Practice Plan

SAMPLE - TEAM NAME | **PRACTICE 1**

START TIME	PERIOD	LENGTH	QB	WR/C	DB	R	NOTES	LOCATION	EQUIPMENT
	TEAM MEETING	10	OVERVIEW PLAN FOR DAY, DRILLS, EXPECTATIONS, RULES FOR SCRIMMAGE				GEAR ON		BELTS, CLEATS ON
	Pre Practice	5	PRE-PRACTICE SNAP/CATCH/THROW		PRE-PRACTICE: STANCE, STARTS, PEDAL/RUSH		SPLIT TIME. TRANSITION TO FIELD WHEN READY		3 FOOTBALLS, 8 CONES
			ACTIVE WARM UP (DOWN & BACK)						
:00	Warm-Up	8					20x10 YD SPACE		
			Individual Period						
:08	1	15					You have 15 mins total to do both		
:23	Break	2	WATER & DRILL SETUP						
			Gadget/Trick plays				Offense vs Defense. Walk through gadget/trick play and explain when/why.		
:25	2	5	Full Team						
			Final Install/review						
:30	3	12	Offense: (4 plays Redzone/Goal Line)			Defense: Redzone/Goal Line	Walk through pace		
:42	Break	2	WATER & DRILL SETUP						
:44	4	15	Full Team Scrimmage						
:59	Break	2	WATER & DRILL SETUP						
			Situational Period						
			7 min: Red Zone						
:61	5	14	7 min: Goal Line				Full team (Offense vs. Defense)		
:75	Break	2	WATER & DRILL SETUP						
:77	6	8	Walk Through				Slow pace walk through to revisit anything from the week that you feel like your team needs clarification with (trick plays, 3rd and long, audible/checks). Make sure everyone is on the same page. More of a mental period for your group before game day.		
:85	7	5	COOL DOWN / LESSON / BREAK DOWN						
:90	End								

NOTES:

Insert your notes here (you may delete this text and type in pre practice or write in during practice). Use this space to add notes for modifications for next practice, key reminders for practice periods, or an order of plays/scenarios you want to hit.

Lastly, your cool down on day 3 will be right after your walk-through which will allow your players to get extra rest time before gameday.