coach's command, the player with the medicine ball engages their hips and raises the ball into the pad. Once players are proficient with the medicine ball, they can progress without it.



BLOCKING – DRILLS

FIT

Brace-pop	Starting from a 3-point stance, a player lines up offset, opposite a teammate or coach holding a soft surface a foot or two away. On the coach's command, the player takes a brace step and any necessary short steps while maintaining a wide base to close the distance to the bag. Once at the bag, the player uncoils the hips and delivers a strike.
Coil to Fit	Align in a 2-point coil position with feet parallel and in the center of a padded pole or partner. Make sure you are a full arm's length away from the pole or partner and that your hands are carried in proper guard posture. Rock forward (teeter), uncoiling your hips while maintaining weight on your insteps. Your knees move down and out, which allows your hips to fully uncoil. As you uncoil, your hands and hips ascend toward the striking surface, thumbs rotate outward and elbows turn down and in toward the ground. Strike the padded pole or partner with the densest part of your palm. Finish the drill in a posture similar to the Fit to Uncoil Drill (fully uncoiled, proper fit and arch in the back).
Come to Balance Fit	Start in a position-specific stance (2-point or 3-point) 5 to 10 yards from the coach or teammate holding a hand shield. Move quickly toward the target, transitioning to short, choppy steps as you approach your coach or teammate. Transition your hips under your body as your feet widen. Uncoil your hips to initiate a pillar strike on the pad.
Dowel Lift / Dowel Fit	Starting in the Bridge Fit with a dowel PVC pipe in your hands, extend the hips through the teeter and foot fire forward, keeping the spine in a neutral position through the lift.
Fit to Uncoil	Place both hands on a padded pole or partner with thumbs rotated out at approximately 45 degrees. Fully extend both arms with elbows pointed to the ground. Condense torso while maintaining a proper triangular base. Distribute your weight on the densest part of your palm. Begin the drill by teetering. The knees will move down and out, which allows the hips to fully uncoil.



BLOCKING – DRILLS

FINISH

Fit to Finish	Position two players across from each other. They should be arm's length apart. Players will uncoil to "fit" and then work on "foot, fire, finish" while staying connected for the duration of the drill/play.
King of the Ring	Set up cones to outline a 3-yard by 6-yard box. Two players line up in the middle of the 6 yards in a neutral fit position. Unlike the Refit Drill, players stand straight up in the "ring" simulating a stalemate situation. On the coach's command, both players' first motion is the Brace-Hop followed by the Refit. Players attempt to move the other back and out of the ring of cones through the closing and climbing of the hips and feet, continually refitting and recovering leverage as needed. The coach blows the drill dead after five seconds or if a player loses. Players lose by being pushed back, by going to the ground or by turning.



BLOCKING – DRILLS

TYPES OF BLOCKS

2-Point Coil to Fit	Align in a 2-point Coil with feet parallel in the center of the padded pole or partner, a full arm's length away from the pole. Hands carried in proper guard posture. Rock forward (teeter), uncoiling your hips while maintaining weight on your insteps. Move your knees down and out, which allows your hips to fully uncoil. As you uncoil, your hands and hips ascend toward the striking surface and thumbs rotate outward and elbows turn down and in toward the ground. Strike the padded pole or your partner with densest part of the palm. Finish the drill in a posture similar to the Fit to Uncoil Drill (fully uncoiled, proper fit and arch in the back).
Catch and Close	Begin in a pre-fit position that matches the block you are practicing. On the coach's command, take short choppy steps while keeping the elbows in to negate space between yourself and the defender.
Close and Clamp	Starting in a catch position, close your hips to the target and clamp the defender on the back hip.
Come to Balance Freeze	Start from a 2-point or 3-point position (based on position). When running in space, your sprint strides should remain long and linear to gain as much ground as possible. When approaching your opponent, widen your base and take short, choppy steps to get back into the 2-point coil position. Transition from a forward lean as your hips begin to gather underneath your body. Bring hands out in front of the body (the guard position). Freeze in this position.
Come to Balance Mirror	With a partner, take turns mirroring each other as you practice coming to balance. Start from a 2-point or 3-point position (based on position). When running in place, your sprint strides should remain long and linear to gain as much ground as possible. When approaching your opponent, widen your base and take short, choppy steps to get back into the 2-point coil position. Transition from a forward lean as your hips begin to gather underneath your body. Bring hands out in front of the body (the guard position).
Deep-Gather-Gain Ground Sequence	Start from a deep step position with a correct brace angle on the defender. Take a gather step to regain your balance, then take a short forward brace step to climb toward the defender and execute a reach block.
Deep-Gather-Single Pillar	Start from a deep step position with the correct brace angle on the defender and take a gather step to regain balance. On that gather step, make a Single Pillar Fit on the defender's sternum. Take short, choppy steps to gain ground on the defender and close the angle, working to a Double Pillar Fit.
Find the Brace Angle	Start from a 2-point stance and take a brace step with the foot opposite the target to triangulate the defender. The depth of the brace step will change based on the distance and angle you are from the target. As players progress, practice taking multiple brace steps against a moving target.
Fit to Uncoil vs. Pole (or alternative surface)	Engage in a Bridge Fit on a padded pole or partner. Condense your torso while maintaining a proper triangular base. Distribute your weight through the densest part of the palm. Connect with a padded pole on the densest part of the palm (opposite of the thumb). Rotate your thumbs out 45 degrees and bend your elbows approximately 120 degrees in front of the body. Point your elbows down toward the ground with back arched. Begin the drill by teetering. The knees will move down and out, which allows the hips to fully uncoil.
Single Pillar to Double Pillar	Starting in a Single Pillar Fit with the 90-degree rule from the back leg to the defender, fire the feet past the midline in order to fit the second pillar to the outside shoulder and finish.
Squeeze Drill	Face your partner in an offset 2-point coil position with shoulders aligned. Connect the shoulders (right-to-right or left-to-left) while remaining in a 2-point coil position. Position your shoulder down and forward to protect the shoulder capsule. Brace your opposite foot of the shoulder being used to engage. The brace foot is angled with the instep pointed at the V of the opponent's neck. At the coach's command, simultaneously squeeze into each other, driving off the brace foot without advancing.
Step into the Bucket - Deep - Gather Sequence	Starting from a deep step position with a correct brace angle on the defender, take a gather step with the far foot from the defender to regain balance, take a gather (gallop) step with the near foot to establish a reach angle, then another gather step to regain position again.



