

Practice Schedule

Monday 08/12/2013 5:30-7:30P

**Before practice be looking to identify potential QB and Center Candidates

5:30-5:50 Chalk Talk; Discussion of the rules. Have a seat.

- Player Expectations: Be on time (15 mins early) Coaches talk, players listen or run
- NO horseplay during practice or water breaks: water stays in the water bottles; be respectful of coaches, teammates, other teams, and referees. No foul language
- Mouthpieces are always in. Very important.
- What are our pads? Helmet/Chin strap, mouthpiece, shoulder pads, thigh pads, knee pads
- Difference between Offense and Defense
- Tonight we will talk about Goals on Offense: advance ball, take care of the ball, score. **What is a "yard?"** Ball starts on 40Yd line & get 8 plays to score as many times as possible. 4 offensive possessions per game. **What is a fumble? What is an incomplete pass?**
- Positions on the Offensive Line
- What is the "line of scrimmage," what is "offside,"** being DOWN and set before ball snapped
- What is a "hole"?** Where/what are the holes for running plays?
- How many points is a touchdown worth? How many points is field goal worth?
- 3 Point Stance (shoulders over knees, knees over toes, head up, balanced). We will work on this later.
- Sportsmanship/Etiquette: Play fair. (no excessive celebrating), hurt player, take knee, clap when they rise.
- Play until the whistle

5:50-6:00 Tree and back Jog, static stretches: Jumping Jacks, Arm Circles Big & Little (10 count), Neck rolls, Hamstring Stretches (legs together: touch toes, legs apart: reach through), lunges left, lunges right (Groin)

6:00-6:10 Agility Drills; high knees running, bear crawls, foot fire/follow ball/swivel hips/up/down), 20 yard sprint

6:10-6:20 Agility Ladder 1. High Knees 2. Lateral Step Left. 3. Lateral step Right

6:20-6:25 Water Break

6:25-7:00 Re-assessment: 40 yard dash, 2 Pass Plays: 5 Yd Quick Hitch, 5 Yd 90 Quick Out, agility drill (4 cones: sprint, shuffle, back pedal, shuffle)

7:00-7:05 Water Break

7:05-7:15 Agility Relay Races: Need Two tackling dummies and two cones:

1st race: Player carries ball: Need: Two tackling dummies, 2 cones. Sprint, jump over dummy on ground, sprint 20 yds around cone, sprint back, hand off ball to next in line. Players that have completed race must be sitting. 2nd Race: jump over dummy, sprint and round cone and throw ball back to next boy in line, back pedal back to line, then next boy goes.