

Youth Football Practice Schedule

TIME	TUESDAY , SEPTEMBER 5 6:00 PM (PADDED PRACTICE) EMPHASIS 2/3 OFFENSE & 1/3 DEFENSE
5:30	COACHES ARRIVE & SET UP THE PRACTICE FIELD
5:45	HEAD COACH AVAILABLE TO PARENTS AS THE TEAM ARRIVES
6:00	CALL TEAM & PARENTS UP & EXPLAIN THE WORD & EMPHASIS OF THE DAY (WORD OF THE DAY= <u>DISCIPLINE</u>)
6:05	OFFENSIVE POSITION WARMUPS DRILLS (QB'S-RB'S-WR'S = BALL SECURITY WARMUPS & CONE DRILLS) (O-LINE & TE'S = FOOTWORK WARM UP DRILLS)
6:15	OFFENSIVE POSITION FUNDAMENTALS (QB'S & RB'S = SECURE HANDOFFS & TOSSES) (WR'S = ROUTE RUNNING) (OL & TE'S = BASE-CUTOFF-REACH BLOCKS)
6:35	OFFENSIVE GROUP WORK (QB'S-RB'S-OFF-LINE = POWER & SWEEP BLOCKING) (WR'S PERIMETER BLOCKING & HITCH & CURL ROUTES)
6:55	OFFENSIVE TEAM PERIOD (RUN EMPHASIS = POWER & SWEEP RUNS) (PASS EMPHASIS = GAP PROTECTION CURL & HITCH ROUTES)
7:25	PLAYERS = WATER BREAK (COACHES SET UP DEFENSIVE DRILLS)
7:30	DEFENSIVE POSITION FUNDAMENTALS (DEF LINE = GAP CONTROL) (LB'S = BACKFIELD RUN KEYS) (DB'S = MAN COVERAGE)
7:40	DEFENSIVE TEAM PERIOD (INSTALL 5-2 DEFENSE & COVER RUN FITS VS MULTIPLE OFFENSIVE FORMATIONS)
8:00	CALL TEAM & PARENTS UP FOR ANNOUNCEMENTS & RE-EMPHASIZE THE WORD OF THE DAY

Pop Warner Practice Plans

Chao Zhang



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