

## Intermediate Practice Plan #2

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and prep for drills
00:25 - 00:35	1.2 Foot fire and drop (all players)	Or introduce new plays
00:35 - 00:45	2.7 10-yard drive (OL) 3.7 Progression drill (QB, WR) 4.4 Cut and switch (RB) 5.6 Hold and tackle (DL, LB, DB)	Drive the attacker 10 yards back Release ball within 3 seconds of drop Transfer ball to the outside arm Stay engaged until runner reaches pylon
00:45 - 00:55	2.8 Pancake drill (OL) 3.8 Cones and cuts (QB, WR, RB) 5.3 D-Line Fight drill (DL) 5.5 Attack the QB (LB) 6.5 Jump timing (DB)	Solid base, arms extended, feet moving Quick fake before making the cut Start flat on stomach w/ head up Use tackling dummy for the QB Watch trajectory to time your jump
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.1 Fire drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.6 Fire out from the 30 (OL & DL) 9.7 Sideline Running (QB, RB, WR vs LB, DB)	Explode off the line Pop the ball carrier (don't tackle)
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.7 Open the hole (offense vs defense) 11.11 First to the QB (defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

Coaches Notes:

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# Football Practice Template

**Xiaolong Qi**

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the name bar.

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