



PRINT n' GO

FOOTBALL

PRACTICE PLANS

ALL-AROUND SKILL DEVELOPMENT

**19 Skill-Building Drills for
Football Fundamentals**



**Includes 5
Printable Practice
Plans**

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INTRODUCTION

Welcome to Print n' Go Football Practice Plans - All Around Skill Development!

One of the most difficult parts of running a football practice is finding ways to keep the entire team engaged at the same time. Not only that, but with so many different positions, it can be difficult to find drills and setup a practice plan that works on the large variety of skills needed to succeed.

One of the best ways I've found to combat this problem is with something called a station based practice. Instead of running one drill, and having the 3-4 players working, while everyone else on the team watches, we setup 3-4 drill stations concurrently, so that every single player is getting meaningful reps from the beginning of practice to the end. And the better you can practice, the better you can play.

Especially at the youth level, it's beneficial for players to get reps working on the most important skills for all position groups. For one, positions have become so fluid, and coaches see players differently - I might see a player as a defensive end, but another coach later in his career might think he has most potential as a tight end. And when building those fundamentals, you want players to have a strong base so that they can be an impact player no matter where they lineup. Also - a lot of skills have benefits across positions. For example, RBs learning how to tackle is a great way for them to learn how to drive power through the hips and understand a defenders pursuit angles.

One of the other benefits of running a station based practice is that it allows you to use parents and other volunteers much more effectively. You will need to set up the station and explain the drill the first time, but once the players have learned it, parents can be a big help by simply keeping a close eye and reinforcing the fundamentals as the players progress through the drill.

In this eBook you'll find 19 drills and an additional 5 practice plans spanning the entire spectrum of skills and drills you will need to be successful!

Now enough talk - let's get to practice!

LEVELS OF CONTACT

At the top of each page, you will notice one of the 5 icons below. They each designate a different level of contact for that specific drill.

By designating each drill a specific level of contact, coaches are able to plan practices in advance and ensure players spend the right amount of time in pads.

USA Football recommends no more than 30 minutes per practice of full contact, and no more than 90 minutes per week during the season, while during the preseason 120 minutes per week is acceptable.



Air. Intensity: 1

Drill is run unopposed and without contact



Bag. Intensity: 2

Drill is run against a bag or soft-contact surface



Control. Intensity: 3

Drill is run at an assigned speed until the moment of contact with one player as the predetermined winner. Contact is above the waist, and players stay on their feet



Thud. Intensity: 4

Drill is run at competitive speed through the moment of contact. There is no predetermined winner. Contact is above the waist, players stay on their feet, and a quick whistle ends the drill



Live. Intensity: 4

Drill is run in game-like conditions. This is the only time players are taken to the ground.

DYNAMIC WARMUP

Complete each exercise for 2 sets of 10-20 yards



High Knee Run



Buttkicker Run



Frankenstein Walk



Walking Lunge & Twist



Walking Knee Hug



Straight Leg Run

CIRCLE THE TIRE



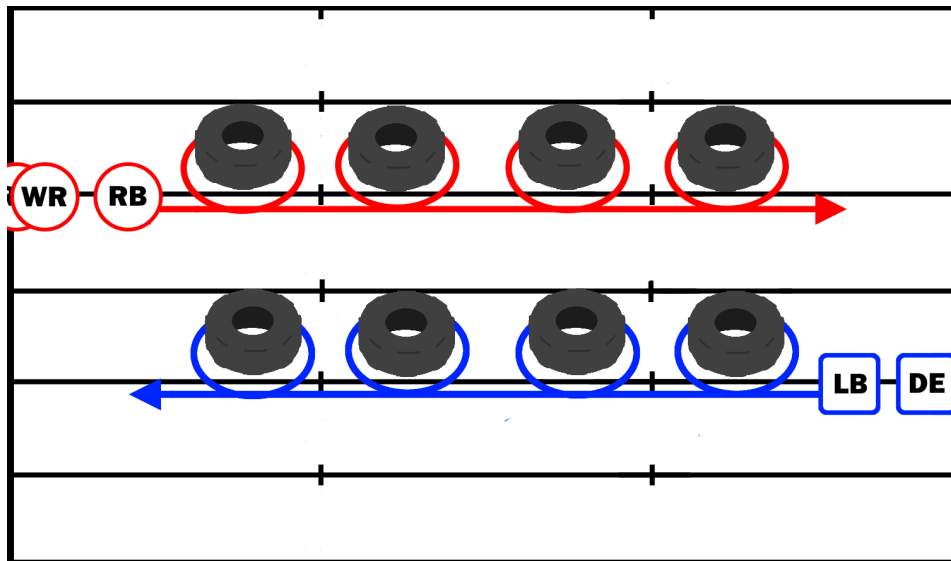
Contact Level

PURPOSE:

To get players loose and teach them how to sink their hips while changing direction.

SETUP:

Place about 4 big tires about 5 yards apart in a line. A hula hoop or ring of cones will do the trick as well. Have the players form a line at one end of the tires.



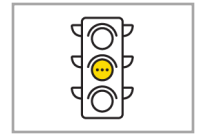
INSTRUCTIONS:

1. The first player in line will begin by sprinting to the first tire to the 2nd, and then reach down with his inside hand to touch the side of the tire as he runs a full circle around that tire.
2. He will then continue forward to the next tire, running his hand alongside it as well as he sprints around.

COACH'S CORNER

- Make sure players aren't letting their feet drift out from underneath them – this will throw off their center of gravity and increase the likelihood of a slip or stumble.
- Players should have a ball in the opposite hand as the one touching the tire as they run.

BALL WRESTLING



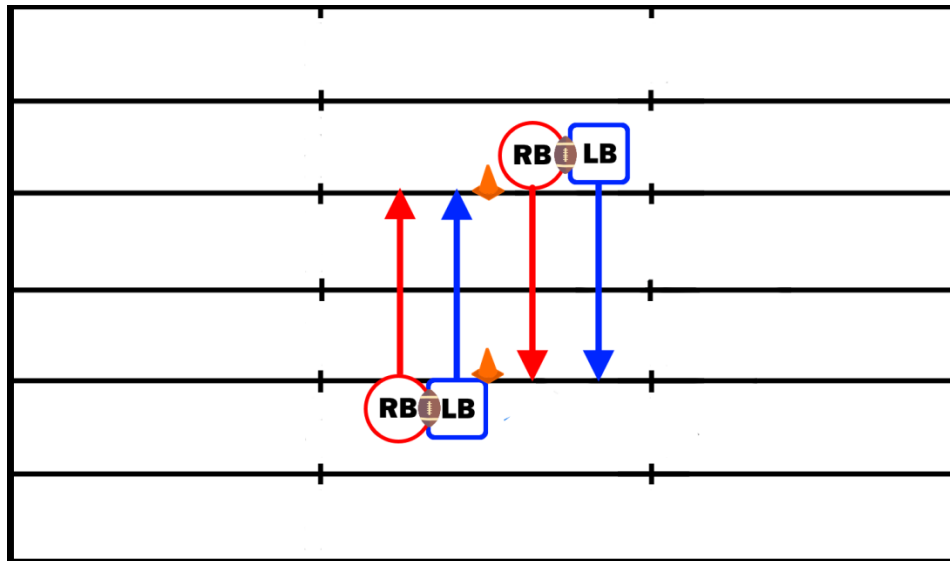
Contact Level

PURPOSE:

To warm players up while also improving their ability to protect the ball while running down field.

SETUP:

Have the players pair off with teammates of similar speed and size. Each pair will need a football. Setup two cones 10 yards apart, and have the players form a line at one cone.



INSTRUCTIONS:

1. On coach's command, ball carrier will pump their legs and run forward toward the cone.
2. Their partner will try to wrestle the ball away from the ball carrier as they head downfield.
3. At the cone the ball carrier and their partner switch roles, coming back down towards the 1st cone doing the same thing.

COACH'S CORNER

- Emphasize that the ball carrier maintain five points of pressure on the ball as they move downfield.
- To add a little extra intensity to the drill, have any player who fumbles do 5 pushups.

