

Football Coach 360⁰

FLAG FOOTBALL

Coaches Practice Manual

Prepared: By Chris Crooms



“**EDUCATION** is a social process. ***EDUCATION*** is growth.
EDUCATION is about learning. ***EDUCATION*** is not preparation for
life.... ***EDUCATION is life itself....***

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Football Coach 360⁰

Flag **F**ootball **T**raining/**C**oaching **P**ractice **P**rogram

Week (1-3) Week (4-6) Week (7-9)
BASIC FUNDAMENTAL MOVEMENT



“Carry Your Own Weight”...

Football Coach 360⁰

7" C's Character=Champion

**CHARACTER
COMMITMENT
CONSISTENT
CONTROL
COURAGE
CONFIDENCE
CONCENTRATION**

Together “We” Multiply....

Football Coach 360⁰
SPORTS NUTRITION



“Winners actively think about **positive** self-image.

“It’s not what you are that holds you back,
it’s what you think you are!”

WATER

How 8 Glasses A Day Keep Fat Away

Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Although most of us take it for granted, water may be the only true “magic potion” for permanent weight loss.

Water suppresses the appetite naturally and helps the body metabolize stored fat.

Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can reduce fat deposits. Here's why: the kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver. One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it can't operate at full throttle. As a result, it metabolizes less fat, more fat remains stored in the body and weight loss stops.

Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold onto every drop. Water is stored in extracellular spaces (outside the cells). This shows up as swollen feet, legs and hands. Diuretics offer a temporary solution at best. They force out stored water along with some essential nutrients. Again, the body perceives a threat and will replace the lost water at the first opportunity. Thus, the condition quickly returns. The best way to overcome the problem of water retention is to give your body what it needs—plenty of water. Only then will stored water be released. If you have a constant problem with water retention, excess salt may be to blame. Your body will tolerate sodium only in a certain concentration. The more salt you eat, the more water your system will retain. But getting rid of unneeded salt is easy—just drink more water. As it's forced through the kidneys, it takes away excess sodium.

The overweight person needs more water than the thin one. Larger people have larger metabolic loads. Since we know that water is the key to fat metabolism, it follows that the overweight person needs more water.

Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps to prevent the sagging skin that usually follows a weight loss—shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy and resilient.

Water helps rid the body of waste. During weight loss, the body has a lot more waste to get rid of—all that metabolized fat must be shed. Again, adequate water helps flush the waste.

W A T E R

How 8 Glasses A Day Keep Fat Away

Water can help relieve constipation. When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. But, when a person drinks enough water, normal bowel function usually returns.

So far, we've discovered some remarkable truths about water and weight loss.

1. The body will not function properly without enough water and can't metabolize stored fat efficiently.
2. Retained water shows up as excess weight.
3. To get rid of excess water you must drink more water.
4. Drinking water is essential to weight loss.

How much water is enough? On the average, a person should drink eight 8-ounce glasses every day. That's about 2 quarts. However, the overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink also should preferably cold—it's absorbed into the system more quickly than warm water. And some evidence suggests that drinking cold water can actually help burn calories. To utilize water most efficiently during weight loss, follow this schedule:

Morning: 1 quart consumed over a 30-minute period.

Noon: 1 quart consumed over a 30-minute period.

Evening: 1 quart consumed between five and six o'clock.

When the body gets the water it needs to function optimally, its fluids are perfectly balanced. When this happens, you have reached the "breakthrough point." What does this mean?

1. Endocrine-gland function improves.
2. Fluid retention is alleviated as stored water is lost.
3. More fat is used as fuel because liver is free to metabolize stored fat.
4. Natural thirst returns.
5. There is a loss of hunger almost overnight.

If you stop drinking enough water, your body fluids will be thrown out of balance again, and you may experience fluid retention, unexplained weight gain and loss of thirst. To remedy another "breakthrough."

Football Coach 360⁰

WARM-UP & COOL DOWN ROUTINES (STRETCHING & FLEXIBILITY)



“Sports do not build character, They reveal it.”

WARM UP & COOL DOWN ROUTINE

Warm up and cool down are very important components for successful training sessions. Warm up is the first consideration when planning a training session. If the warm up is poor, the chances of having a great workout are decreased. The primary purpose of warm up is to prepare the muscles and nervous system for the work that will follow. Your body temperature needs to be elevated approximately 3 degrees. **Doing static (traditional) stretching only is not a warm up.** Furthermore, most static stretching needs to be done in the cool down (after workout). Too much static stretching before a workout can “dull” your nervous system. Your nervous system is what controls muscular contractions. If your nerves are not “sharp,” your muscle contractions may not be as fast. So, in order to maximize your workout, do warm up drills that are dynamic in nature. In other words, do exercises that involve movement.

THE FOLLOWING ARE SOME DYNAMIC WARM UP DRILLS. BEGIN AT A LOWER LEVEL OF INTENSITY AND PROGRESS TO A HIGHER LEVEL OF INTENSITY.

- | | |
|----------------------|-------------------------|
| 1. Ankle Flips | 7. High Knees |
| 2. Sprinter Skips | 8. High Knee Cross-over |
| 3. Tall Shuffle | 9. Power Skips |
| 4. Shuffle | 10. Backward Shuffle |
| 5. Karaoke | 11. Backward Run |
| 6. High Knee Karaoke | |

BELOW ARE SOME DYNAMIC FLEXIBILITY EXERCISES.

