

DAILY PRACTICE PLAN

Date: _____ **Time:** _____ **Practice #** _____

Announcements Made by: _____
Offensive Emphasis: Player introductions, stretching, form running and conditioning
Defensive Emphasis: Player introductions, stretching, form running and conditioning
Special Teams _____
Emphasis: _____

Length	Time	Activity
10 min		Warm up • Three sets of T-I-G-E-R-S jumping jacks • One SLOW lap around field Stretching • Start at head and work down
10 min		Form running • High knees, goose step, shuttle run, shuffles, bear crawls, Army crawls, crab walk, etc.
15 min		Conditioning • Sets 1 - 3
5 min		Water break
15 min		Conditioning • Sets 4 - 6
5 min		Water break
15 min		Conditioning • Sets 7 - 10
5 min		Water break
10 min		Overview of stances • Two, three and four-point stances
10 min		Drill: All - Form tackling (no pads) · Runner – stand erect, hands together behind back, head up. Small jump up, and let tackler lift and carry you. · Tackler - Hit position, 1 foot from runner, Lock, lift, drive for 5, arch back and keep eyes to sky
10 min		Conditioning • End of practice running • Wind sprints, long sprints, etc.

Divide practice into 7 “training blocks”

- Warm-up & Stretching
- Review of New Team Plays and/or Conditioning
- Individual Techniques by Position
- Special Teams
- Group Work
- Game Preparation and Team Drills
- Cool-Down