CONE DRILL



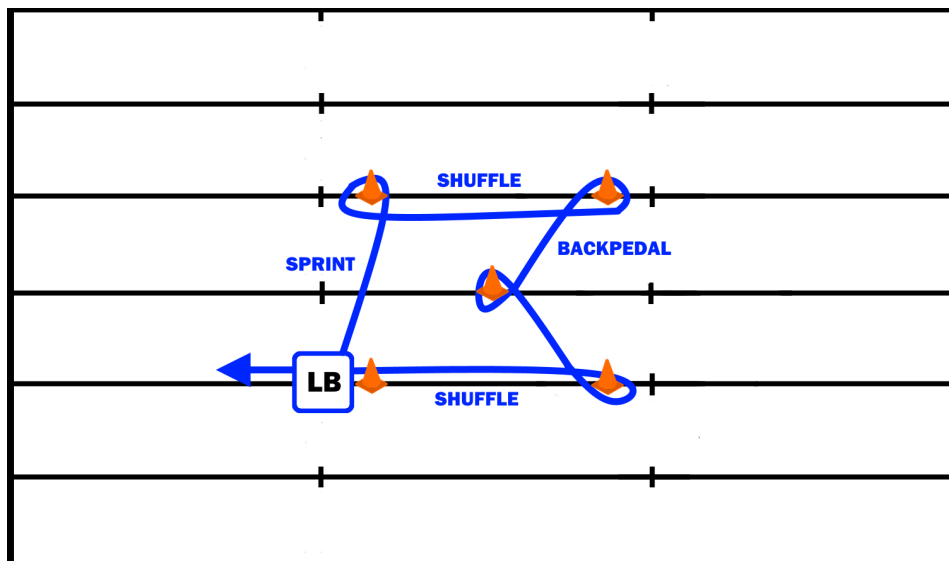
Contact Level

PURPOSE:

To work on conditioning and agility.

SETUP:

Setup 5 cones – 4 forming a square, each 10 yards apart, with the 5th cone in the middle. Players will form at the bottom leftmost cone.



INSTRUCTIONS:

1. On the coach's signal the first player in line will sprint up to and around the first cone.
2. Still facing the same direction, they will now shuffle to the right to the 2nd cone.
3. After going around the 2nd cone, the player will backpedal at an angle towards the cone in the center, loop around, and continue backpedaling to the 5th cone.
4. One more time around that cone, with the player finishing by shuffling left back to the cone they started at.

COACH'S CORNER

- Have a coach or extra player stand in front of the cones with a ball in hand – you want to get players not only agile, but agile and aware of what's going on the field!

BALANCE DRILL



Contact Level

PURPOSE:

To improve balance and coordination.

SETUP:

Have players spread out and each grab a football.

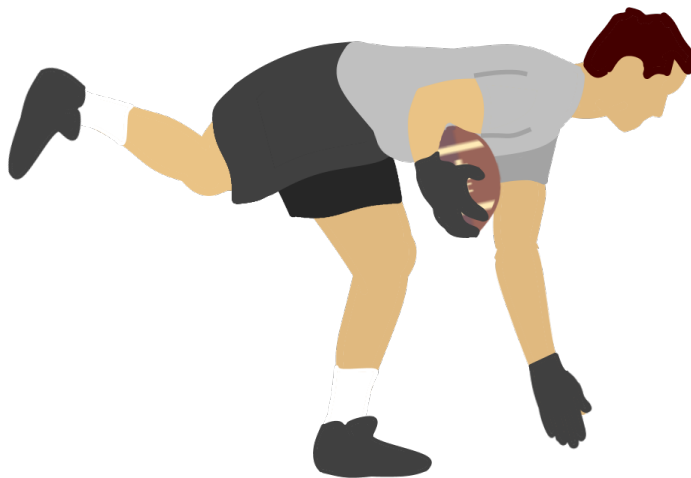


Figure 1: Triangle Drill

INSTRUCTIONS:

1. Each player will begin by balancing on their left foot while holding the ball in their right hand.
2. They will then lean forward, touching the ground with their left hand – as picture in the illustration above.
3. The player will do 5 repetitions, exploding forward 5 yards and making a cut after the 5th rep.
4. The player will then rotate, touching the ground with their right hand now while still balancing on their left foot.

COACH'S CORNER

- Unlike a lot of the drills we'll be showing you, this is NOT a competition. Make sure players are focusing on doing the drill properly, not quickly.



DRILLS

SLED DRILL



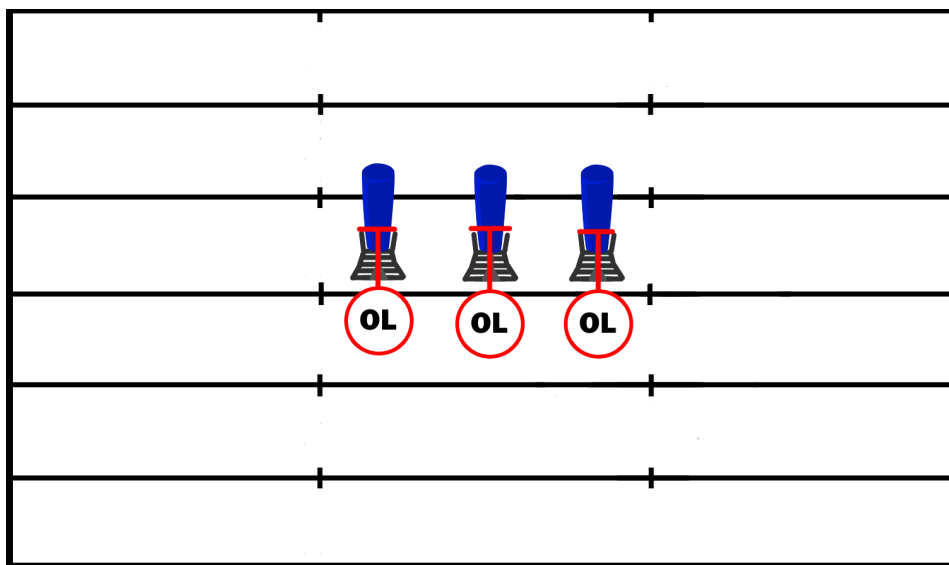
Contact Level

PURPOSE:

To work on power and technique exploding out of the 3 point stance.

SETUP:

Depending on the type of sled you have available to you, you may alter the drill accordingly. The following example has player working on individual one man sleds, but the same concept can work for a sled designed for multiple players.



INSTRUCTIONS:

1. On the coach's signal, the lineman will explode forward, hitting the sled hard with a base block.
2. On the 2nd signal, the player will then explode forward out of their stance 5 yards past the sled, with the next player in line stepping up immediately after and them heading to the back of the line.

COACH'S CORNER

- Keep a close eye on the players stance and the first step out of their stance – they should be short, powerful, controlled steps.

BAD BALL DRILL



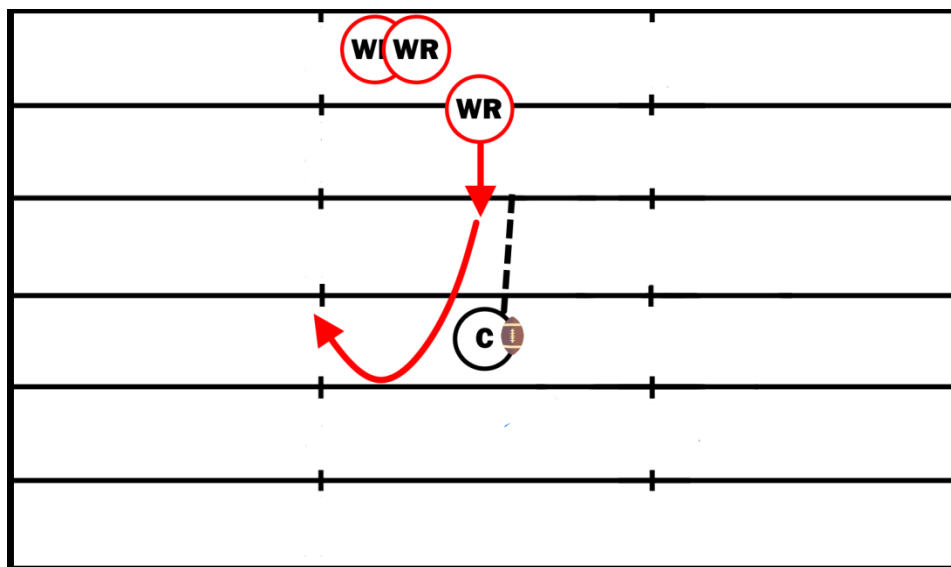
Contact Level

PURPOSE:

To work on a players ability to make difficult catches.