1. **Arm Circles** – forward (big & small circles) and backward (big & small circles)
2. **Arm Swings** – across body
3. **Trunk Twist** – bend knees slightly and let heel of foot come off ground as you twist
4. **Hip Rotator** – place hands on hips and move hips in a circle
5. **Skier’s Roll** – hands on the knees and roll both knees in a small circle; roll both ways
6. **Ankle Rolls** – place toe into the ground and rotate the heel in both directions
7. **Leg Swings** – place one hand on stable object; swing leg forward; place both hands on wall and face wall; swing leg side to side across the front of your body
8. **Angels in the Snow** – lie down on your back; arms straight out to your side; pick your right leg up, bring it over and touch your left hand and go back to start; do same with opposite leg; try to keep your shoulders on the ground
9. **Backwards Angels in the Snow** – do #8, but now you are lying on your stomach

WARM UP & COOL DOWN ROUTINE

BELOW ARE SOME GENERAL STATIC STRETCHING EXERCISES

1. **Bent Knee Hang** – with feet close together, bend knees and hang upper body forward (allow gravity to pull you down); straighten legs $\frac{1}{2}$ way and hold for 15-20 seconds; straighten legs all the way and hold for 20-30 seconds
2. **Squat** – place heels flat on the ground with chest and head up (elbows inside knees)
3. **Walk Out to Splits** – from squat stretch, walk hands forward and touch chest to ground; walk hands back through the legs as far as possible and hold for 20 seconds; try to put nose on ground and hold for 20 seconds
4. **Lunge** – get on right knee and put left foot forward a good distance; chest up; put hands on hips and push forward; do the other leg
5. **Single Leg Side Squat** – squat to the side with other leg extended out to the side as far as possible; let ankle of extended leg roll to inside; remain square to the front with hands on the ground
6. **Butterfly** – sit with both feet pulled up tight into crotch region; back straight and chest up; push down on knees with elbows; move feet out 5-6 inches and try to put your nose to your toes
7. **Hurdler Stretch** – one leg straight out, other leg bent with foot placed inside the thigh; grab toe of straight leg and pull gently
8. **Quad Stretch** – from hurdle position, bend straight leg and pull foot behind you (heel to butt); twist in opposite direction of bent knee and lean sideways (*do not lean straight back*)
9. **Upward Dog** – get on knees (knees directly under hips and hands directly under shoulders); raise butt in air while keeping legs locked straight and heels on the ground; keep back straight; hold for 30-60 seconds.

Football Coach 360⁰

AGILITY, RUNNING & CONDITION DRILLS



“It’s how you deal with failure that determines how you achieve
success.”

L.A.G. = Low, And & Go

Stay **Low & Go**..... Left, Right, Left; Right, Left, Right...

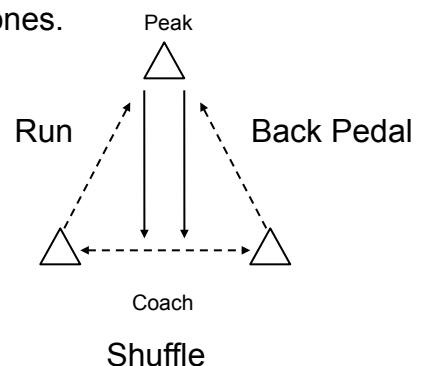
AGILITY, RUNNING & CONDITION DRILLS

Agility Drills

The Triangle Drill: (Stay Low & Go)

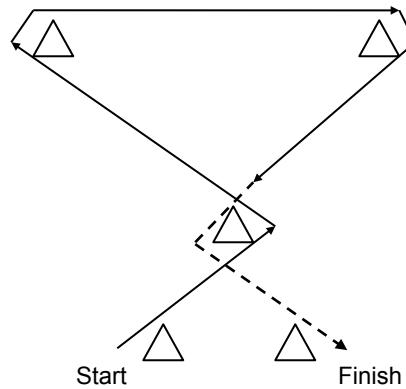
Place three cones in the shape of a triangle 10 yards apart.

1. The player begins on the base (Coach) of the triangle between the two cones.
2. Shuffle to the right
3. Crossover run to the peak of the triangle
4. Run forward to base of triangle
5. Shuffle to the left and repeat to that side
6. Back pedal to the peak of the triangle
7. Break off at the direction of the coach



Five Cone Weave: P.O.D. (Plant, Open & Drive)

Form a rectangle with four cones, the base of the rectangle is five yards wide and it is ten yards high. Then place one cone directly in the center of the rectangle.



1. Start at one of the outside cones and break to the center cone
2. Go around the center cone (planting with the outside foot) and run to the top-left cone
3. Planting on the outside foot go around top-left cone and sprint to top-right cone
4. Once again plant with outside foot and go to the center cone
5. Go around the center cone and sprint past the last cone (bottom-right)

Bag Hop & Sprint:

1. Hop side to side over a bag for five reps and on the fifth landing hit the ground running and sprint for 10 yards. Repeat starting from the other side.
2. Hop side to side over a bag for five reps and on the fifth landing hit the ground and shuffle to the side for 10 yards.
3. Hop front to back over the bag for three reps and spring out of the last landing for 10 yards.

4. Hop front to back over the bag for three reps and shuffle to the side for **10 yards**.

(Back)

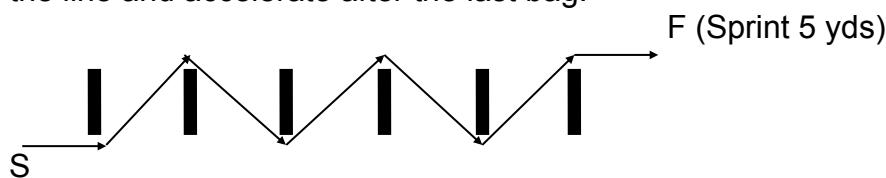
AGILITY, RUNNING & CONDITION DRILLS

Agility Drills

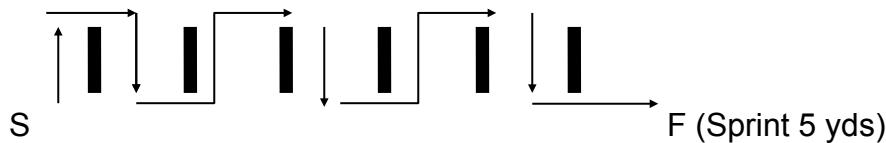
Bag Drills:

Set out **six to ten bags one yard apart** and in a straight line.

1. **RUN** through, one foot in every hole and accelerate out of the last bag.
2. **SHUFFLE** through, turn to the side keeping the shoulders square and the back flat shuffle down the line of bags. Turn and accelerate after the last bag.
3. The **SNAKE**: facing down the row of bags and off to one side of the first bag shuffle between the first and second and third bag. Move forward and then shuffle back the other direction between the second and third bag. Continue down the line and accelerate after the last bag.