BLOCKING – DRILLS

LEVERAGE RECOVERY SKILLS

Brace Hop	Begin as if you are doing the Refit Drill. Your goal is to push your partner backward. Your partner performs a short, tight hop backward. Cleats should barely come off the ground. During the hop, your partner's toes turn out even more to allow their hips to uncoil upon sticking/landing the hop. Your partner refits each hand back to a correct fit (one at a time). Finish by closing and climbing with the hips and feet. Rotate positions with your partner and allow them to push you as you perform a executing the Brace-Hop.
Brace Hop with Physio Ball	Begin in a 2-point coil position with hands behind your back. Your partner holds a physio ball 2 to 3 feet away even with their chest. On the coach's command, your partner fires their feet in place while holding the physio ball. You advance toward them and strike your chest on the ball. After you bounce back, you again close the distance between yourself and your partner to initiate contact with the ball. Repeat for four to five bounces.
King of the Ring	Begin in a 2-point coil position with hands behind your back. Your partner holds a physio ball 2 to 3 feet away even with their chest. On the coach's command, your partner fires their feet in place while holding the physio ball. You advance toward them and strike your chest on the ball. After you bounce back, you again close the distance between yourself and your partner to initiate contact with the ball. Repeat for four to five bounces.
Refit Drill	Begin with a solid triangular base with toes pointing out, feet outside the knees and knees outside the hips. Balance your weight on your insteps. With a partner, engage in a neutral fit position with arms extended outward and thumbs pointed up. One hand is on your partner's chest (correct fit position) and the other is on top of their shoulder (incorrect fit position). Hips are in an uncoiled position with arc strength in the body. With your partner, refit by moving your hands from your partner's shoulder to their chest while they simultaneously do the same movement. Bring your hands around your partner's triceps in a small circular motion with emphasis on a low to high trajectory when regaining the fit back inside on the chest. It is critical to respond to pressure instantly by refitting the hand in the tightest path possible without losing the shoulders. The refit helps you instill precise movement patterns as speed is ramped up gradually.



KICKING AND PUNTING – DRILLS

PREPARE

1-Step Kicks	Starting with a ball on the ground or on a tee, take one step and kick the ball forward.
2-Step Kicks / 2-Step Approach Kicks	Kick the football after taking just two approach steps. Start with the kicking leg back in a staggered stance. First step is with the kicking leg, followed by the second step which will be the plant leg.
Balance Kicks	Starting with a ball on the ground or on a tee, approach the ball and kick it while maintaining balance throughout the kick.
Multi-Step Approach/ Multiple Step Approach (kicking)	Starting with a football on a tee, take between six and 12 steps of proper mechanics to approach the ball and kick it forward.
Partner Kicks / Multi-Step Approach Partner Kicks	Starting with the ball on the ground or on a tee, kick the ball to a partner 5 to 10 yards away (or an appropriate distance for the players involved). Try to kick the ball to a partner, landing the ball as close to the partner as possible. Once the ball is secure, reverse the roles.
Partner Punts	Starting 5 to 10 yards away from a partner (or an appropriate distance for the players involved), drop the ball and punt it as close to the partner as you can. Once the ball is secure, reverse the roles.
Straight Line Approach Drill (punting)	Starting on a yard line, sideline, end line or another straight line, simulate a punting motion while maintaining balance without taking steps forward.



KICKING AND PUNTING – DRILLS

CONTACT MECHANICS

Air Lift Drill	Line up 8 yards away from the goal post with the ball on a tee. Attempt to kick the ball over the goal post. On each successful try, move the spot forward 1 yard but no closer than 5 yards in front of the post. As players progress, start further from the goal post to begin and work up.
Around the Post Drill	Start 5 yards from a field goal post. With a 3-step approach, as if kicking for points, strike the ball and attempt to hit the post. Move around the post like the hands of a clock to change angles.
Catch and Mold Drill	Either a long snapper or a coach/teammate will flip you the ball. Catch the ball and position it in your hands as if you're ready to drop the ball to punt.
Contact Dots Drill	Place dots on the center or "sweet spot" of a football. Then put a dot on top of the punter's or kicker's shoe where contact should take place. Practice punting and kicking lining up sweet spots between the ball and shoe.
Directional Kicking	Place cones directly ahead of the player at 45-degree angles. Start with the ball on the ground or on a tee. On the coach's command, kick the ball to a designated cone. Set the cones at an appropriate distance according to the players' skill level.
Directional Punting	Place cones directly ahead of the player at 45-degree angles. On the coach's command, try to punt the ball to a designated cone. Set the cones at an appropriate distance according to the players' skill level.
Kneeling Drop Drill	From a kneeling position, hold the ball out and perform a drop with the correct fundamentals. No actual kicking will take place while performing this drill.
No-Step Kick Drill	From a flat-footed stance, kick a ball on the ground or on a tee. Focus on the contact point on the ball.
Onside Kicks	Starting with a ball on a tee, approach the ball and kick it forward. The ball will not leave the ground and will roll on its edges. Try to control the direction of the ball and have it travel at least 10 yards.
Partner Kicks	Starting with a ball on the ground or on a tee, approach the ball and kick it toward your partner. Keep your eyes focused on the ball throughout your approach and contact during your kick. Your partner will perform the same movement once they secure the ball after your kick.
Plant Foot Drills	With either a 2-step punt or 3-step place kick, freeze at the point of the plant foot to check for mechanics.
Stationary Kicks	Starting with a ball on the ground or on a tee, approach the ball and kick it while keeping your eyes on the ball throughout your approach and contact with your foot.
Walk and Drop Drill	From a standing position, take two steps and drop the football as if punting, but do not kick the ball.



KICKING AND PUNTING – DRILLS

POWER

Backswing Drill	Working from either a place kicking or punting stance, swing your leg back to full extension, then pause to check for correct kicking mechanics.
Kick Return Tag	Place a receiver an appropriate distance directly in front of a kicker. The kicker has a football on a tee. Line up all other players horizontally with the kicker. On the coach's command, the kicker place kicks the ball to the receiver and all other players run downfield to tag the receiver. The receiver attempts to run downfield while avoiding the taggers.
Leg-Swing Line Drill	Line all players up single file with ample space between them. On the coach's command, players swing their legs forward in the correct place-kicking motion.
Punt Return Tag	Place a receiver an appropriate distance directly in front of a kicker. The kicker has a football in their hands ready to punt. Line up all other players horizontally with the kicker. On the coach's command, the kicker punts the ball to the receiver and all other players run downfield to tag the receiver. The receiver attempts to run downfield while avoiding the taggers.
Super Kickball	Super Kickball takes the classic version of kickball and modifies it so that more players on the team get the opportunity to move. The pitcher in the field rolls the ball to the kicker at home base. On the kick, the entire kicking team attempts to run around the bases, starting at first base and running to home. The coach picks a physical literacy movement like skipping or shuffling to run bases. Individuals on the kicking team can go around the bases as many times as they'd like until the play is stopped (someone gets tagged out with the ball). Players on the kicking team earn one point for every trip they make successfully around the bases without getting tagged. The teams switch from fielding to kicking when there are three outs.
Swing Balance Drill	Line up in groups of three or more. Without a ball, swing the leg in either a place kicking or punting motion as forcefully as you can without losing balance.