SETUP:

Have the receivers form a single file line, and stand about 15-20 yards in front of it. You'll also need a bunch of footballs.



INSTRUCTIONS:

1. The first player in line will sprint forward, directly toward the coach. The coach will throw a pass at the player – off target.
2. The player will then make the catch, keep running forward to drop the ball back off with the coach and then head to the back of the line.

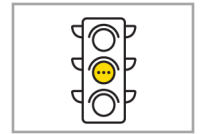
COACH'S CORNER

- Make sure to vary the locations where you're throwing the ball – high, low, left, right, throw them all over!

QB PROTECT DRILL



Intermediate



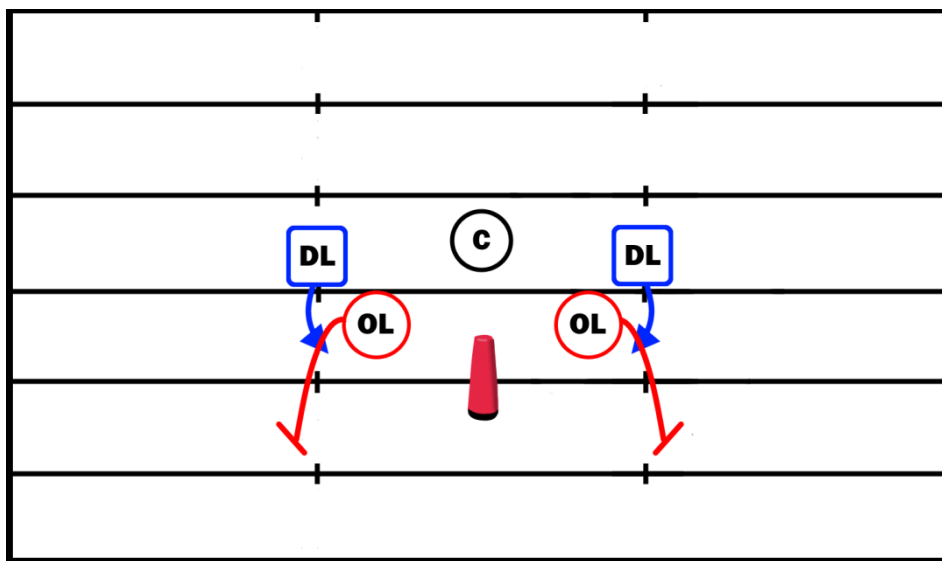
Contact Level

PURPOSE:

To teach offensive linemen how to sustain and finish their blocks on a pass play.

SETUP:

Set up a dummy bag, and have two offensive linemen line up a couple yards in front and off to the side of the bag, roughly where an offensive tackle would line up in relation to their quarterback. You'll also need two defensive linemen, lined up overtop and outside of the linemen.



INSTRUCTIONS:

1. On the coach's signal, the defense will explode off the line, with the offensive linemen kicking out to block them.
2. The blocker must then maintain the block, preventing the defensive lineman from getting to the dummy before the coach's whistle.
3. After each rep, rotate in new offensive and defensive linemen.

COACH'S CORNER

- The offensive lineman needs to focus on maintaining quick feet – the more steps the take, the more control and agility they will have in reacting to the blocker.

STANCE & STARTS



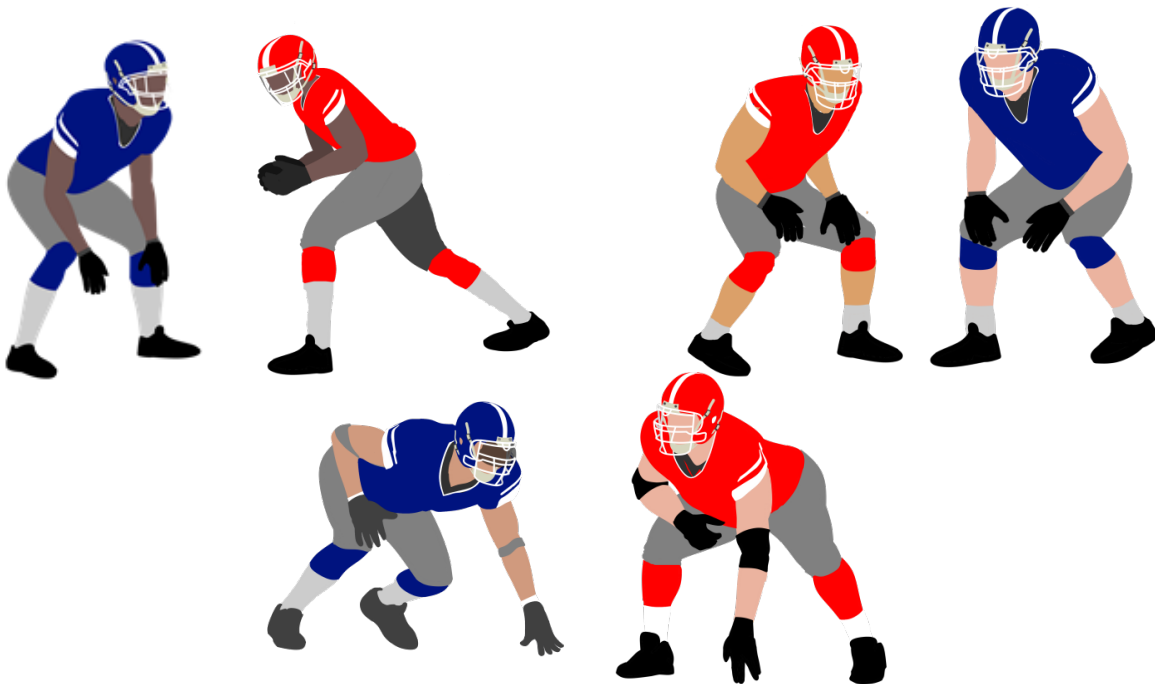
Contact Level

PURPOSE:

To work on players technique, emphasizing proper fundamentals in both their stance and how they come out of it.

SETUP:

Have players pair off with teammates on the opposite end of the ball – WRs with DBs, OL with DL, RBs with LBs. Players will then spread out over the field so that they have enough space to move freely.



INSTRUCTIONS:

1. On the coach's signal, all offensive players will get in their stance. On his second signal, they will all explode out of their stance moving forward.
2. Next, the defense will get into stance on the coach's signal, also exploding out on the coach's signal.

COACH'S CORNER

- Keep a close eye on players stance, and ensure they are balanced both in stance and as they explode out of it.

PUSHUP & CATCH DRILL



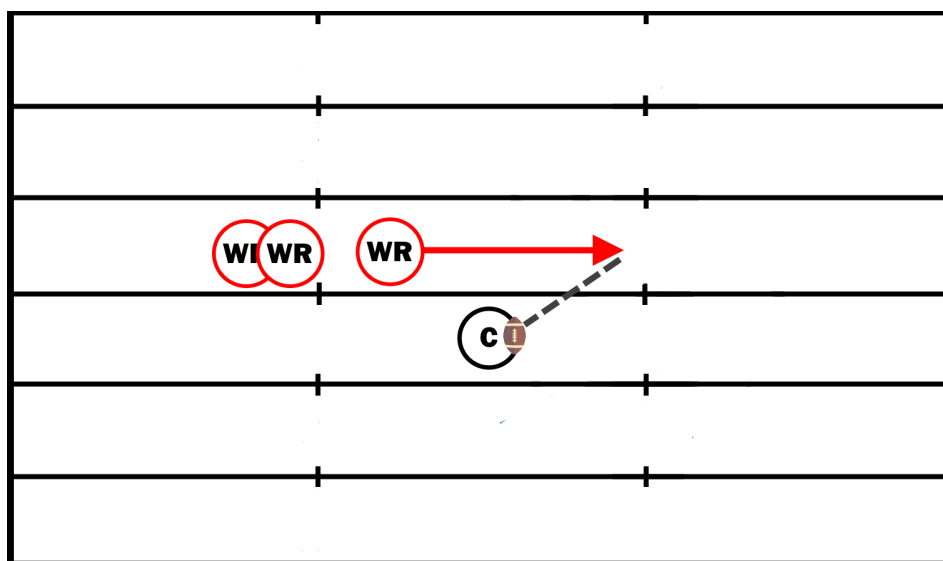
Contact Level

PURPOSE:

To work on concentration and conditioning while catching the ball.

