



Outline for an Efficient Practice Session

Notes:

A basic design for a practice session would involve five periods.

Period 1

Warm Up – designed to provide a short period to raise the core body temperature of the players and prepare them for practice.

Activities - Feature Dynamic Warm-up activities for entire team.

- High Kicks, Butt Kicks, Cross Over Run
- Four Corner Movement Drill
- Eliminating False Step Drill

Period 2

Teaching Individual Technique – designed to teach all players the basic techniques they will need to execute their assignments in the game.

Activities – Stance and Start for all positions, plus certain position-specific activities.

Offense – Center Snap – Catching & Pass Routes – All quarterback skills – All running back skills.

Defense – All coverage skills – Flag Pulling skills – Rushing the passer.

Period 3

Group Work – designed to allow certain groups to practice independently or the coach can select certain offensive groups to practice against select defensive groups.

Activities – Independent group work can include:

Offense:

- Center, QB, RB working on ball handling and handoffs
- QB, Center, WR working on pass routes
- Defense working on zone coverage drops

Select work can include:

- Center, QB, WR pass versus one-on-one DB coverage
- Center, QB, WR versus man-to-man coverage
- Center, QB, RB pass and run versus defensive rusher and one-on-one coverage
- Center, QB, RB, 1 WR pass play versus defensive half field zone coverage.

Period 4

Team Work – designed to practice full team offensive plays versus a full team defense.

Activities – The structure of the period should be divided to focus on the offense and then the defense. The offense will run predetermined plays versus a predetermined defense with the focus on the offensive player's performance. The defense will run predetermined plays versus a predetermined offense with the focus on the defensive player's performance.

Period 5

Cool Down – designed to provide a short period at the end of practice for the players to cool down through the use of football activities and stretching.

Activities:

- All players run either the offensive or defensive drill.
- Moving offensive team play by play down the field.
- Dropping defensive players into zone coverage, making interception, and returning ball to goal line.
- Full team stretch of big muscle groups with coach reviewing practice session and making any pertinent announcements at this time.

For more useful tips on coaching youth football, log on to www.usafootball.com.