KICKING AND PUNTING – DRILLS

FINISH

15-yard Partner Punt Passes	Stand 15 yards away from a partner and punt the ball back and forth as if playing catch. Work to make your partner move as little as possible when they are fielding the punt.
Balance Kicks	While either punting or place kicking, focus on maintaining balance through contact and follow-through.
Field Goal Multi-Angle	Beginning at the 10-yard line, or an appropriate distance for the age group, kick a field goal from the middle of the field. For each successful field goal attempt, move 3 yards to the right. Once reaching the hash mark on the right side of the field, repeat the same progression to the left side.
Field Goals Multi-Distance	Beginning at the goal line, or an appropriate distance for the age group, kick field goals off tees. For each successful attempt, move 5 yards back.
Kick the Horseshoe	Place several footballs on a tee within a horseshoe shape at appropriate distances from the goal post. Try to make each kick successfully.
Kicker H-O-R-S-E	Starting with a ball on a tee, kick at predetermined lengths and angles into a hula hoop or toward another target. If player 1 succeeds, player 2 must replicate the kick. For each failed attempt, gain one letter toward spelling “horse.”
Leg-Swing Line Drill Balance	Line all players up single file with ample space between them. On the coach’s command, players swing their legs forward in the correct place-kicking motion.
Punt 500	A punter sets up an appropriate distance downfield from three to five teammates. After punting the ball, a receiver gains 100 points for each punt caught before touching the ground or 50 points for recovering the ball after it touches the ground.
Walk the Line Kick/Punt	Starting on a yard line, sideline, end line or another straight line, take two to three steps forward and simulate a punting motion while maintaining balance.



FOOTBALL MOVEMENTS – DRILLS

GENERAL ATHLETICISM - RUNNING

Bound	On the coach's command, jump forward on a single leg for 5 to 10 yards. Move at a moderate pace and take as large of steps as possible.
Butt Kicks	On the coach's command, jog forward 5 to 10 yards. Exaggerate lifting your feet behind you during your jog for your heels to make contact with your backside.
Carioca	Turn at a 90-degree angle to the target destination and start with your feet a little wider than your hips. Perform crossover steps that alternate between going in front of and behind the lead foot. As players advance toward the target, limit the amount of upper body movement while in motion.
Forward/Backward	On the coach's command, run forward for 5 to 10 yards. Once you reach the 5- to 10-yard marker, run backward and return to the same starting point. Try to maintain the same pace for both directions.
Forward Cone Step Over	Set up cones a yard apart for 5 to 10 yards. On the coach's command, walk forward, stepping directly over the cones with high knees.
High Knees	On the coach's command, move forward 5 to 10 yards. Lift your lead knee as high as possible, keep your back leg straight, and jump off your toe. Continue moving forward in this manner and alternate your legs and arms.
High Knee Skips	On the coach's command, move forward 5 to 10 yards while skipping from one foot to the other (see Skip Drill for reference). Raise the knees as high as possible while performing the skip.
Lateral Crossover Balance	Starting in an athletic stance, take a crossover step then return to the original balanced position. Reset and repeat this movement once you have returned to the original position.
March	On the coach's command, move forward 5 to 10 yards toward a target. Perform a marching movement while simultaneously lifting your opposite arm to shoulder height and knee to hip height (right arm and left knee) as high as possible. Continue moving forward in this manner and perform the same movement on the opposite side (left arm and right knee).
Multi-Directional Get Up and Go	Start in a sitting position. On the coach's command, get up and run 5 to 10 yards in the direction the coach is pointing.
Skip	On the coach's command, move forward 5 to 10 yards toward a target using the following movement. Lift your right knee to waist height, keep your left leg straight and jump off your left toe. Strike the ground with your right mid-foot or forefoot while swinging your right arm in union with your leg. Continue moving forward in this manner and alternate your legs.
Stop-and-Go Flow	Set up cones to create an area that is 15 yards by 15 yards. Designate one person as "it." On the coach's command, the players play tag. Every 10 seconds, the coach instructs players on the pace in which they should move (i.e., 50 percent, jog, buzz the feet, hop).
Straight Leg Bounds	On the coach's command, jump forward 5 to 10 yards on a single leg. Keep your leg straight, move at a moderate pace and bound as far as possible.
Zig-zag Pathway	On the coach's command, run forward at a 45-degree angle from your starting point. Take three to four steps, then switch to the other direction at 45-degree angle. Mark the course with cones for younger athletes.



FOOTBALL MOVEMENTS – DRILLS

GENERAL ATHLETICISM - LATERAL SHUFFLE

Change of Direction Cone Weaves	Set up cones one yard apart for 5 to 10 yards. On the coach's command, go up to the right side of the first cone. On the coach's second command, weave in and out of the cones while maintaining an athletic position and stop at the opposite side.
Gallop	Start in an athletic stance with your right leg out in front of your left leg. Move 5 to 10 yards forward by keeping your right foot in front of your left. Start with your weight on your left leg and transfer your weight to your right leg as you bring your feet together. Put your right foot out again while keeping your weight on your left leg. Repeat this weight transfer. The only time your feet meet is when you are transferring your weight from the left to the right foot.
Lateral Cone Step Over	Set up cones a yard apart for 5 to 10 yards. On the coach's command, shuffle sideways, stepping directly over the cones with high knees.
Lateral Shuffle	Face your shoulder toward your target destination. Start with feet a little wider than your hips. Shuffle to one side by hopping with your outside leg and then bring your inside leg to meet it. Continue this movement for 5 to 10 yards.
Lateral Shuffle and Roll Reaction	Face your shoulder toward your target destination. Start with feet a little wider than your hips. Shuffle to one side by hopping with your outside leg and then bring your inside leg to meet it. Continue this movement until the coach delivers a command to drop to the ground and roll in the same direction that you were shuffling. Continue to roll until coach tells you to get up off the ground and return to a standing shuffle.
L-Drill	Set up cones 5 yards apart in an "L" shape. Starting in a 3-point stance at cone 1, sprint to and touch cone 2. Sprint back to and touch cone 1. Sprint back up and around the outside of cone 2 toward the inside of cone 3. Turn around at cone 3, sprinting back around cone 2 and passed cone 1. Switch starting cone and repeat in opposite direction.
Partner Mirror Drill – Lateral Shuffle	Standing across from a partner; both players will perform a lateral shuffle while mirroring their partner.
Racetrack	Set up six cones in a rectangle approximately 10 yards wide and 30 yards long. Adjust size based on players' ages and skill level. Divide players equally into teams with each team starting at a different cone. All players run in the same clockwise or counterclockwise direction. On the coach's command, the first player on each team runs a lap. Upon returning to the original cone they started at, the player should tag the next teammate in line so they can begin to run. Coaches determine whether players run, shuffle, skip, hop or perform another movement around the track.
T-Drill	Set up three cones in a line, each 5 yards apart. Set up a fourth cone 10 yards back from the middle cone. This creates a "T" shape. Start at the base of the T. Sprint forward to the middle cone, touching it with your hand. Shuffle to the cone on the right, touching it with your hand upon reaching it. Shuffle left to the cone on the other side of the T, touching that as well. Shuffle right again to the middle cone, immediately backpedaling to the cone at the base of the T and touch that.
X-Drill	Set up four cones, each 5 yards apart in a square. Start at cone 1, sprint to cone 2, lateral shuffle across to cone 3, pivot 45 degrees and crossover backwards to cone 4, turning and sprinting back to cone 1. Switch starting cone and repeat in opposite direction.