SETUP:

Have the players form a line, single file. The first player in line will stand a couple yards in front, lying face down on the ground. The coach or passer will be 4-5 yards in front of the line, with a football in hand.



INSTRUCTIONS:

1. On the coach's signal, the first player in line will perform a push up to get up onto his feet, then sprint forward.
2. The passer will lead the player with a pass, forcing him to get up, get going, and get the ball very quickly.

COACH'S CORNER

- As players get comfortable with the drill, you can throw the pass earlier and earlier, making it that much more challenging to get up in time to make the catch.

ANGLE TACKLING

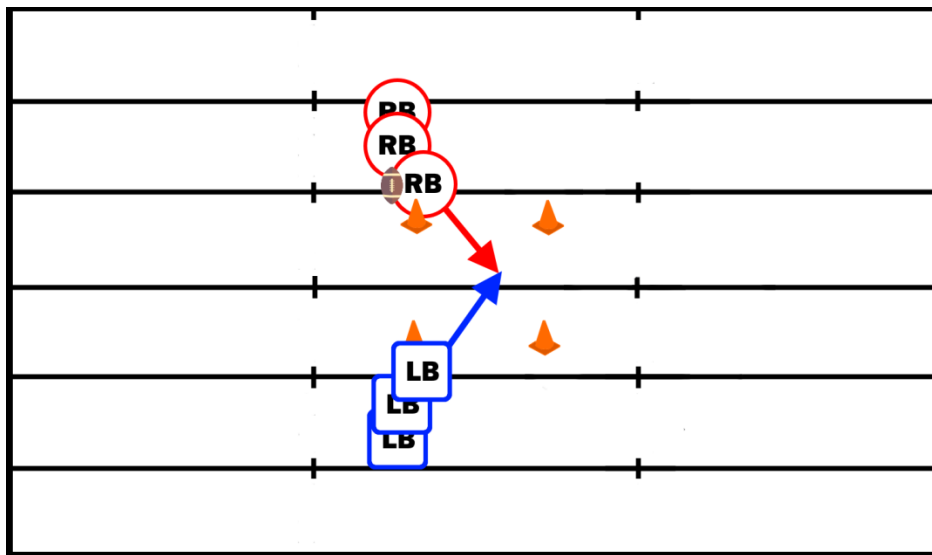


PURPOSE:

To work on pursuit and tackling the ball carrier from an angle.

SETUP:

Set up four cones 5 yards away from each other, forming a square. Ball carriers will form a line at one cone, with defenders lining up on the cone next to them.



INSTRUCTIONS:

1. On the coach's signal, the ball carrier will move forward at a 45 degree angle, headed towards the far cone.
2. The defender will pursue the ball carrier, breaking down and making controlled contact, wrapping him up.

COACH'S CORNER

- Blow a quick whistle – we aren't looking for big hits, or even for the ball carrier to be taken to the ground, this drill 's focus is on pursuit angles and being in the position to make a tackle.
- The defenders should be running to where the ball carrier is going to be – not where he is.
- For a reminder on proper tackling and contact levels, check the full breakdowns at the beginning of the eBook.

PASS RUSH CIRCUIT



Intermediate



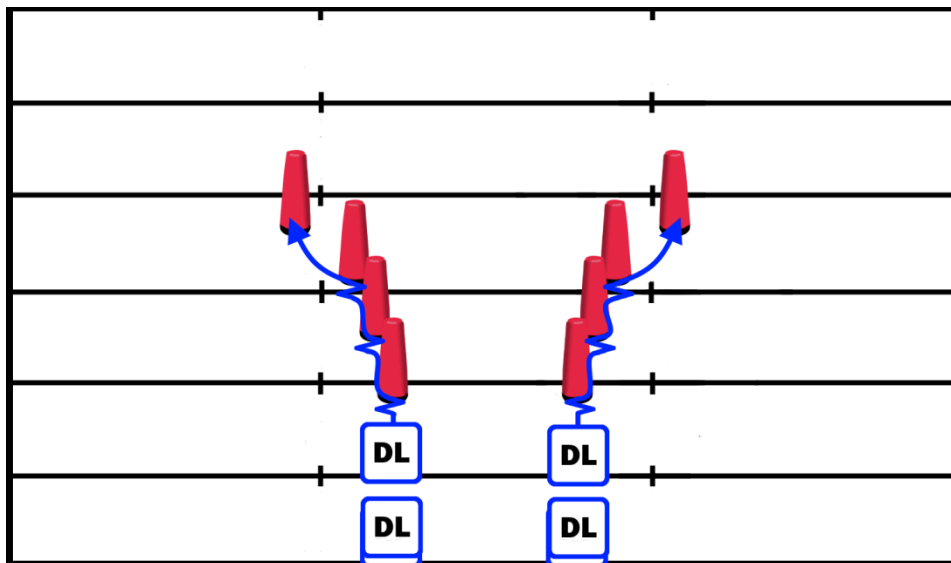
Contact Level

PURPOSE:

To develop a pass rusher's technique on a variety of moves.

SETUP:

You'll need at least 4 dummy bags, but 8 would be ideal. They should all be about 3-4 yards apart, with the last bag being a little farther away, about 5-7 yards. The players will form a line in front of the first dummy bag.



INSTRUCTIONS:

1. On the coach's signal, the first player in line will explode out of a 3 point stance towards the first dummy.
2. On the first bag, the player will perform a rip move.
3. On the 2nd, they will perform a swim move.
4. On the 3rd bag, they will perform a spin move.
5. And on the final bag, they will finish with a tackle.

COACH'S CORNER

- Even if a player's technique isn't perfect on one of the pass rush moves, the important thing is that they stay low, strong, and explosive – not that their swim move looks like a future hall of famer.

PURPOSE:

To teach defensive players how to control the hand fight between them and an offensive lineman.

SETUP:

Have players pair off with teammates of similar size and strength, and stand an arms length away from each other.

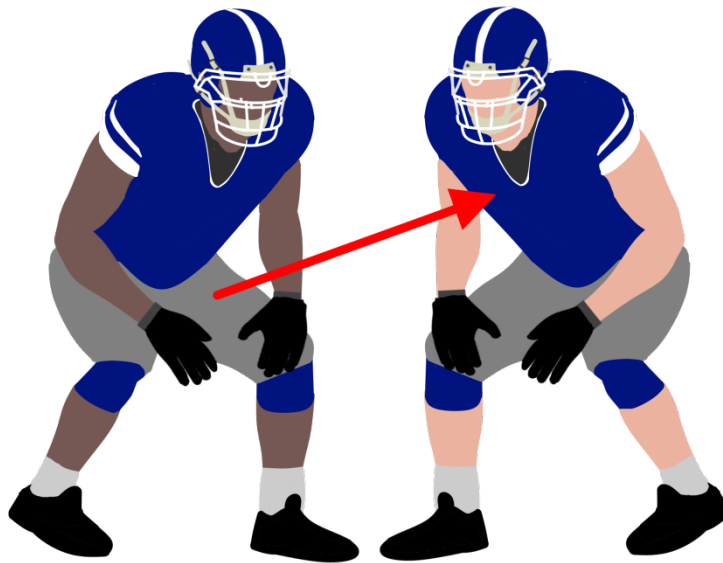


Figure 1: Triangle Drill

INSTRUCTIONS:

1. Designate one player on offense and the other on defense.
2. The offensive player will attempt to strike the defensive player's chest with his hands, and the defensive player will react and use his hands to knock the offensive player's hands away.

