

SAMPLE PRACTICE PLAN

9:05 - warm ups

1. Mini circles
2. Touch toes
3. Jumping jacks
4. High knees
5. Caboose kicks
6. Bear Crawl
7. Sprint

9:10 - Stations (10 min a station)

1. Fish Tank (all coaches)
 - a. No balls
 - b. Unlimited kids
 - c. 4-8 cones
 - d. Put 1-2 kids in the middle box "tank" and other kids try to run through the tank without flags getting pulled
 - e. If pulled, you are now in the tank as well
 - f. Water, set up next station
2. Blocking (coach Jeff) 9:25
 - a. Line up kids on line and with a QB and RB and maybe a coach as D line
 - b. Practice snap, handoff, and blocking
 - c. Kids keep coach from getting through
 - d. Maybe line up kids on d rather than coach?
 - e. Water, set up next station
3. Scrimmage simulator (coach Ryan) 9:35
 - a. Split kids in O and D
 - b. 5 kids in line locking arms
 - c. Coach holds ball in left or right hand
 - d. Kids slide that direction
 - e. Rotate so kids get chance as QB and RB
 - f. Water, set up next station
4. 10am - scrimmage? (1 coach on O and 1 coach on D)

If no scrimmage:

Game - Steal the bacon

1. 3 balls on each teams side "box" (the bacon)
2. All cones
3. Basically capture the flag, but you get a safety zone on your side and also in your opponents "box"
4. Grab opponents ball and run it to your side
5. If flag is pulled you go to your own box, do 10 jumping jacks and return to play
6. Opposing team can return their ball to their box if they get you