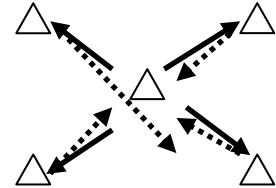
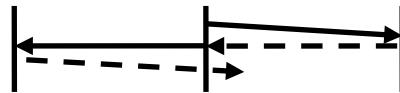
4. The **WEAVE**: Turned to the side the athlete will use move forward then to the side and then backward and to the side to move through the bags.



5. **TWO FEET**: in every hole: Running through the bags while putting two feet down in between each bag. First with a right foot always leading and then with the left foot leading.

20 Yard Shuttle: 5- 10- 5 (CD)

1. Start in a “**Stance Ready**” position with feet straddling the five yard line and hand on the five yard line.
2. Break to the right and touch the yard line with your right hand
3. Then come back the other direction and touch the yard line with your left hand
4. Turn and run through the starting line (Repeat starting the other direction)



5 Star Cone Drill : (CD) (Cones: 5yds apart)

1. Start in a “**Stance Ready**” position with feet straddling the middle cone.
2. Break to one of the corner cone and touch the cone with your right hand
3. Then come back the middle cone and touch with your left hand
4. Repeat this to all four cones and turn and run through the middle cone to finish.

Grass Drills:

React to the commands of partner or coach and finish each set by sprinting past the partner on the **BREAK COMMAND**

DRILLS ON YOUR FEET (After each movement come back up in a good athletic position =Stance Ready)

1. Two point seat roll (right and left)
2. Up down

DRILLS FROM A FOUR POINT STANCE (Always return to the starting position)

1. Four point seat roll
2. up down
3. four point mirror drill

AGILITY, RUNNING & CONDITION DRILLS

Agility Drills

Line Drills:

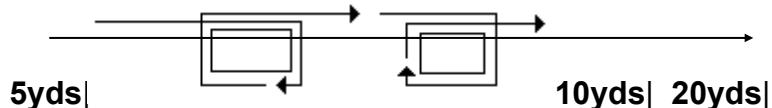
These drills are for foot quickness & control. Do each set as fast as possible for **10 seconds** & no longer.

1. **Front To Back:** Hop forward and backward over a line keeping the center of gravity over the line.
2. **Double Leg Ski Hops:** Hop side to side over the line.
3. **Single Leg Ski Hops:** Hop side to side over the line on one foot then the other.
4. **Step Overs:** Step over the line with one foot and then the other and back always leading with the same foot. Then repeat using the other foot as the lead foot.

Running Square Drill:

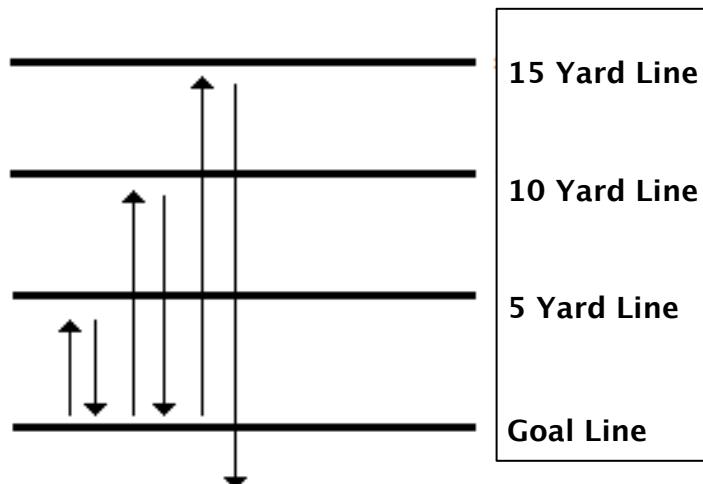
Set two boxes **10 yards apart** or use cones to make small squares.

1. Sprint forward to the first box keeping your eyes forward and shoulders should be square, go around the first box.
2. Sprint to the second box and repeat.
3. Accelerate away from the second box for 10 yards.



60 Yard Shuffle:

1. Start on goal line, run to **5 yard** line & touch with right hand, return to goal line & touch with left hand.
2. Run to **10 yard** line and touch with right hand, return to goal line and touch with left.
3. Run to **15 yard** line and touch with right hand, return and run through the goal line.



AGILITY, RUNNING & CONDITION DRILLS

Agility Drills

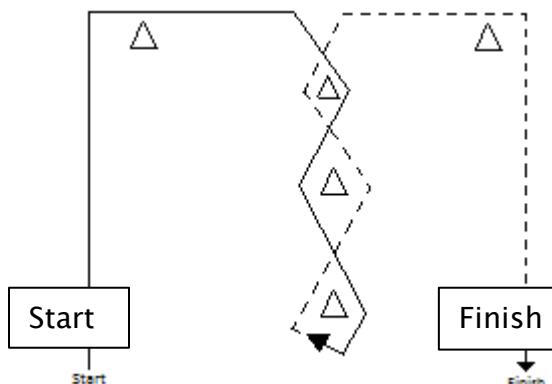
Line Running:

1. Perform movement drills down a line.
 - Forward Running
 - Backward Running
 - Shuffle Running
 - Cross-Over Running (Karaoke)
 - Bear Crawl (forward or backward)
2. At the random command of partner or coach stop and sprint back to the start.

“T” Drill:

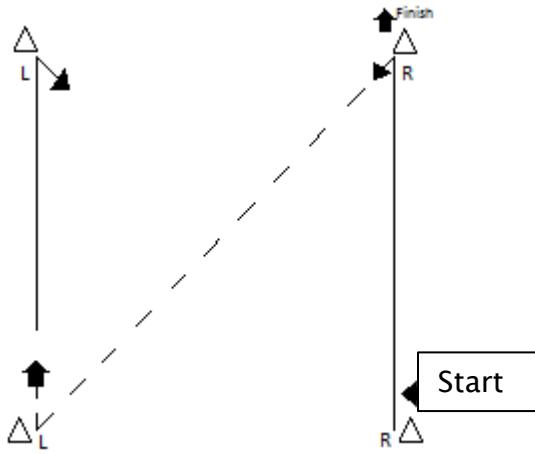
Set up five cones in the shape of a “T.” it is **10 yards tall** and **10 yards wide** at the top.