COACH'S CORNER

- The main focus here is just on protecting the chest and knocking away the hands, but as players get more advanced, they can begin to work rip moves and swim moves in as well.



GAME PREP

PROPER PURSUIT



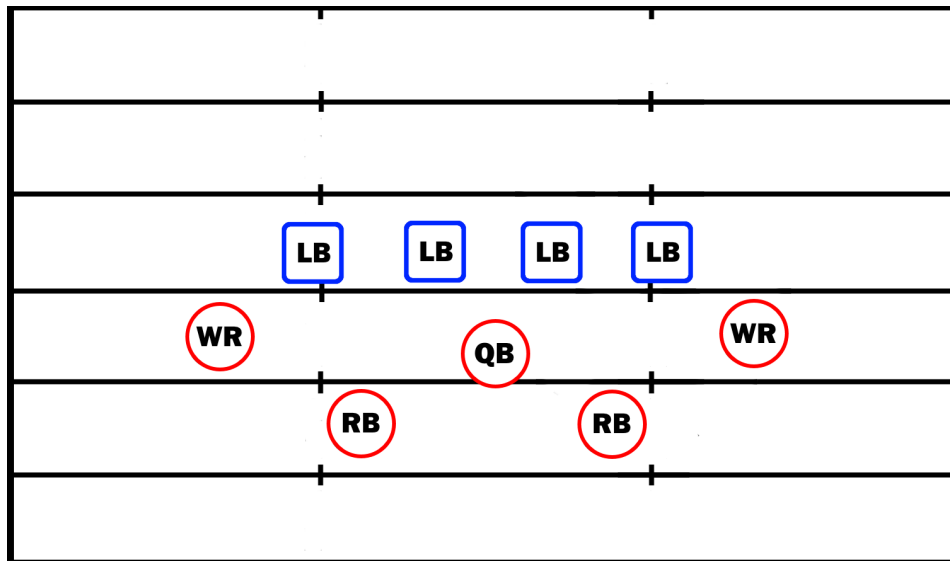
Contact Level

PURPOSE:

To teach and reinforce proper pursuit angles when chasing the ball.

SETUP:

Have five offensive players (a QB, 2 RBs, 2 WRs) and four defensive players line up on the field. The quarterback will start with a ball in hand.



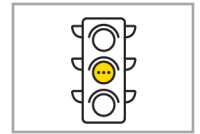
INSTRUCTIONS:

1. Before breaking out onto the field, the coach will give the offense 3 plays it can run – a QB speed option, a short pass to an RB on a swing pass, or a short pass designed for the WRs.
2. Begin by walking through each play, then work up to about 75%, until you can run them at full speed comfortably.
3. As each play develops, the defenders must recognize and converge on the ball, with the play being called dead as soon as the defender touches the offensive player.

COACH'S CORNER

- Feel free to rotate any three plays you like or that fit your offensive scheme more closely – the important part is that they give the defense three varied looks.

2 BALL KICKOFF DRILL



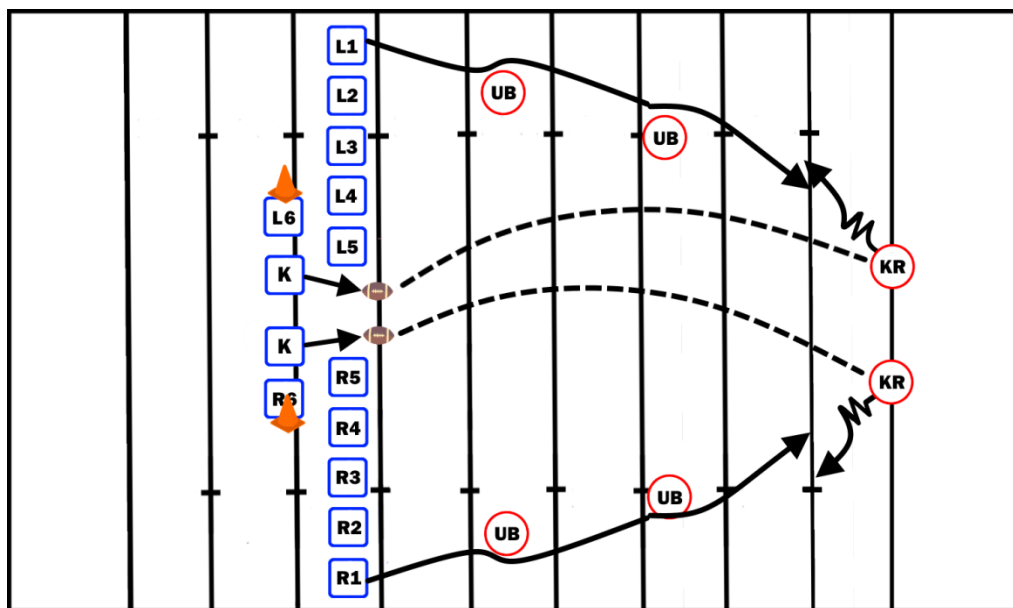
Contact Level

PURPOSE:

To get returners, kickers, and the cover team reps on the kickoff.

SETUP:

Have your team lineup in their regular formation for kickoffs, with the addition of an extra kicker. You'll also need two lines of returners in the end zone. Lastly, setup a pair of blockers 20 yards from the kicking line, and another pair 15 yards downfield after that.



INSTRUCTIONS:

1. On the coach's signal, the first kicker will step forward and kick the ball downfield.
2. The assigned coverage player will take off downfield, avoiding the 1st blocker, shedding the 2nd, and then breaking down as they close in on the returner.
3. Alternate to the other kicker and repeat.

COACH'S CORNER

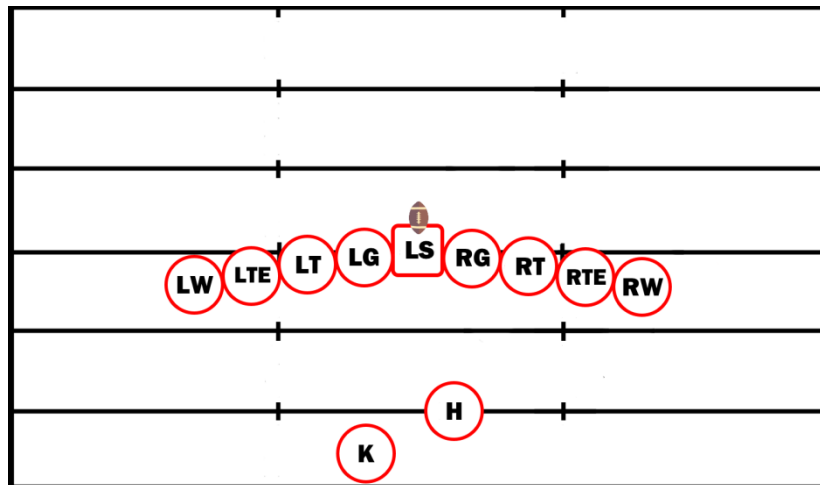
- Begin with the outermost coverage players, but after each rep, send a different kickoff team member downfield.

PURPOSE:

To get players used to getting set quickly and getting off the FG in a hurry-up situation.

SETUP:

Have your entire offense out on the field, and one ball.



INSTRUCTIONS:

1. On the coach's signal, all players except for the flanker (Z) receiver and the QB will stay on the field.
2. The kicker and holder will sprint onto the field, with the rest of the players lining up as follows
 - O-Line – Line up in regular positions on line
 - X Receiver – Lines up next to left tackle (LTE)
 - H-Back - Lines up next to X receiver (LW)
 - F-Back – Lines up next to Y receiver (RW)
 - Y Receiver – Lines up next to right tackle (RW)

COACH'S CORNER

- Once the holder has the ready signal from the kicker, he will let the long snapper know he is ready .
- Blockers should be in tighter splits than normal, and will focus on protecting the inside gap on the snap.