FOOTBALL MOVEMENTS – DRILLS

GENERAL ATHLETICISM - JUMPING AND HOPPING

180 Jumps	Start with your feet shoulder-width apart. Bend both knees, jump into the air off both feet, spin 180 degrees to either the left or the right and land on both feet in an athletic stance. Once you land, perform the same movement in the opposite direction and land back at your starting position.
180 Jump Squats	Start with your feet shoulder-width apart. Bend both knees and assume a squat position. Jump into the air off both feet, spin 180 degrees to either the left or the right and land in a squat with both feet on the ground. Once you land, jump and spin 180 degrees and land back at your starting position.
1-Leg Forward/Backward Hops	Start with your feet shoulder-width apart. On the coach's command, stand on either your left or right foot. Bend the knee on your standing leg, jumping forward or backward. Continue jumping forward or backward until coach instructs you to stop.
1-Leg Hop	Stand on either your left or right foot. Bend the knee of your supporting standing leg and continuously jump up and down on that leg for 5 to 10 seconds.
1-Leg Lateral Hops	Start with your feet shoulder-width apart. On the coach's command, stand on either your left or right foot. Bend your knee on your standing leg and jump left or right, landing on your opposite foot.
2-Leg Jump	Stand with your feet shoulder-width apart. Bend both of your knees and jump as high off the ground as you can.
2-Leg Lateral Hops	Start with your feet shoulder-width apart. On the coach's command, bend your knees and jump off either to the left or right, landing on both feet.
Agility Ladder Jump Lateral	Start with your feet together in front of the first box in an agility ladder. Turn and face either right or left and jump laterally into the first box and land with both feet together. Continually jump with both feet into the ladder until you reach the end of the ladder. Once you reach the end, jog back to the beginning and repeat the drill again.
Agility Ladder Jumps Forward	Start with your feet together in front of the first box in an agility ladder. Jump forward into the first box and land with both feet together. Continually jump with both feet into the ladder's boxes until you reach the end of the ladder. Once you reach the end, jog back to the beginning and repeat this drill again.
Box Jump	Stand in front of a box or step. Start with your feet shoulder-width apart. Bend your knees and assume an athletic, explosive stance. Jump up in the air and land on the top of the box or step. Stabilize your landing by squatting when you land. Once you have safely landed with both feet, turn around and step off the box or step.
Bunny Hops Forward/Back	Stand with your feet shoulder-width apart. Bend both knees, jump forward off both feet and land on both feet. Repeat again in either a forward or backward motion.
Burpees	Begin in a standing position. Move into a squat position and place your hands on the ground. Kick your feet back into a plank position while keeping your arms extended. Lower your body completely to the ground until your chest is touching the floor. Push-up from the ground back into the plank position and immediately return your feet into a squat position. Stand up from the squat position and jump into the air to complete the rep.
Cone Hops	Set up a line of 5 to 10 cones that are evenly spaced. Start at the first cone. Jump over the first cone with both feet, and continually jump over the remainder of the cones until you reach the end. Once you reach the end of the cones, turn around and jump over the cones until you reach your starting position.
Cone Jumps	Set up a line of 5 to 10 cones that are evenly spaced. Start at the first cone. Face the cones, and on either your right or left foot, jump over the first cone on one foot. Continually jump over the cones until you reach the end. Once you reach the end, turn around and jump over the cones on your opposite foot until you reach your starting position.

FOOTBALL MOVEMENTS – DRILLS

GENERAL ATHLETICISM - JUMPING AND HOPPING

Jump and Land -Horizontal	Start with your feet shoulder-width apart. On coach's command, bend both knees and jump forward with both feet. Jump backward to your starting position. Coach will either say far, medium or near, which is a "horizontal" indicator of how far you need to jump.
Jump and Land -Vertical	Start with your feet shoulder-width apart. On coach's command, bend both knees and jump into the air off both feet. Coach will either say low, medium or high, which is a "vertical" indicator of how high you need to jump.
Jump Rope	With either a real or imaginary rope (depending on equipment), start in an athletic stance and jump in place lifting both feet off the ground. Hold your rope in both hands and swing the rope around your body. Start with the rope behind you, swing it over your head and under your feet as you jump to reach the starting position.
Jump Squats	Start with your feet shoulder-width apart. Bend both knees and assume a squat position. Jump into the air off both feet and land in a squat with both feet on the ground.
Jumping Beans	Players start with their backs facing coach. On the coach's command, players jump up in their air, turn 180 degrees and land on both feet. Upon regaining balance and as soon as they can, players jump back up in the air and turn 180 degrees back to their original position. Players must listen and turn only when the coach claps or gives another command. As players progress, change the cue to simulate a cadence.
Jumping Jacks	Stand feet together, arms fully extended with hands by the sides. This is the start position. Bend knees slightly then straighten and push through the balls of your feet while straightening knees to jump, spreading the legs to wider than hip width apart. Simultaneously, raise both arms out and up in a smooth arc until both hands meet above the head.
Jumps and Landings from a Box	Start by standing on top of a box or step. Move one foot forward off the edge of the standing surface, drop down off the box or step, and land in an athletic stance with your knees bent. Work on controlling your body while jumping off surfaces of different heights.
Jumps and Landings to a Box	Stand in front of a box or step. Start with feet shoulder-width apart. Bend at the knees and assume an athletic, explosive stance. Jump up in the air and land on top of the box or step. Stabilize your landing by squatting when you land. Once you have safely landed with both feet, turn around and step off the box or step.
Lateral Box Jump	Stand in front of a box or step. Face either right or left and have the box at your side. Start with your feet shoulder-width apart. Bend your knees and assume an athletic, explosive stance. Jump up in the air and land on the top of the box or step. Stabilize your landing by squatting when you land. Once you have safely landed with both feet, turn around and step off the box or step.
Leg Tucks	Start with your feet shoulder-width apart. Bend both knees and assume a squat position. Jump into the air, tucking your knees into your chest when both of your feet are off the ground, and finish landing in a squat on both feet.
Lilly Pad Jump/Hop	Create a pattern of cones or dots in a random formation of targets for players to follow. Begin with both feet together on the starting dot and jump from one target to the next. As players progress, vary the jumps (single-leg jumps, bounds, etc.).