1. Starting at the base of the T and off to one side, weave your way around the T and finish at the bottom on the other side of the T
2. Repeat starting on the other side.



Key Drill:

Set up four cones in a **5 yds x 8 yds** rectangle. See diagram for **Finish** line on how to run through it. You touch each cone with a hand (R= Right, L= Left).



Running & Conditioning Drills

Running Drills

5 Yard Shuffle Touches:

1. Start with your right foot on the goal line.
2. On partners command, shuffle and touch the **5 yard line** with your left foot and return.
3. Have partner time you for **10 seconds**, try to get as many touches in as possible.
4. Keep back flat and chest up with shoulders square to the sideline.

20 Yard Get Off's:

The goal in this drill is to get the athlete to accelerate as quickly as possible and get as close to top end speed as possible in 20 yards.

Repeat 100's:

1. Run 100 yards at 90% tempo.
 - Line **16 seconds** or better
 - LB, TE, FB **15 seconds** or better
 - Spec. **14 seconds** or better
2. At completion, turn around and start to **jog back**.
3. When you are **20 yards** away from where you started, stop jogging and walk.
4. Once you are back at the starting line, wait until your turnover time is up and then repeat.

Turn Over Time is the amount of time between the start of one rep and the start of the next rep. I.e., if your turn over time is 60 seconds that means every 60 seconds you are starting a new rep.





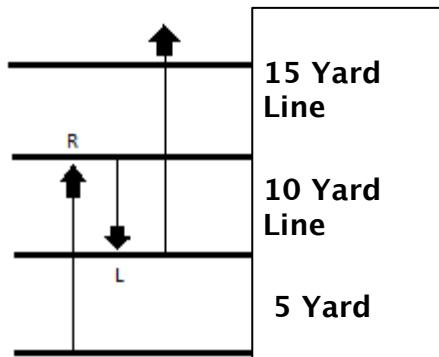
(Back)

Running & Conditioning Drills

Running Drills

25 Yard Jingle Jangles:

1. Starting at the goal line in a three point stance
2. Explode off the line and accelerate to the 10 yard line (touch with your right (R) hand).
3. Break back to the five yard line and touch it with your left (L) hand.
4. Finish by accelerating through the 15 yard line and repeat.



Half Gasser's:

1. Starting on one sideline.
2. Run to the opposite sideline and come back in the prescribed amount of time.

Grass Drill Sprints:

1. From a two point stance, perform three movements at the direction of partner or coach.

Choose from the following movements:

- Two point seat roll (right and left)
- Up downs

2. After getting off the ground on the third rep, sprint for 20 yards and repeat.

(Back)

Football Coach 360[°]

POSITION SPECIFIC TRAINING



“You can be Great & Average or Average & Great..
Always strive to be better than Great & more than Average...”

Football Coach 360[°]
OFFENSIVE SKILLS SET



"The only Discipline that last is SELF-DICIPLINE....

FOOTBALL COACH 360⁰
MASTER TRAINING PLAN
(Speed, Agility, Ply Metric & Skills Circuit Training)
Offensive Skill Sets

TEAM: _____

DATE: _____

I. WARM-UPS &

FLEXABILITY CIRCUIT

A. JOG (2) LAPS

1. BENT KNEE HANG 5. BUTTERFLY

- | | | |
|--|------------------------------|--------------------------|
| B. EDD (EVERYDAY DRILLS) | 2. SQUAT | 6. HURDLE STRETCH |
| C. STRETCHING (FLEXABILITY CIRCUIT) | 3. WALK OUT TO SPLIT | 7. QUAD STRETCH |
| D. INTRODUCTION(S) | 4. LUNGES FR & BK | 8. UPWARD DOG |

II. SPEED CIRCUIT

- | | | |
|---------------------------------|---|------------------------------|
| A. BOUNDING | G. LINE RUNNING (Done on a Line) | |
| B. PROGRESSION (RUNNING) | 1. FORWARD | 15 YARDS 4X'S D&B |
| C. HIGH KNEE | 2. BACKWARD | 15 YARDS 4X'S D&B |
| D. SPRINTERS SKIP | 3. SHUFFLE | 15 YARDS 2X'S D&B |
| E. QUICK STARTS | 4. CROSS-OVER | 15 YARDS 2X'S D&B |
| F. OFFENSIVE FOOTWORK | 5. SPEED CARIOKE | 15 YARDS 2X'S D&B |

III. AGILITY CIRCUIT (QB (BIH) (CATCH BALL AT THE END) (STANCE READY)

- | | |
|---|--|
| A. 1 FOOT IN | G. BEAR CRAWL |
| B. 2 FOOT IN | H. STRADDLE HOPS |
| C. SHUFFLE (SIDE TO SIDE) Face a Direction | I. AGILITY HURDLES LIFT 1, 2, 3 (L&R) |
| D. SCISSORS | J. AGILITY HURDLES 1 FT IN SHUFFLE |
| E. FORWARD ICKY (1 FOOT IN; 1 FOOT OUT) | K. AGILITY HURDLES 1 FT IN BACKWARD |
| LATERAL HOPS (1) BAG (5 X's) | F. AGILITY HURDLES 1 FT OVER (Forward) |
| 1. Front & Back Run 10 yards | M. AGILITY HURDLES 1 FT |
| OVER(Backward) 2. Front & Back Shuffle 10 Yards | N. MOVING PUSH-UP (UP & DOWN) |
| 3. Side to Side Run 10 Yards | O. AGILITY TOUCH & GO |
| 4. Side to Side Shuffle 10 Yards | P. HIGH PLANK PUSH-UP POSITION |

