

Thurs 08/15/2013

**Before practice work on QBs throwing and taking Snaps under center

5:30-5:40 Tree and back Jog, static stretches: Jumping Jacks, Arm Circles, Neck rolls, Hamstring Stretches (legs together: touch toes, legs apart: reach through, lunges left, lunges right (Groin)

5:40-5:50 Agility Drills: high knees running, bear crawls, 20 Yard Sprints, foot fire/follow ball/swivel hips/up/down)

5:50-5:55 3-Point Stance, firing off the ball Down Set Hut, sprinting 5 yards.

5:55-6:00 Water Break

6:00-6:10 Offensive Blocking: Bear in the Cage.

6:10-6:35 Tackling 1. **Splatter Drill** (50%), two dummies, one chest pad): two tackling dummies side by side on ground with a "ball carrier" holding a chest pad standing directly in front of them. Defensive player will foot fire on first whistle and fire off (1/2 speed) on second whistle and tackle "ball carrier" into the dummies on the ground. Get up, and tackler becomes "ball carrier", ball carrier goes to end of line, **Gather Drill** (three dummies parallel on ground 2 yds apart): tackler coming through two tackling dummies (tackler touches the bags on the way by with both hands), then gathering and shooting left or right, tackle Dummy held by Coach full speed), **Oklahoma**: Two sets of boys: offense and defense, one running back holding ball behind an offensive lineman faced up against a defensive lineman. Behind the defensive lineman will be a linebacker. Runner runs/blocker blocks in direction dictated by coach (who is standing behind linebacker). Both defensive lineman and linebacker try to tackle the runner. **Pursuit Tackling**—45 degree (use sideline: runner runs up sideline but can't run out of bounds)

6:35-6:55 Defensive Scheme: 4-3 and discuss player responsibilities again. Put up offensive linemen and run live dives and sweeps with the extra players off to the side

6:55-7:00 Water Break

7:00 Agility Relay Race:

1st race: Player carries ball: Sprint, jump over dummy on ground, hit coach with chest pad, sprint 20 yds around cone, sprint back, hand off ball to next boy in line. Players that have completed race must be sitting. 2nd race jump over dummy, sprint around cone and throw ball back to next boy in line, **back pedal** back to line, then next boy goes.

2nd race: 5yd quick out thrown by a coach, catch the ball, sprint up field where a coach was waiting with a chest pad, bump him hard the runner had to sprint up and around a cone, jump over a bag on the ground and sprint straight back and hand the ball off to the **coach** who would throw a quick out to the next boy, etc etc, first team through wins.