FOOTBALL MOVEMENTS – DRILLS

GENERAL ATHLETICISM - FALL AND ROLL

Burpees	In a standing position. Move into a squat position and then place your hands on the ground. Kick your feet back into a plank position while keeping your arms extended. Lower your body completely to the ground until your chest is touching the floor. Push-up from the ground back into the plank position and immediately return your feet into a squat position. Stand up from the squat position and jump into the air to complete the rep.
Log Roll Bonanza	Start with your feet shoulder-width apart and face coach. Coach will either point right or left, and on their command, you will carioca the direction they are pointing. When they point down on the ground, you will lie down on the ground and begin to roll the opposite direction of your carioca. While on the ground, coach can also point toward directions for you to roll. When coach points up, stand up from your roll and begin to carioca the opposite direction of your roll.
Roll	Lie down on the ground. Keep your legs straight and arms straight over your head. Utilize your core to engage your entire body to either the left or right.
Three Player Roll and Weave	Three players form a unit, all laying on the ground. The middle player rolls toward one of the players on either side of them. Once they reach the outside player, that outside player must get up and jump up and over the rolling player toward the middle. That original middle player continues to roll to the outside until the player who just jumped over them is now the middle player down on the ground, rolling toward the opposite side. Continue and repeat this process.



FOOTBALL MOVEMENTS – DRILLS

GENERAL ATHLETICISM - SENSORY AWARENESS

1-Leg Balance	Start with two feet on the ground. Lift one foot off the ground and balance on the other for 15 to 30 seconds.
1-Leg Balance Reach	Place a cone on the ground and stand directly next to it. Take one regular step backward. Next, balance on one leg and reach down to touch the tip of the cone while on one leg. Repeat five times back and forth.
1-Leg Cone Touch	Start standing up. Place a cone roughly 2 feet to your left on the ground. Lift your right leg, balancing on your left leg, then reach and touch the cone with your left arm. Regain balance and reverse legs/arms.
4-Way Balance	Start from a standing position. The coach calls out a number from one to four. On the coach's command, players balance on the ground with the number of points (hands/feet) the coach calls out. For example, if the coach calls out, "three," two feet and one hand on the ground would be acceptable.
Backpedal	Begin with your back toward the starting line. On the coach's command, backpedal in a straight line while following a set of instructions from the coach. On the coach's whistle, break direction left or right at 45 degrees, turning your full body and flipping your hips in alternating positions.
Balance Spelling	Start standing with feet shoulder-width apart and hands straight out at shoulder height. Keep palms together. Keep two feet on ground and maintain posture. Spell out your name with big letters using your arms, keeping your palms together the whole time.
Diagonal Chop and Reach	Start from a standing position. Place a cone on the ground roughly 2 feet to your left. Lift your right leg, balance on your left leg and reach towards the cone and touch it using your right arm. Regain balance and reverse the movement using opposite legs/arms.
Flying 20 or 30	Mark off a distance of 50 yards and include a 30-yard marker. Slowly build up speed as you run from the starting line to the 30-yard marker, gradually gaining speed. At the 30-yard marker, break into a full sprint through the end. Rest for a minute then repeat over several intervals. Shorten or lengthen the distances based on players' ages and stages.
Heel/Toe Walk	Start with your feet shoulder-width apart. Step forward with your right foot. Put your left foot directly in front of your right foot. Make sure your right foot's toes are touching the heel of your left foot. Repeat this motion by putting your right foot ahead of your left foot in same fashion. Continue this process.
Hip Flips Back Pedal	While backpedaling 5 to 10 yards based on age and skill, on the coach's command, flip the hips 90 degrees while maintaining speed then returning to a straight backpedal.
My Gears	Start with a "first gear" (very slow jumping jack). Proceed to a "second gear" (regular speed jumping jack). Continue until players have four gears, with the fourth gear being the fastest. As players advance, the coach calls out a gear and players match the speed of the gear coach calls out.
Partner Cross-Tracking Tag	Stand with feet shoulder-width apart. A partner stands directly behind you and inserts a hand into your field of vision. Locate your partner's hand and touch it with your hand on the opposite side of your body. Your partner will then pull the hand back and insert it in different location. Vary the hands and positioning.
Partner Knee Tag	Partners face each other in an athletic stance with the right hand on the right knee and the left hand on the left knee. Each partner tries to tag the other partner's knee when his/her hand is off it. It's a drill of anticipation, strategy and timing.
Partner Tracking Tag	Stand with feet shoulder-width apart. A partner stands directly behind you and inserts a hand into your field of vision. Locate your partner's hand and touch it with your hand on that same side of your body the hand presents itself. The partner then pulls the hand back and inserts it in a different location. Vary the hands and positioning.



FOOTBALL MOVEMENTS – DRILLS

GENERAL ATHLETICISM - SENSORY AWARENESS

Switch Tag	Have a group of players start in an area marked off by cones – roughly 20 feet by 20 feet depending on amount of kids. Divide players into three groups. Group 1 is “it” first. On the coach’s command, the 1s try to tag 2s and 3s who are both running around. Tags are made but nobody is eliminated, so continue running. On the coach’s next command, the 2s are “it,” and they now try to tag someone in the Groups 1 and 3. Continue switching groups every 10 to 20 seconds.
W-Drill	Set up seven cones 5 yards apart in zig-zag pattern. Start at cone 1 and sprint to cone 2. Plant with the outside foot and backpedal to cone 3. Once there, sprint to cone 4. Repeat until finished with all cones.