IV. PLY METRICS CIRCUIT (STANCE READY: OFF. POSITION) w & w/o BOX JUMPS

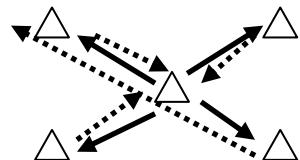
- | | |
|--|-----------|
| A. IN & OUT FRONT ZIG ZAG (W/BALL) | F. |
| B. SIDE HIGH KNEE (SIDE TO SIDE TURN & RUN) | |
| C. HIGH KNEE BAG & THROUGH POLES (W/BALL 10 YARDS FINISH) | |
| D. HURDLE BOUNDING & BACK IN & OUT (W/BALL) | |
| E. HURDLES HIGH KNEES (W/BALL) | |

V. SKILLS CIRCUIT (STANCE READY: OFF. POSITION)

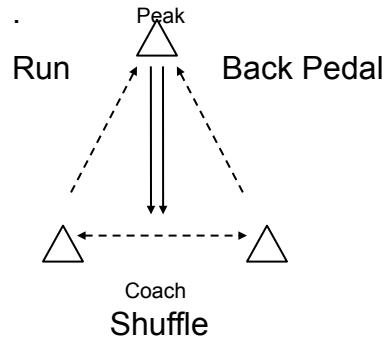
- A. 5-STAR CONES**
- B. "L" CONES (Drop Your Butt; Make The Cut)**
- C. 5-10-5 YARD SHUTTLE SIDED TO SIDE**
- D. T- DRILL (10X10: Run Up, Shuffle, Back-Pedal, Run Up Zig-Zag, Quick Karaoke, Run Down)**
- E. 5-CONE WEAVE (5X10 YARDS TRIANGLE W BALL)**
- F. KEY DRILLS (5X8 TRIANGLE & RUN)**
- G. LINE DRILLS (HOP F&B (10 Seconds)**
 - 1. OVER THE LINE**
 - 2. SKI HOP SIDE TO SIDE**
 - 3. ONE LEG SINGLE LEG HOP**

4. STEP OVERS

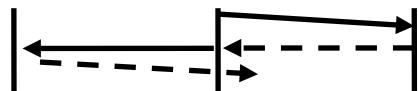
A. Star Cone Drill : (CD) (Cones: 5yds apart)



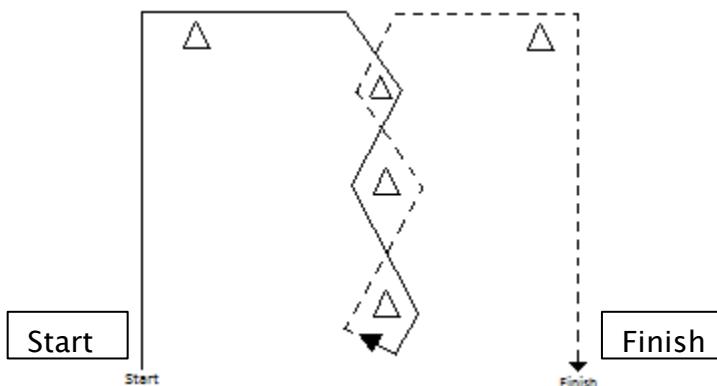
B. The Triangle "L" Drill: (Drop Your Butt & Make Your Cut)



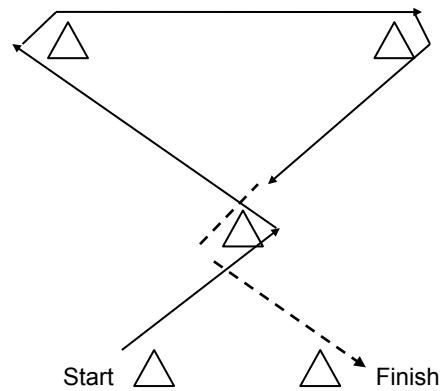
C. 20 Yard Shuttle: 5- 10- 5 (CD) (Touch & Stay inside the cones)



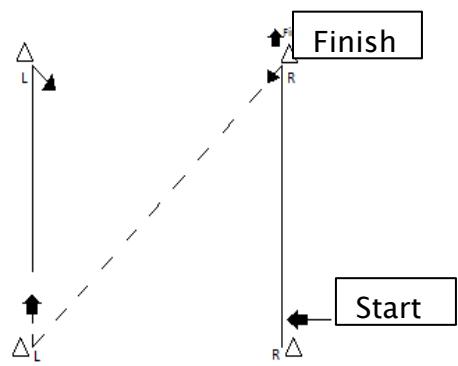
D. "T" Drill:

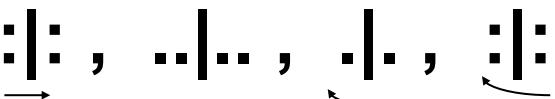


E. Five Cone Weave: P.O.D. (Plant, Open & Drive)



F. Key Drill:



G. Line Drills: 

(Back)

Football Coach 360⁰

QB'S & RECIEVER POSITION SPECIFIC COACHING



"Things may come to those who WAIT, but only the things left by those who HUSTLE....

Quarterback and Receiver Drills

➤ **Warm Up Drills**

➤ **Daily Stretching Routine**

- Left and Right arm stretch across chest (**5-10 seconds**)
- Left and Right arm stretch behind the head pull elbow (**5-10 seconds**)
- Left and Right arm stretch forward and backwards rotator cup swing (**5 each**)
-

➤ **Ball handling drills ball perpendicular quick as possible**

- Around ankle **5x left / 5x right**
- Around knee **5x left / 5x right**
- Around waist **5x left / 5x right**
- Figure 8 through the left ball perpendicular as quick as possible **10x5**
- Drop and catch figure 8 the ball on finger tips as quick as possible **10x5**
- Isometric squeeze tip of ball right and left (**10 seconds**)
- Drop and catch tip of football right and left **10x5**
- Drop and catch tip of football back and forth left and right hand as quickly as possible **20x**
- Circle and catch football left and right hand **5x**
- Roll the ball back of hand from the palm left and right **5x** – try to get one revolution in