1 V 1 BLOCKING



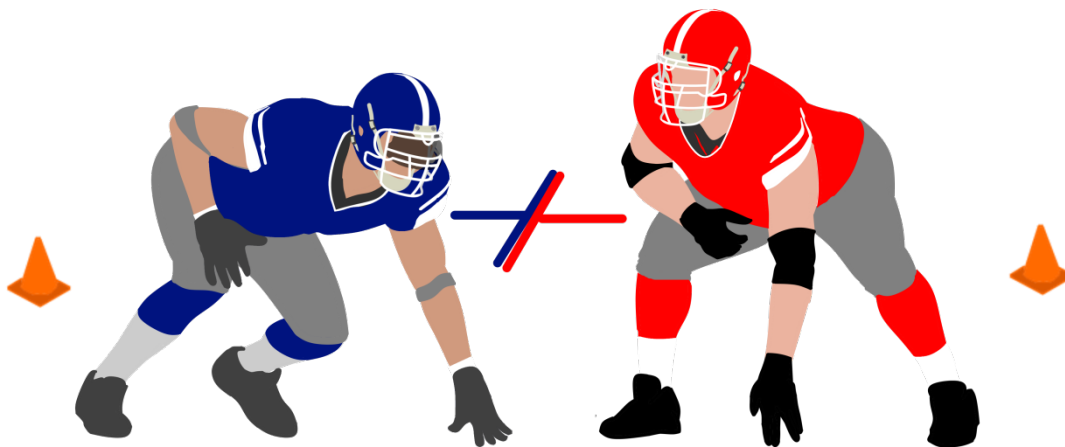
Contact Level

PURPOSE:

To work on blocking technique in a competitive environment.

SETUP:

Set up two cones about 5 yards apart, and have players pair off by size and strength.



INSTRUCTIONS:

1. Have the first pair come inside the cones and line up nose to nose.
2. On the coach's signal, the players will attempt to drive their opponent past their cone.
3. After a couple seconds blow the play dead if there is no winner yet and bring in the next pair.

COACH'S CORNER

- As you progress, you can move players a bit farther apart – at a maximum distance of the players arm length. This is to reduce contact and emphasize the importance of creating leverage through the correct hand and foot placement.
- Change up how long before you blow the whistle – this is a great drill to see which players have that fire in the belly that doesn't let them give up!

1 ON 2 RUNNING



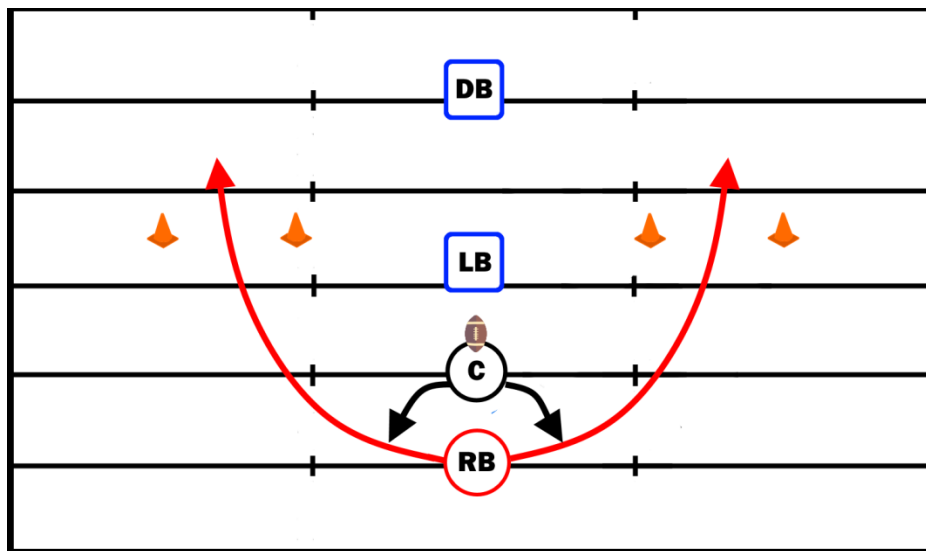
Contact Level

PURPOSE:

To get ball carriers reps in a game situation running play, QBs a chance to work on the QB-RB exchange, and to give defenders reps working on pursuit angles.

SETUP:

Set up 2 pairs of cones about 5 yards apart and 5 yards downfield. You'll also need a defender a couple yards in front of the cones and a couple yards behind. On offense, a QB will stand at the line of scrimmage, with the RB lined up about 3-5 yards behind in stance.



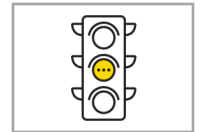
INSTRUCTIONS:

1. The QB will snap the ball to himself, and pivot back to hand the ball off to the RB.
2. The RB will take the ball to the designated side and try to beat both defenders through the cones before they can touch him.

COACH'S CORNER

- Any fumbled QB-RB exchanges is a lap around the field for both parties!

TEAM PLAY REVIEW



Contact Level

PURPOSE:

To teach, run, and perfect your favorite plays.

SETUP:

You will want a full lineup on both sides of the LOS.

PLAY CALLING CHART			
MONEY PLAY 1	MONEY PLAY 2	RUN PLAYS	ZONE
		Power Counter Sweep Dive Option	Cover 2 Cover 3 Cover 4 Cover 6
		SHORT PASS	
		Drive HB Angle Stick Scat	Nickel Blitz Cover 0 Cover 1
		SPECIALS	
		Punt Fake - FB Dive Punt Fake - P Pass	

INSTRUCTIONS:

1. Have the offense huddle up, give your QB the play, and have him call the play to the huddle.
2. The offense will then break to the LOS and run the play.
3. Keep a close eye on all players, and make sure to they are running the play exactly as designed.
4. Bring the offense back to the huddle, and call another play.

COACH'S CORNER

- Alternate working on both offense and defense, with the other side of the ball running at 50% to give their teammates a chance to focus on technique and execution.
- Remember – Quality over Quantity. Its more important to run a few plays very well than a bunch of plays decently.



PRACTICE PLANS

60 MINUTE TRENCH WORK PRACTICE

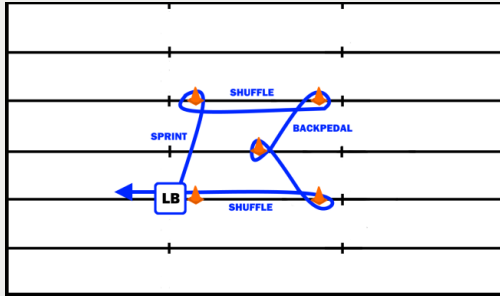
Required: 2 Coaches, Footballs, Cones, Stand Up Dummies

Warmup:

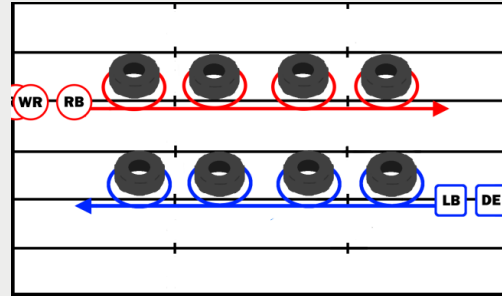
15 Mins (Full Team)

Dynamic Warmup: - 5 mins (High Knees, Butt-kickers, Frankensteins, Lunge & Twist, Knee Hug, Straight Leg Run)

Cone Drill - 5 mins



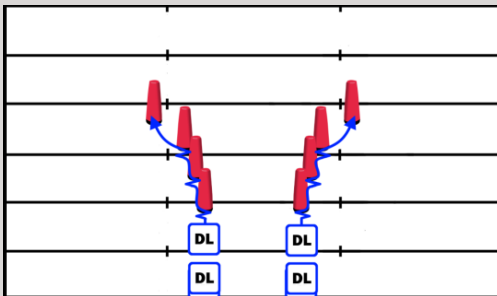
Circle the Tire Drill - 5 mins



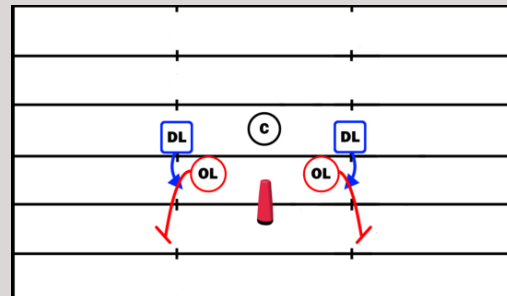
Station Block:

20 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)

Pass Rush Circuit - 10 mins



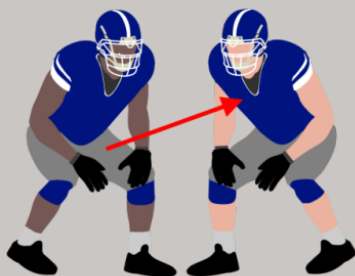
QB Protect Drill - 10 mins



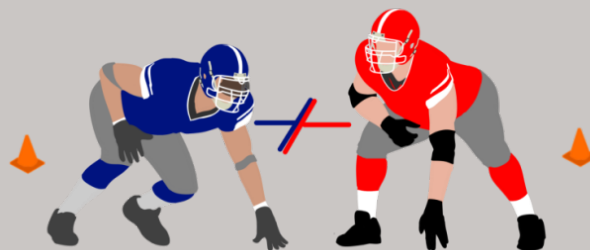
Game Preparation:

20 Mins (Full Team)

Karate - 8 mins



1 v 1 Blocking - 12 mins



60 MINUTE SKILL WORK PRACTICE

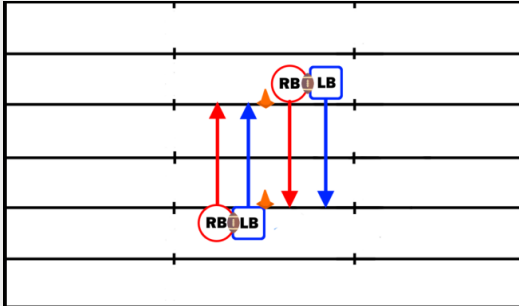
Required: 2 Coaches, Footballs, Cones

Warmup:

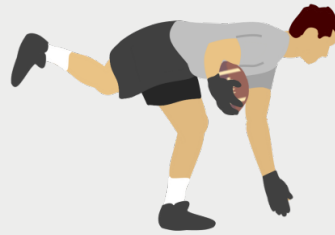
15 Mins (Full Team)

Dynamic Warmup: - 5 mins (High Knees, Butt-kickers, Frankensteins, Lunge & Twist, Knee Hug, Straight Leg Run)

Ball Wrestling - 5 mins



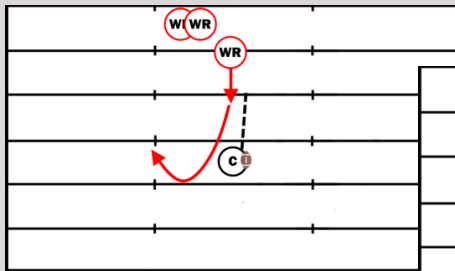
Balance Drill - 5 mins



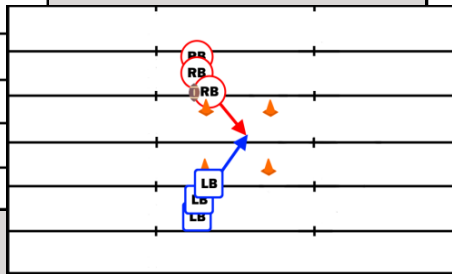
Station Block:

30 Mins (Split Team Into Three Groups and Rotate Through Each Drill For 10 Mins)

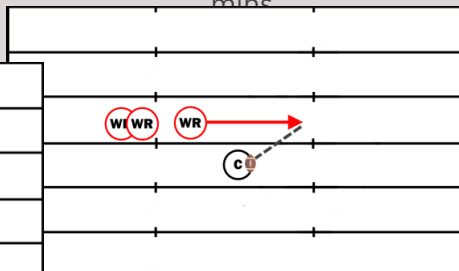
Bad Ball Drill - 10 mins



Angle Tackling - 10 mins

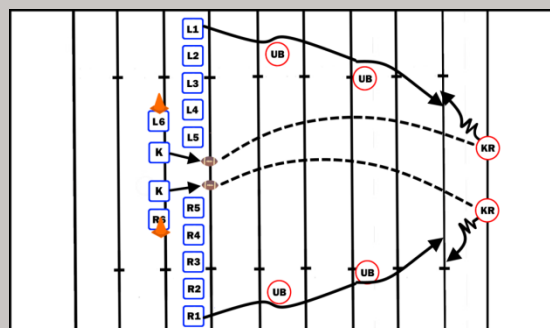


Pushup & Catch Drill - 10 mins



Game Preparation: 10 Mins (Full Team)

2 Ball Kickoff Drill



90 MINUTE ALL AROUND PRACTICE

Required: 2 Coaches, Footballs Cones, Stand Up Dummies, Sleds

Warmup:

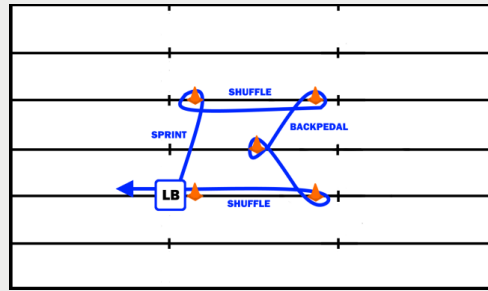
15 Mins (Full Team)

Dynamic Warmup: - 5 mins (High Knees, Butt-kickers, Frankensteins, Lunge & Twist, Knee Hug, Straight Leg Run)

Balance Drill - 5 mins

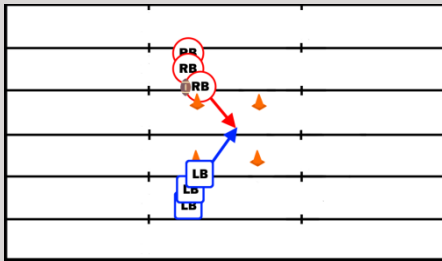


M Drill - 5 mins



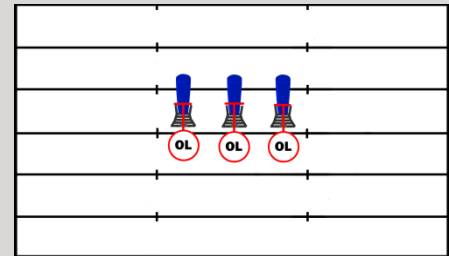
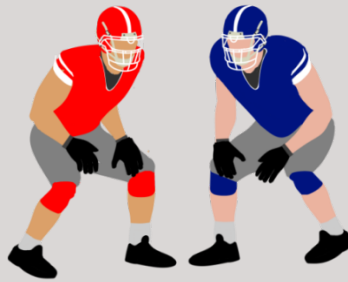
Station Block:

30 Mins (Split Team Into Three Groups and Rotate Through Each Drill For 10 Mins)



Angle Tackling Drill - 10 mins

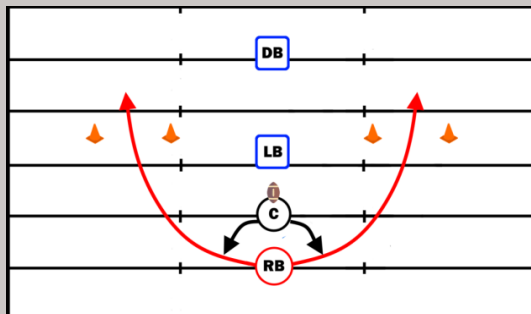
Stance & Starts
- 10 mins



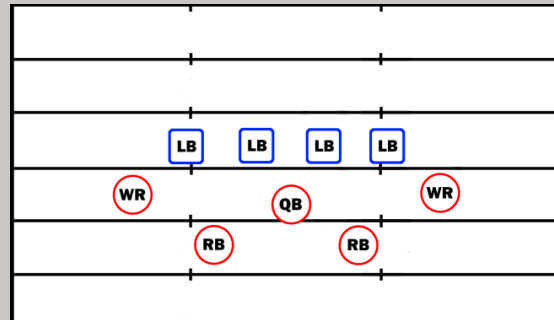
Sled Drills - 10 mins

Game Preparation: 30 Mins (Full Team)

1 on 2 Running - 15 mins



Proper Pursuit - 15 mins



Team Play Review - 10 Mins

Practice your offensive plays at half speed against a dummy defense. Then full speed against a "Control" defense.