FOOTBALL MOVEMENTS – DRILLS

FOOTBALL PERFORMANCE - AGILITY

Agility Ladder In and Out	Start with your feet outside of the agility ladder, in line with the square. Moving quickly and on your toes, place each foot inside the square one at a time and back out again one at a time. Do the same thing for each square of the agility ladder.
Agility Ladder Jumping Jack Feet	Start with your feet to either side of the first ladder block. Hopping forward, bring both feet together so they land on the ground inside the second ladder block. Be sure not to touch the ladder. On the next hop, spread your feet so they are on the outsides of the third ladder block. The motion your feet are making will resemble the footwork for jumping jacks. Continue to do this motion in and out for each square of the ladder, remembering to pick up your toes and try not to touch the ladder.
Agility Ladder Lateral	With the agility ladder on the ground, run through the ladder sideways, making sure both feet touch the ground in each square. Pick up your feet and try not to touch the ladder.
Agility Ladder Run	With the agility ladder on the ground, run through the ladder with each foot touching each space of the ladder without touching the actual ladder, making sure to use your arms and pick up your toes.
Agility Ladder Turn and Sprint	Have a coach stand at the end of the agility ladder. Go through the ladder with your knees high, and when you get to the end, the coach will decide which direction for you to turn to and run.
Building Agility 1	The first step of building agility is spatial awareness. Stand still and raise your arms to your sides at shoulder height. Your partner will stand directly next to you, arms also raised to his/her sides at shoulder height, rotating in close proximity around your body. It is your responsibility to keep your arms straight and move your body (spin, turn, rotate, etc.) accordingly so that your arms do not touch your partner as they rotate around you. Do not change the height of your arms.
Building Agility 2	Can you tell how far away objects are, and do you understand how much force you need to put into the ground to reach those objects? Place two cones on the ground about 5 yards away from each other. Complete five hops to get from one cone to the other.
Building Agility 3	Stand 5 yards away from your partner and face each other. As the lead partner, you will give the command of “mirror” or “match.” Your partner will follow your commands. When you say “mirror,” your partner will do the opposite of what you are doing. And when you say “match,” your partner will do the same thing as you.
Building Agility 4	Practice temporal or rhythmic awareness by clapping a rhythm with your hands to your partner and having them copy you and clap the same rhythm back. Next, place five cones on the ground, equidistance apart. Hop from one cone to the next with as few pauses or stops as possible, moving in a rhythmic pattern. Once complete, place the cones in a path that is not equidistance apart, so you must constantly react and recreate rhythm in movement.
Carioca	Turned at a 90-degree angle to the target destination and starting with feet a little wider than the hips, perform crossover steps that alternate between going in front of and behind the other foot. As players advance, keep the arms outstretched and limit the amount of upper body movement while in motion.
Crossover Steps	With an agility ladder lying on the ground horizontally, start with both feet to one side of the ladder. Take your outside foot and cross over your other foot, maintaining balance on the balls of the feet in the ladder square. Then take your other foot and cross over to the next rung of the ladder. Continue this process until you reach the end of the ladder.
Follow the Snake	Lay a rope on the ground or draw a path to follow. Run along the rope or path as closely as possible. Use different forms like shuffle, running or skipping.
Mirror Drill	With a partner, face one another and have one person decide to run or shuffle back and forth without talking or calling out the changes. The other partner must mirror his/her movements.
Partner Knee Tag	Partners face each other in an athletic stance with the right hand on the right knee and the left hand on the left knee. Each partner tries to tag the other partner’s knee when his/her hand is off it. It’s a drill of anticipation, strategy and timing.



FOOTBALL MOVEMENTS – DRILLS

FOOTBALL PERFORMANCE - AGILITY

Partner Tag	With a partner and without leaving his/her reach, attempt to tag him/her. Pairs will not leave their original area. You must tag your partner below the waist. Keep your feet moving and keep track of how many times you tag them.
Quick Feet Reaction	Start with your feet shoulder-width apart, knees bent and running in place. Whenever coach says left or right, turn your whole body in the direction he/she says, and then return to your starting direction. If the coach says up or down, either jump up or drop to push-up position, respectively.
Random Cone Jumps	Place cones in a line, randomly spaced apart. Start at one end and jump over each cone with your feet together until reaching the end of the line of cones. Hop with both feet together between cone jumps.



FOOTBALL MOVEMENTS – DRILLS

FOOTBALL PERFORMANCE - BALL HANDLING

2 vs. 1 Read the Defender	Start two receivers on the same side of the quarterback and opposite a single defender. On the coach's command, the quarterback takes a 3-step drop while the receivers run a slant/arrow or fade/arrow concept. The defender chooses one receiver to cover. The quarterback recognizes the coverage and throws to the open receiver.
Center-QB Exchange Drill / Center Exchange / Exchanges (hand-offs and snaps)	Multiple QBs and linemen can participate in this drill. The linemen take a position on the line of scrimmage. The first QB lines up behind the first lineman, who is in a ready to snap position. On the coach's command, the lineman will snap the ball to the QB. The QB takes three snaps per lineman, and then rotates to the next lineman. The second QB will start with the first lineman as soon as the first QB rotates to the next lineman.
Exchanges (toss drill)	Working with a partner. Partner 1 will line up directly behind partner 2 as in a running back positioned behind a quarterback. Starting with a simulated or actual snap; on the snap, partner 2 will drop step and pivot while turning to toss the ball to partner 1 who will be moving in a sweep motion either right or left. Have players determine if they will go right or left prior to the snap.
Hand-off Relay	Coach will assign relay teams (either 2 or 4). Have teams then divide up equally and stand approximately 10 yards across from their teammates. Using a proper hand-off have teams compete in a relay race. Ball cannot be tossed to the waiting teammate; players must demonstrate a proper hand-off. Coach is encouraged to review arm position for receiving a hand-off.
QB Open Steps/ Hand-Off Drill	Divide players into two groups. Group 1 will be the quarterbacks and group 2 will be the running backs. Have group 2 line up in running back position approximately 4 to 5 yards behind the QB. Coach can kneel in front of the QB to provide a simulated snap. Have QB receive the snap and turn to handoff to the running back. After each player has had at least two rotations, switch and allow the QBs to become the RBs and RBs to work as the QBs in the drill. Focus on footwork, ball position and arm/hand position for both groups.
QB Toss	Have players stand across from a partner about 3 to 4 yards. Partner with the ball will be the QB. Have the QB turn with the ball so that their back is facing their partner. While taking a drop step and turning the shoulders, have the QB pitch/toss the ball underhand to their partner with both hands on the ball. You can have the receiver offset to the toss side to make it easier. Have the QB drop step toward the receiver as the toss happens. Have partners switch positions after a designated number of tosses.
Snake Run	Divide players into two groups. One group will be defenders, the other group runners. Set up five cones in a zig-zag pattern with at least one defender at each cone. Have runners start at the first cone. One player at a time will run through the series of cones demonstrating the correct skills for carrying a football while the defenders positioned at each cone try to swipe the football from the carrier as they run through the cones.