➤ **Footwork Drills**

- Side to side across line with football at chest (**15 seconds**)
- Forward and back across line with football at chest (**15 seconds**)
- Apart and back going towards the line with football at chest (**15 seconds**)
- Alternating feet back and forth across line with football at chest (**15 seconds**)
- Combining forward and back and apart and back (**15 seconds**)
- Circle bounce balls of feet bouncing up and down for **3 increments of 2**
- Position one- Turret on balls of feet with football at chest at a 45 degree angle
- Position two- Turret on balls of feet with football at chest on right side (always start first)
- Position three- Turret on balls of feet with football at chest on left side (rotate between the three of them simultaneously for 15 seconds / clap at end to throw football)

➤ **Drops**

• **Three Step Quick Game**

- 1. Big step (ready position)
- 2. Crossover (three steps drop if ball on right / if ball on left – three steps backwards)
- 3. Plant and release (plant toe, push and throw)

• **Grab, Stab, and Throw**

- Catch the ball, step towards the direction, and throw
- Best look shortest throw
- Keep turret alive while in motion, repeat one two and three

➤ **Grip and Throwing Motion**

- Two fingers on the laces, two fingers off the laces
- Thumb is in direct relationship with middle finger
- Releasing football, little finger, then ring, the middle, pointer is last
- Thumb goes to thigh board, rolling hand off the football

- Push ball up and away, hand away from target, elbow parallel to ground, thumb to thigh board

Quarterback Outline

Quarterback and Receiver Drills

➤ Throwing Drills

- **Partner Catch**

- Pushing ball up and away, hand turned back, fingers rolling off football, and thumb at thigh board.
- 5 yards apart, 5 throws in this position
- Throw over opposite shoulder, elbow up and ball released at opposite shoulder 3-4 throws

- **Straight arm**

- Ball as high as possible from ground, drop ball behind neck, and throw (5 throws each)
- Sit on ground, ball at chest, rotate, release, thumb at thigh board (5 throws each)

- **Parallel Feet**

- 10 yards apart, pushing ball up to highest point and release, arms relaxed (10 throws each)
- Face opposite sideline, open shoulders, push ball up and away (10 throws each)
- Face near sideline, open shoulders, rotate and push ball away (10 throws each)

- **Olin Drill**

- 3 drop steps, turret, shuffle forward in pocket, turn and throw down field
- Bring offensive tackle out to show for a real-life game, keeping defensive end outside
- Bring both tackles and two defensive ends for a real-life game, quarterback continues with the same motions
- 4-2 front, three receivers, back end to block, and quarterback (5 minutes for practice, comfort for quarterback in pocket)

- **Hash to Hash**

- 20 yards apart, drop back, and throw (10 throws each)
- Practicing catch and release
- Perpendicular to center, drop back, open hips, turn and throw football (10 throws each)

- **Baseball Drill (for elbow to stay up)**

- Arms up and apart, parallel to ground, push up, palm away, pivot, chest to target, elbow up, release and thumb at thigh board (10 throws each)

- **High Release Drill (for elbow to stay up)**

- On wall, put football up touching wall, ball has to be released at top of the arch, thumb to thigh board.

(Back)

Football Coach 360⁰

DEFENSIVE SKILLS SET



*"Offense Win's games & Defense Win's CHAMPIONSHIPS...
The only DEFENSE that matters is **TEAM DEFENSE**...."*

FOOTBALL COACH 360⁰

MASTER TRAINING PLAN

(Speed, Agility, Ply Metric & Skills Circuit Training)

Defensive Skill Sets

I.	WARM-UPS &	FLEXABILITY CIRCUIT
A.	JOG (2) LAPS	1. BENT KNEE HANG
B.	EDD (EVERDAY DRILLS)	2. SQUAT
C.	STRETCHING (FLEXABILITY CIRCUIT)	3. WALK OUT TO SPLIT
D.	INTRODUCTION(S)	4. LUNGES FR & BK
II.	SPEED	8. UPWARD DOG
CIRCUIT		
A.	BOUNDING	F. SINGLE LEG HOPS D&B
B.	PROGRESSION (RUNNING)	H. BACK PEDAL
C.	HIGH KNEE	I. BACKWARD SHUFFLE
D.	SPRINTERS A-SKIPS	J. BACKWARD JUMPS 1, 2 UP (High Point)
E.	QUICK STARTS	K. BACKWARDS A-SKIPS
III.	AGILITY CIRCUIT (CATCH THE BALL AT THE END) (STANCE READY)	.
A.	1 FOOT IN	H. STRADDLE HOPS
B.	2 FOOT IN	I. AGILITY HURDLE
C.	SHUFFLE (SIDE TO SIDE) Face L&R	J. HIGH PLANK PUSH-UP POSITION
D.	SCISSORS	K. MOVING PUSH-UP
E.	BACKWARDS ICKY (1 FOOT IN; 1 FOOT OUT)	L. AGILITY TOUCH & GO
F.	LATERAL HOPS	M. PLYO PUSH-UPS
G.	BUZZ SAW	
IV.	PLY METRICS CIRCUIT (STANCE READY: DEFENSIVE. POSITION)	.
A.	IN & OUT BAGS (DEF POS. BACKWARDS) ZIG ZAG	E. 1 & 2 LEG OVER HURDLE
B.	SIDE HIGH KNEE (SIDE TO SIDE TURN & RUN)	F. HURDLES HIGH KNEES
C.	HIGH KNEE BAG	G. HURDLE MAZE BOUNDING (Dia. Bck)
D.	B,R,S,S, THROUGH POLES (10 YARDS FINISH) (Bull, Rip, Spin& Swim)	H. 1 LEG OUT; 1 LEG OVER
		I. HEISMAN OVER HURDLES
V.	SKILLS CIRCUIT (STANCE READY: DEFENSIVE POSITION) (See back for Diagram)	
A.	5-STAR CONES	I. BACK PEDAL (P.O.D.)
B.	“L” CONES (Drop Your Butt; Make The Cut)	1. Straight on the Line
C.	5-10-5 YARD SHUTTLE SIDED TO SIDE	2. Straight POD Come Back (L&R)
D.	T-DRILL (10X10):	3. Straight POD Open & Run (L&R)
	1. Run Up 4. Run Up Zig-Zag	4. Straight POD Flip Hip
	(L&R) 2. Shuffle 5. Quick Karaoke	5. Straight Speed Turn

