

Holly Division Practice Plan Example

P1	Time (min)	Level
Introductions	10	
Equipment Check	10	
Warm up Format (Cal)	20	Air
Water Break	5	
Introduce Tackling Progression	20	Bag
Introduce O/D Positions	20	
Team Meeting	5	
Parents Meeting	15	

P2	Time (min)	Level
Prepractice Talk	5	
Equipment Check	10	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling Progression	20	Bag
Heads up tackling Circuit	20	Bag
Waterbreak	5	
Indy and Group - OL/DL/Skill	20	Air
Conditioning FB Drills	15	Air
Post Practice Talk	5	

P3	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling Progression	25	Bag
Heads up tackling Circuit	20	Bag
Waterbreak	5	
Indy and Group - OL/DL/Skill	25	Control
Conditioning FB Drills	15	Air
Post Practice Talk	5	

P4	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling Progression	15	Bag
Heads up tackling Circuit	15	Bag
Tackling circuit	20	Control
Waterbreak	5	
Indy and Group - OL/DL/Skill	20	Control
Conditioning FB Drills	15	
Post Practice Talk	5	

P5	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling Progression	15	Bag
Heads up tackling Circuit	15	Bag
Tackling circuit	20	Control
Waterbreak	5	
Indy and Group - LB/DE/TE	20	Control
Conditioning FB Drills	15	Air
Post Practice Talk	5	

P6	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling Progression	15	Bag
Heads up tackling Circuit	15	Bag
Tackling circuit	20	Control
Waterbreak	5	
Indy and Group - OL/DL/DE	10	Control
Introduce Team O vs D	25	Control
Post Practice Talk	5	

Regular Season

P7	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling Progression	15	Bag
Heads up tackling Circuit	15	Bag
Tackling circuit	20	Control
Waterbreak	5	
Indy and Group - LB/CB/S	10	Control
Team O vs D	25	Thud
Post Practice Talk	5	

P8	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling Progression	15	Bag
Tackling circuit	15	Control
Introduce Oklahoma	15	Control
Waterbreak	5	
Indy and Group - QB/RB/TE/WR	15	Control
Team O vs D	25	Thud
Post Practice Talk	5	

P9	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling Progression	15	Bag
Tackling circuit	15	Control
Oklahoma	20	Thud
Waterbreak	5	
Indy and Group	15	Control
Team O vs D	20	Live
Post Practice Talk	5	

P10 - Scrimmage	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling circuit	15	
Waterbreak	5	
Scrimmage	15	
Post Scrimmage Meeting	5	

Scrimmage is a great venue to demonstrate pregame structure

P11	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling Progression	15	Bag
Tackling circuit	15	Control
Introduce Special Teams	20	Air
Waterbreak	5	
Indy and Group	15	Control
Team O vs D	20	Live
Post Practice Talk	5	

P12	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	10	Air
Water Break	5	
Tackling Progression	10	Bag
Tackling circuit	15	Control
Oklahoma	15	Thud
Water Break	5	
Special Teams	15	Air
Indy and Group	15	Control
Team O vs D	20	Live
Post Practice Talk	5	

P13	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	10	Air
Water Break	5	
Tackling Progression	15	Bag
Tackling circuit	15	Control
Oklahoma	15	Thud
Water Break	5	
Indy and Group	20	Control
Team O vs D	25	Thud
Post Practice Talk	5	

P14	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	10	Air
Water Break	5	
Tackling Progression	10	Bag
Tackling circuit	15	Control
Oklahoma	15	Thud
Water Break	5	
Special Teams	10	Air
Indy and Group	15	Control
Team O vs D	25	Live
Post Practice Talk	5	

P15	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	10	Air
Water Break	5	
Tackling Progression	15	Bag
Tackling circuit	15	Control
Oklahoma	15	Thud
Water Break	5	Air
Indy and Group	20	Control
Team O vs D	25	Thud
Post Practice Talk	5	

P16	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	10	Air
Water Break	5	
Tackling Progression	10	Bag
Tackling circuit	15	Control
Oklahoma	15	Thud
Water Break	5	
Special Teams	10	Air
Indy and Group	15	Control
Team O vs D	25	Live
Post Practice Talk	5	

P17	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	10	Air
Water Break	5	
Tackling Progression	15	Bag
Tackling circuit	15	Control
Oklahoma	15	Thud
Water Break	5	
Indy and Group	20	Control
Team O vs D	25	Thud
Post Practice Talk	5	

P18	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	10	Air
Water Break	5	
Tackling Progression	10	Bag
Tackling circuit	15	Control
Oklahoma	15	Thud
Water Break	5	
Special Teams	10	Air
Indy and Group	15	Control
Team O vs D	25	Live
Post Practice Talk	5	

P19	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	10	Air
Water Break	5	
Tackling Progression	15	Bag
Tackling circuit	15	Control
Oklahoma	15	Thud
Water Break	5	
Indy and Group	20	Control
Team O vs D	25	Thud
Post Practice Talk	5	

P20	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	10	Air
Water Break	5	
Tackling Progression	10	Bag
Tackling circuit	15	Control
Oklahoma	15	Thud
Water Break	5	
Special Teams	10	Air
Indy and Group	15	Control
Team O vs D	25	Live
Post Practice Talk	5	

P21	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	10	Air
Water Break	5	
Tackling Progression	15	Bag
Tackling circuit	15	Control
Oklahoma	15	Thud
Water Break	5	
Indy and Group	20	Control
Team O vs D	25	Thud
Post Practice Talk	5	

P22	Time (min)	Level
Prepractice Talk	5	
Warm up Format (Cal)	10	Air
Water Break	5	
Tackling Progression	10	Bag
Tackling circuit	15	Control
Oklahoma	15	Thud
Water Break	5	
Special Teams	10	Air
Indy and Group	15	Control
Team O vs D	25	Live
Post Practice Talk	5	