

**COCHRANE LIONS
MINOR FOOTBALL**



Date: _____

Field: _____

Equipment: _____

Time	Drill Description	Coach
6:15	PRE-PRACTICE – SPECIALISTS (QB, K/P, C ...) COACH MEETING FIELD SETUP	
6:30	WARM-UP AND AGILITY (CAPTAINS) COACH TALK	
6:40	SKILL DEVELOPMENT (FOOTWORK AND FORM)	
POSITION	QB SB/WR RB LINEMEN LB DB	
UNIT	O-BACKS O-LINE DB/LB D-LINE	
7:00	AIR	
7:15	1 V 1 / RUN GAME / PASS GAME	
7:30	SCOUT / SKELLY / THUD / HEAD TO HEAD	
8:00	SITUATIONAL FOOTBALL / SPECIAL TEAMS	
8:15	COOLDOWN / TEARDOWN / COACH TALK	