3. Back-Pedal

6. Run Down

6. Break L & R (Out, Corner & PC)

E. 5-CONE WEAVE (5X10 YARDS TRIANGLE)

F. KEY DRILLS (5X8 TRIANGLE & RUN)

G. LINE DRILLS (HOP F&B (10 Seconds)

1. OVER THE LINE

2. SKI HOP SIDE TO SIDE

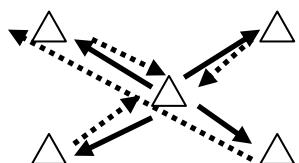
3. ONE LEG SINGLE LEG HOP

4. STEP OVERS

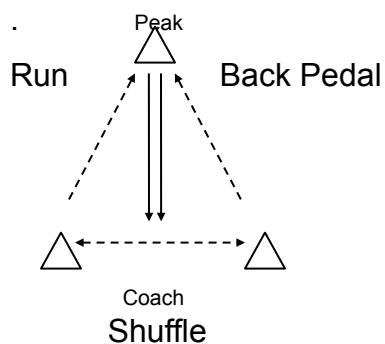
H. DEFENSIVE FOOTWORK: CONE DRILLS, 1ON1, CUSHION DRILL, CHANGE DIRECTION

**WORK PERIPHERAL VISION, ANTICIPATION PRE-SNAP KEYS: ALIGNMENT
DOWN&DISTANCE ETC.**

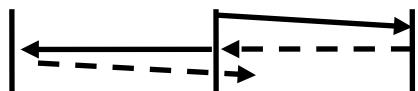
A. Star Cone Drill: (CD) (Cones: 5yds apart)



B. The Triangle "L" Drill: (Drop Your Butt & Make Your Cut)



C. 20 Yard Shuttle: 5- 10- 5 (CD) (Touch & Stay inside the cones)



J. 1 ON 1 CUSHION DRILL

K. RUN BACK P.O.D.

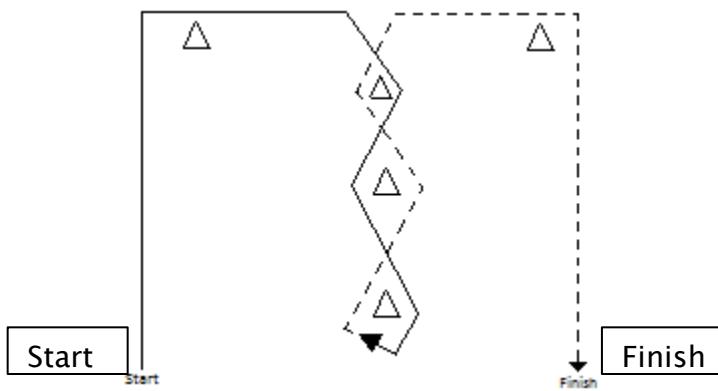
L. 5 YD SQUARE WEAVE 2X'S POD

M. BALL SEARCH (RIP, PUNCH & LIFT)

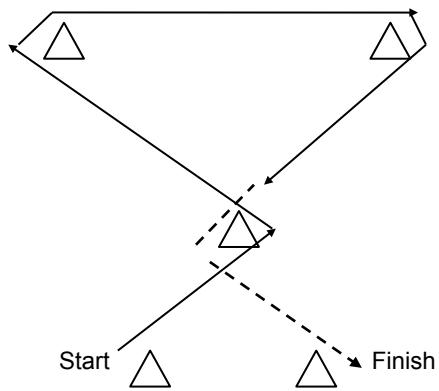
O. DB 1ON1 & ZONE SCHEMES

1. JAM 2. JAM & SINK 3. RUN UP & JAM

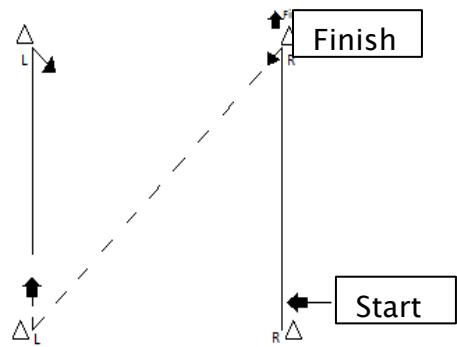
D. "T" Drill:



E. Five Cone Weave: P.O.D. (Plant, Open & Drive)



F. Key Drill:



G. Line Drills: 

(Back)

Football Coach 360⁰
**DEFENSIVE BACKS POSITION
SPECIFIC COACHING**



*“Many athletes carefully avoid discovering the secret of SUCCESS because deep down inside of them they suspect it may be **HARD WORK!!!....**”*

Football Coach 360⁰

PRACTICE SCHEDULES & OUTLINES



*“By failing to **PREPARE**, YOU are preparing to **FAIL**...*

FOOTBALL COACH 360⁰
MASTER PLAN
Practice Schedule Outline

TEAM: _____

DATE: _____

I. WARM-UP

- A. JOG (2) LAPS
- B. EDD (EVERYDAY DRILLS)
- C. STRETCHING (FLEXABILITY CIRCUIT)

D. INTRODUCTION(S)

E. _____

II. OFFENSIVE FUNDAMENTALS**A. QB & RB BALL HANDLING**

1. RUN
2. PASS
 - a. _____
 - b. _____

B. WR & TE BALL HANDLING

1. RUN BLOCKING
2. PASS ROUTES
3. _____

C. OTHER

1. ONE ON ONE PASSING DRILL
2. 5-MAN RUN/PASS BLOCKING DRILL
3. _____

III. DEFENSIVE FUNDAMENTALS**A. SAFETY'S & CORNERS**

1. _____
2. _____

B. ILB & OLB

1. _____
2. _____
3. _____

C. OTHER

1. _____
2. _____

IV. TEAM PRINCIPALS**A. OFFENSE**

1. 7 ON AIR
2. TEAM OFFENSIVE
 - a. Game Plan (Run & Pass)
 - b. Defensive Scheme