FOOTBALL MOVEMENTS – DRILLS

FOOTBALL PERFORMANCE - STRENGTH AND POWER

1-Leg Balance Reach	Stand on one leg and reach out, bending over, to touch a cone on the ground, all while maintaining balance.
1-Leg Cone Touch Lateral	Balance on the one foot closest to the cone. Bend knee and squat down to touch the cone with the hand closest to the cone.
2-Leg, 3-Cone Reach	Set three cones in front of you and take a step back from the cones. Have a coach call out a cone to touch using the hand that's furthest away from that cone without moving your feet.
Bear Crawls	Get down on all fours with your arms straight, hands below your shoulders and your knees bent 90 degrees below your hips. Only your hands and toes should touch the ground. Keeping your back flat, crawl forward and backward moving opposite hands and feet in unison (right hand and left foot, left hand and right foot).
Bird Dog	Get down on hands and knees. Reach as far forward as possible with right hand and kick the left leg out, straightening it. Hold this position for 5 to 10 seconds. Then switch arm and leg.
Crab Crawl	Walk backward on your hands and feet. Make sure to keep your hips up towards the sky so that your butt is off the ground. Then do the same walking forward.
Crawl Relay	Assign relay teams (either 2 or 4). Have teams then divide up equally and stand approximately 10 yards across from their teammates. Using any of the crawling skills (bear crawl, crab crawl, seal crawl, etc...) have teams compete in a relay contest.
Diagonal Chop and Reach	Start from a standing position. Place a cone on the ground roughly 2 feet to your left. Lift your right leg, balance on your left leg and reach towards the cone and touch it using your right arm. Regain balance and reverse the movement using opposite legs/arms.
Gorilla Crawl	Squat down. Place both hands on the ground to the front right side of your right knee, lengthening your core. With the lower half of your body, hop to the right so your legs align behind your hands, still in a squat position, and retract your core. Then, place both hands on the ground to the front left side of your left knee. With the lower half of your body, hop to the left so your arms and legs once again align. Continue this over a specified distance.
Head Lifts	Lie down on your stomach. Put your arms at your sides. Look up, then down, then up.
Lunge	From a comfortable standing position, take a large step forward with one of your feet. Keeping your other foot planted in the original position, sink your hips until your thigh is parallel with the ground. Your knee should be at a 90-degree angle. Once reaching 90 degrees, bring your back planted foot up to meet your extended foot, standing up straight as you do so. Then, step forward with your previously planted foot and repeat the process. Continue to alternate legs.
No Hands, Get Up	Sitting on the ground with your legs crossed, stand up without using your hands.
Partner Mirror Hands	Push both of your outstretched, vertical hands against your partner's outstretched, vertical hands. Move them up and down and in circles, keeping the pressure on your partner's hands even.
Partner Plank Hand Tag	Two partners get into a plank position on their elbows, facing each other. Partners alternate hands by giving "high fives" to each other.
Push-Up and Roll	Get down in push-up position, making sure hands are shoulder-width apart. Do a push-up and then roll over to either direction. Immediately do another push-up. Roll back the opposite direction.
Push-Ups	Get down on hands and knees with arms extended under the shoulders, palms on the ground and legs extended (only the toes touching the ground). Hands should be shoulder-width apart. Bending the elbows, sink toward the ground until your elbows are at 90-degree angles. Then, control your body as you push yourself back up to the starting position. This is one repetition. Repeat as necessary.



FOOTBALL MOVEMENTS – DRILLS

FOOTBALL PERFORMANCE - STRENGTH AND POWER

Reverse Lunge	From a comfortable standing position, take a large step backward with one of your feet. Keeping your other foot planted in the original position, sink your hips until your thigh is parallel with the ground. Your knee should be at a 90-degree angle. Once reaching 90 degrees, bring your front planted foot up to meet your back-extended foot, standing up straight as you do so. Then, step backward with your previously planted foot and repeat the process. Continue to alternate legs.
Squat with Ground Touch	Start with your feet shoulder-width apart. Bending your knees into a squat position, touch the ground in front of you between your legs with both hands. Straightening your legs, stand up again.
Squat Under	Using a barrier like a rope or hurdle, squat down to lower your center of mass, shuffle under the barrier until you've reached the other side and stand up.
Squat Walkout / Duck Walks	Start with feet slightly farther than shoulder-width apart and hands behind your head. Squat down and begin to bring your hands down and out in front of you. Walk out with your hands until you are in a push-up position. Then, walk your hands back, slowly stand and return to your starting position.
Various Plank Drills	Get into a push-up position. Hold position. Then, engage in the same position, but rest your elbows on the ground. Make sure your back stays flat. Hold this position, engaging the core to stay level with the ground.
Wall Push	Using hands, feet and back, find a wall and push against it with your body to simulate pushing up on and gaining leverage on an opponent.



FOOTBALL MOVEMENTS – DRILLS

FOOTBALL PERFORMANCE - STAMINA AND SPEED

Circle-Around the Cone	With body and head always facing forward, run tight circles around the cones. Try not to look down at the cones. Move from one cone to the next.
Clean and Dirty	Players are split into two teams. Arrange any number of cones in a random order. Using only one hand, members of the “dirty” team have to knock over all the cones. Meanwhile, the “clean” team has to stand up all of the cones that the “dirty” team knocks over. When the coach says stop, count the number of cones still standing up and knocked over.
Flying 20 or 30	Mark off a distance of 50 yards and include a 30-yard marker. Gradually gain speed as you run from the starting line to the 30-yard marker. At the 30-yard marker, break into a full sprint through the 50-yard line. Rest for a minute, then repeat over several intervals. Shorten or lengthen the distances based on players’ ages and stages.
Gear Runs	Change speeds of running based on what the coach calls out. Progress from slowest to fastest. First gear (25 percent speed), second gear (50 percent speed), third gear (75 percent speed), fourth gear (100 percent speed).
Gear Runs Random Order	Coach will call out different speeds for the runners. First gear (25 percent speed), second gear (50 percent speed), third gear (75 percent speed), fourth gear (100 percent speed). However, the coach can now call out the speeds in any random order that he/she chooses.
Get Up, Chop and Go	Lie down on the ground on your back. When coach gives instructions, get up off the ground and get to your feet in an athletic position. As soon as you get to your feet, begin to chop your feet (running in place). On the coach’s command, take off from a chop to a forward sprint.
L-Drill	Set up three cones, each 5 yards apart in an “L” shape. Starting in a 3-point stance at cone 1, sprint to and touch cone 2. Sprint back to and touch cone 1. Sprint back up and around the outside of cone 2 toward the inside of cone 3. Turn around at cone 3, sprinting back around cone 2 and passed cone 1. Switch starting cone and repeat in opposite direction.
Multi-Directional Get Up and Go	Lie down on the ground on your back. When coach gives instructions, get up off the ground and take off in a sprint in the direction (forward, backward, left, right) instructed by the coach.
Sharks and Minnows	Identify who will be the “shark(s)” -- everyone else will be “minnows.” The shark(s) stand(s) in the middle of the play area and says, “Fishy, fishy, come out and play.” The minnows slowly walk from the starting line of the play area toward the sharks. At any time, the shark(s) can yell, “Shark attack!” At that point, the minnows must run to the opposite boundary line without being tagged. If a minnow is tagged, he/she also becomes a shark. When there are only one or two minnows left, they become the next round’s sharks.
Slalom Weave Drill	Set up two cones 3 to 5 yards apart depending on the athlete’s ability. Runners weave through a line of cones. Begin by moving around the outside of the first cone, followed by going around the outside of the second cone. Runners should quickly shuffle feet horizontally to move between cones.
W-Drill	Set up seven cones 5 yards apart in zig-zag pattern (making a “W”). Start at cone 1 and sprint to cone 2. Plant with the outside foot and backpedal to cone 3. Once there, sprint to cone 4. Repeat until finished with all cones.
X-Drill	Set up four cones, each 5 yards apart in a square (making an “X”). Start at cone 1, sprint to cone 2, lateral shuffle across to cone 3, pivot 45 degrees and crossover backwards to cone 4, turning and sprinting back to cone 1. Switch starting cone and repeat in opposite direction.