90 MINUTE OFFENSE PRACTICE

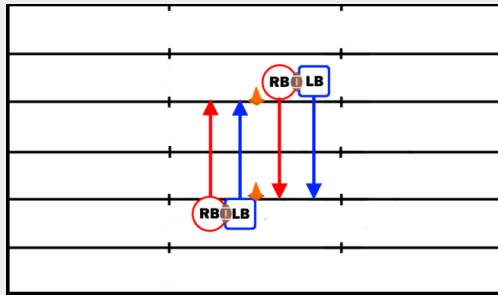
Required: 3 Coaches, Footballs, Cones, Stand Up Dummies

Warmup:

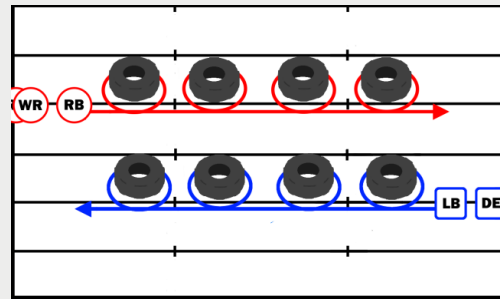
15 Mins (Full Team)

Dynamic Warmup: - 5 mins (High Knees, Butt-kickers, Frankensteins, Lunge & Twist, Knee Hug, Straight Leg Run)

Ball Wrestling - 5 mins

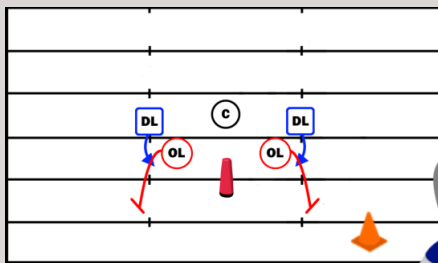


Circle the Tire Drill - 5 mins

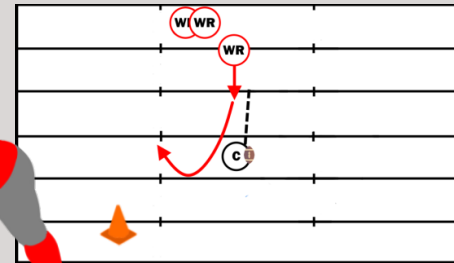
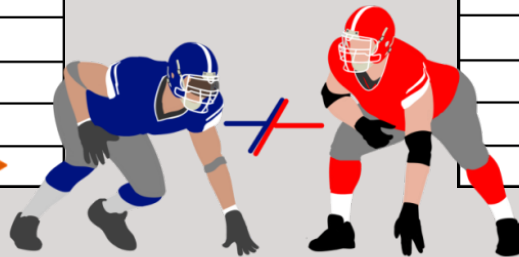


Station Block:

30 Mins (Split Team Into Three Groups and Rotate Through Each Drill For 10 Mins)



1 v 1 Blocking Battle - 10 mins

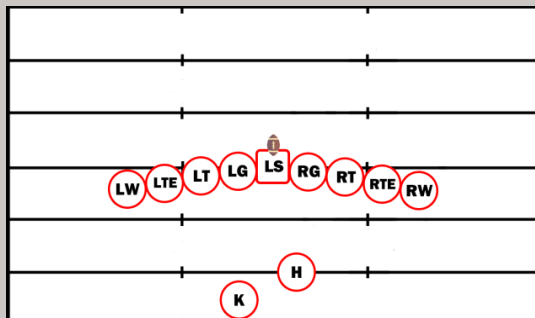


QB Protect Drill - 10 mins

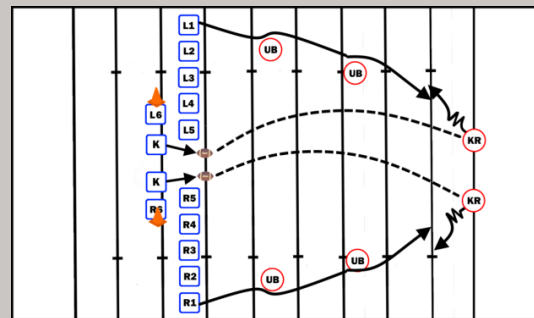
Bad Ball Drill - 10 mins

Game Preparation: 30 Mins (Full Team)

Gamewinner - 15 mins



2 Ball Kickoff Drill - 15 mins



Team Play Review - 20 Mins

Practice your offensive plays at half speed against a dummy defense. Then full speed against a "Control" defense.

120 MINUTE ALL AROUND PRACTICE

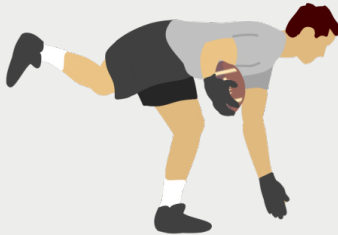
Required: 3 Coaches, Footballs, Cones, Stand Up Dummies

Warmup:

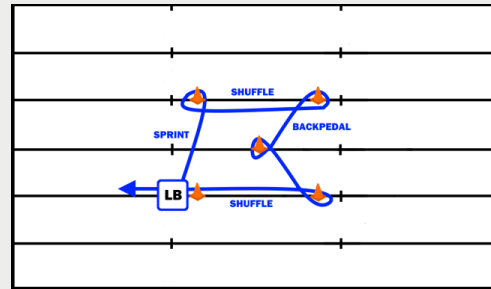
15 Mins (Full Team)

Dynamic Warmup: - 5 mins (High Knees, Buttckickers, Frankensteins, Lunge & Twist, Knee Hug, Straight Leg Run)

Balance Drill - 5 mins



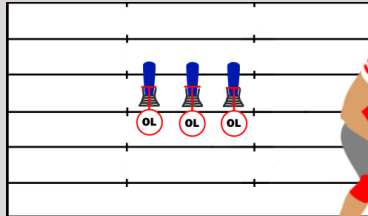
M Drill - 5 mins



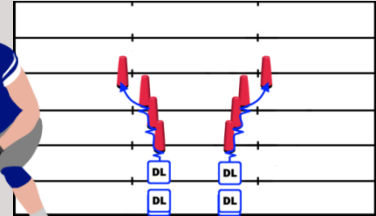
Station Block:

40 Mins (Split Team Into Three Groups and Rotate Through Each Drill For 10 Mins)

Sled Drills - 10 mins



Pass Rush Circuit - 10 mins

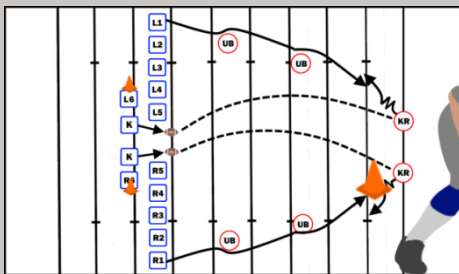


Stance & Starts - 10 mins

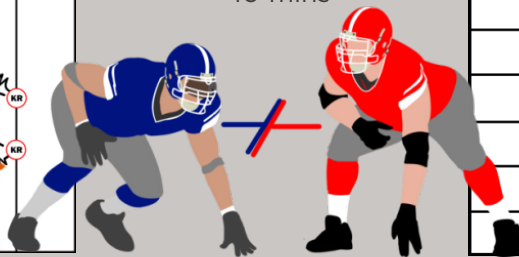
Karate - 10 mins

Game Preparation: 35 Mins (Full Team)

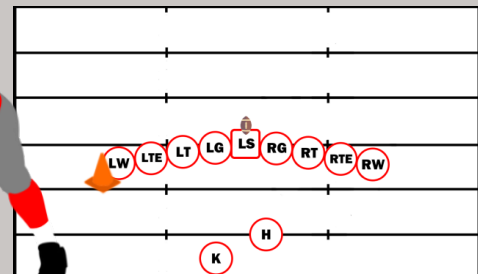
2 Ball Kickoff Drill - 15 mins



1 v 1 Blocking Battle
- 10 mins



Gamewinner - 10 mins



Team Play Review - 20 Mins

Practice your offensive plays at half speed against a dummy defense. Then full speed against a "Control" defense.