B. SPECIAL TEAMS

1. Offensive (K.O. Return, Punt Return, FG & Hands Team)
2. Defensive (Kick-Off, Punt & FG Block)

C. DEFENSE

1. DEFENSIVE GAME PLAN
2. 7 ON 7 Passing Defensive Game
3. TEAM Run & Pass DEFENSIVE

V. SCRIMMAGE

FOOTBALL COACH 360⁰

1:30 HOUR SCHEDULE (w/ 30 Minute OT)

TEAM: _____

DATE: _____

Goals: **OFFENSIVE:** (Speed, Agility, Ply Metric & Skills Circuit Training)

1st 5 Min. Warm Up “EDD” Every Day Drills

- | | |
|--------------------------------|------------------------------|
| -High Knees | -High Knee Cross Over |
| -Heel to butt | -Power Skips |
| -Shuffle (Rotate Front & Back) | -Step Lunges |
| -Kariaoke | -Back Pedal & BP Step Lunges |

2nd 10 Min

Stretch

- | | | |
|---------------------------------|-------------------|----------------|
| -Feet together hang | -Rotate Arms | -Groin Rotator |
| -Spread feet right/left/middle | -Shoulder Stretch | -Groin Stretch |
| -Adductor right/left | -Arm Swings | |
| -On the ground (Hurdle Stretch) | -Trunk Twist | |
| -Squat Stretch | -Skier's Roll | |
| -Lunges | -Ankle Rolls | |

3rd 15 Min Incline Drills

- | |
|----------------------|
| -5 Yard Starts x 4 |
| -15 Yard Sprints x 4 |

4th 3 Min Water Break

1 st Min	_____	Start 1	Circuits: 4 x 15 min. w/ Water Breaks In Between
15 Min		End 1 (Rotate)	Speed Circuit Bag Circuit Agility Circuit
		Skills Circuit	
2 nd Min	_____	Start 2	
30 Min		End 2 (Rotate)	
3 rd Min	_____	Start 3	
45 Min		End 3 (Rotate)	
4 th Min	_____	Start 4	
1 Hour		End 4 (Water Break)	

5th 5 Min Dismissal.....

Extra Point - - Overtime

6 th 30 Min	7-on-7 Introduction Pass Rec/Def Drills (DF, QC, CC)	Football
101:		
	Routes Coverage's	11x11, Offense, Defense Rules: 4 downs 10 yards

Route Fundamentals	Score: Touchdowns, extra points
Coverage Fundamentals	Fundamentals: Blocking, Tackling
	Penalties: O-S, Hold, Clip, Face

7th 10 Min**Close Out & Dismissal**

FLP FLAG FOOTBALL LAEAGUE

SAMPLE PRACTICE SCHEDULE

2X's "How U Feel?" Feel Good! Set! Break!

GOALS: (Basic Fundamental Footwork, Agility & Skills Circuit Training)

<u>TIME }</u>	Player Report: Feild	(Parents Set Up On Side Lines)		
<u>Mon:</u>	<u>Tues:</u>	<u>Wedn:</u>	<u>Thurs:</u>	<u>Fri:</u>
Warm Up "Dynamic Stretch"				Period #1: 15 Min
-Victory Lap	-Shoulders. Rotation. 5s3x's Pose	-Groins. 5s 3x's		
-Set position Hold it 5s3x's	-Hamstrings. Coaches knee. 5s3x's	-Turkey Trott. 5 Yards		
-Neck Iso Hold it 5s3x's	-Push Ups. 5s3x's	-Get Offs. 5 Yards		
-Trunk Iso. Hold it 5s3x's	-Back Roll. 3x's	Jumping Jacks. EDGE EDGE		
Team Run Through "Stance Ready" Cones Set-Up				Period #2:
5 Min				
<ul style="list-style-type: none"> - 5 Yard Starts x 4 - High Knee Cross Over - Step Lunges 		<ul style="list-style-type: none"> -High Knees -Power Skips -Shuffle Rotate (F&B) 		<ul style="list-style-type: none"> -Heel to butt -Quick Kariaoke -Back Pedal & BP
Step				
County Fair		Circuits: 4x5 mins. Team Rotation	Period #3:	
20Min				
1 st Circuit	Start 1	Stance & Get Off 3-5-3 (&) 5	10-5	Agility Ladders Skill
Circuit				
5min	End 1 (Rotate)	Coach	Coach	Coach
Coach				
2 nd Circuit	Start 2	Stance & Get Off 3-5-3 (&) 5	10-5	Agility Ladders Skill
Circuit				
10 Min	End 2 (Rotate)			
3 rd Circuit	Start 3	Stance & Get Off 3-5-3 (&) 5-10-5	Agility Ladders	Skill Circuit
15 Min	End 3 (Rotate)			
4 th Circuit	Start 4	Stance & Get Off 3-5-3 (&) 5-10-5	Agility Ladders	Skill Circuit
20 Min	End 4 (H2O)			

<u>TIME }</u>	PRACTICE	Period #4:		
35Min				
1 st Skill Set 8min}	Circuit Skills	Circuit Lineman	Circuit Skills	Circuit Lineman & LB's
OFFENSE				

2nd Skill Set 9Min}	Circuit Skills	Circuit Lineman	Circuit Skills	Circuit Lineman & LB's
3rd Skill Set 8Min}	Circuit Skills	Circuit Lineman	Circuit Skills	Circuit Lineman & LB's
4th Skill Set 9Min}	Circuit Skills	Circuit Lineman	Circuit Skills	Circuit Lineman & LB's

Introduction Football 101: Offense & Defense} Routes, Coverage's, Catching, **Rules & Penalties**: 4downs 10 yards, **Score**: Touchdowns, extra points, **Fundamentals**: Blocking, Running & Carrying the ball, **Techniques**: Hand, Feet & Head placement & etc.

} Team Fun Activity **Period #5: 15**

Min **Offense TEAM vs. Defense TEAM:** Speed Ball
Punt, Pass & Kick or Obstacle Course

} Exit Acknowledgement **Period #6: 5 Min**

-(4) Players of the Day:PPK Winner; Speed Ball Winner(s)...Final Thoughts & Review

} Practice END & Dismissal