FOOTBALL MOVEMENTS – DRILLS

FOOTBALL PERFORMANCE - COMBINATION MOVES

5-10-5 Touch the Line/Agility Shuffle	Set up three cones, each 5 yards apart, in a straight line. Start by straddling cone 1 (middle cone) with one hand touching the cone. Sprint to cone 2 and touch the cone with your right hand. Change direction and sprint back to cone 3 and touch that cone with your left hand. Sprint back through the starting cone. Repeat in opposite direction.
Lateral Shuffle and Roll	Start by standing up, facing the coach. Coach will point in a direction and you will carioca that direction. The drill continues with the coach switching directions. When coach points down, you must get down on the ground and roll in the opposite direction that you were doing carioca. When coach points in a direction while you are on ground, you must roll that direction. When coach points up, you get back up and do carioca again.
L-Drill	Set up cones 5 yards apart in an “L” shape. Starting in a 3-point stance at cone 1, sprint to and touch cone 2. Sprint back to and touch cone 1. Sprint back up and around the outside of cone 2 toward the inside of cone 3. Turn around at cone 3 and sprint back around cone 2 and passed cone 1. Switch starting cone and repeat in opposite direction.
Push-Up and Roll	Start in push-up position, do a push-up and roll either right or left. Push yourself up into position and complete another push-up. Then roll back to center, push-up, and roll the opposite direction. Repeat.
Racetrack	Set up six cones in a rectangle approximately 10 yards wide and 30 yards long. Adjust size based on players’ ages and skill level. Divide players equally into teams with each team starting at a different cone. All players run in the same clockwise or counterclockwise direction. On the coach’s command, the first player on each team runs a lap. Upon returning to the original cone, tag off and the next teammate runs. Coaches determine whether players run, shuffle, skip, hop or perform another movement around the track.
Run-Shuffle-Run	Set up four cones 5 yards apart. Start at cone 1, sprint to cone 2, shuffle facing either left or right to cone 3, and sprint from cone 3 to cone 4.
T-Drill	Set up three cones in a line, each 5 yards apart. Set up a fourth cone 10 yards back from the middle cone. This creates a “T” shape. Start at the base of the T. Sprint forward to the middle cone, touching it with your hand. Shuffle to the cone on the right, touching it with your hand upon reaching it. Shuffle left to the cone on the other side of the T, touching that as well. Shuffle right again to the middle cone, immediately backpedaling to the cone at the base of the T and touch that.
Three Player Roll and Weave	Three players form a unit, all laying on the ground with about a foot of space between them. The middle player rolls toward one of the players on either side. Once he/she reaches the outside player, that outside player must get up and jump up and over the rolling player, toward the middle. The original middle player continues to roll to the outside until the player who just jumped over him/her is now the middle player, down on the ground rolling toward the opposite side. Continue and repeat this process.
Wall Squat and Step	Squat against a wall with the thighs at a 90-degree angle to hips as if sitting in a chair. On the coach’s command, come forward and take two steps while maintaining the squat position.
W-Drill	Set up seven cones 5 yards apart in zig-zag pattern (forming a “W”). Start at cone 1 and sprint to cone 2. Plant with the outside foot and backpedal to cone 3. Once there, sprint to cone 4. Repeat until finished with all cones. Switch starting cone and repeat in opposite direction.



DYNAMIC WARMUP – DRILLS

Quad Stretch and Reach	Stabilize yourself on one leg. Bend your opposite leg, place your hand on your ankle, and bring your foot toward your butt. Reach up toward to sky with your opposite hand. Hold the stretch for up to 30 seconds, then switch sides and perform the same movement on your opposite leg.
High Skips	On the coach’s command, move forward 5 to 10 yards while skipping from one foot to the other (see Skip Drill for reference). Raise the knees as high as possible while performing the skip.
Shoulder/Neck Rolls	The start position for the neck roll is with your head is straight, and your gaze forward. Before you begin the movement, notice any tension that may be present in your muscles. From the start position, very gently tip your head to your left. Very gently, roll your head back into an extended position with your eyes facing the ceiling. With your head back, very gently roll your head to your right. Next, gently roll your head so that your chin faces down and a little toward the front of your neck. With your head down, complete the final movement of the neck roll by bringing your head back up to the start position where your gaze is forward.
Straight Leg March Hamstring Stretch / Straight Leg March	Start in a standing position with your feet shoulder width apart. Swing one leg forward until a slight stretch is felt in the hamstrings. Try to touch the foot with the opposite hand. As soon as the stretch is felt, pull the leg back down to the ground, contracting the gluteals. The foot should contact the ground forcefully on the front part of the foot. Maintain good posture throughout the exercise. Repeat with the other leg and continue to alternate legs for ten yards.
Walking Leg Tucks	Stand tall with your legs straight and arms hanging at your sides. Kick one knee up, bringing it as high as comfortable. Grasp it with both hands and gently pull it up slightly higher, hugging it to the body. Slowly lower to repeat with the opposite side. Each step should move you forward slightly.

PLAYER SKILL EVALUATION ASSESSMENTS

Long-term athlete development is at the core of the Football Development Model (FDM). This includes understanding player progress. Below you can access preseason assessments that will help you evaluate the development of each individual player.

INSTRUCTIONS:

Please print the appropriate stage assessment for your team. Print one assessment per player on your team. Fill these out at practice for each player. Once you've finished assessing every player on your team, please submit your evaluations through the appropriate link below.

STEP 1

PRESEASON ASSESSMENT

- WRITTEN -

Select one stage below for your entire team, and print copies for each player. Fill these out at practice.

STAGE 1

STAGE 2

STAGE 3

STAGE 4

STEP 2

PRESEASON ASSESSMENT

- ONLINE -

Once you've recorded all written assessments, click the online assessment below that matches. Please repeat the online assessment as necessary for every player on your team.

STAGE 1

STAGE 2

STAGE 3

STAGE 4

REMINDER:

After you've completed filling out both the written and online skill assessments, please take a minute to fill out this coach assessment.

[TAKE THE SURVEY](#)



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