

Practice Plan: Team Name			
Date:			
Session & Time	O-Line & D-Line	QBs, RBs & RECs	LBs & DBs
Warm-Up 6:00 PM	Dynamic / Active Warm-Up Cone Agility, Ladders, Bag Agility, Form Running, Football Specific Movement		
Skill Development 6:10 PM	3 Stations: 5 Minutes Per Station Examples: Form Tackling, Open Field Blocking, Pursuit Drill Be sure that these are progressive and cover all drills over the season		
Individual Development 6:25 PM	Position Skills: Blocking, Stance, Shedding, etc	Position Skills: Throwing, Catching, Blocking, Running, etc	Position Skills: Cover Skills, Tackling, Shedding, Pursuit, etc
One on Ones 6:45 PM	OL vs DL	QBs, RECs, RBs vs LBs, DBs	
Contact Drill 6:55 PM	Safe and Progressive Hitting Drill Based Upon Skills Taught		
O and D Time 7:05 PM	Offense and Defense Insert New Plays or Rep Current Ones	Repetition of Run and Pass Plays and/or New Plays	Defensive Pursuit, Drills and/or New Plays
Team Time 7:20 PM	O vs D Scrimmage of Plays		
Conditioning / Fitness Stretch / Cool Down 7:35 PM	Football Specific Fitness Static Stretch		
Practice Ends 7:45 PM	Review of Practice Upcoming Events		