

Fri 09/13/2013

**\*\*Before practice: QB and Center snapping (get a backup Center snapping as well): QBs: Get your alligator hinge right up in there, don't be shy: snap it into their hands. Quick Slant/Fly to all players before practice starts**

**5:25-5:30 Tree and back Jog/stretches:** Jumping Jacks, Forward Arm Circles; Backward Arm Circles; Neck rolls; Pull facemask down; Legs together: touch toes; Legs apart: reach through; Lunges left; Lunges right

**5:30-5:35 Agility Drills:** High knees, Bear crawls, 20 yard sprints

**5:35-5:55 Tackling (LOW):** Gather Drill; 45 Degree Tackling (if you can't make a form tackle, at least grab on and hang on tight or throw the ball carrier down!); 5 Yard Box Drill

**5:55-6:00 Water Break**

**6:00-6:10 Blocking: Bear and Seeker** All boys, Two groups (running backs need to know how to block the cornerbacks and linebackers too!)

**6:10-6:15 Water Break**

**6:15-6:30 Review 1<sup>st</sup> Offense**, Run through Play Set

**6:30-6:45 Review 2<sup>nd</sup> Offense**, Run through Play Set

**6:45-7:00 Sharks and Minnows**