Intermediate Practice Plan #2

Date Used:	Coach:	ream:
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

Solid base, arms extended, feet moving

Players sprint back to coaches location as

Or review special teams plays and substi-

Players sprint back to coaches location as

Quick fake before making the cut

Watch trajectory to time your jump

Pop the ball carrier (don't tackle)

Or practice plays from playbook

Light stretching, warm down

Start flat on stomach w/ head up

Use tackling dummy for the QB

soon as whistle is blown

soon as whistle is blown

Explode off the line

tutions.

2.8 Pancake drill (OL)

5.5 Attack the QB (LB)

6.5 Jump timing (DB)

Water break

LB, DB)

Water break

Cool down

5.3 D-Line Fight drill (DL)

7.1 Fire drill (special teams)

3.8 Cones and cuts (QB, WR, RB)

8.6 Fire out from the 30 (OL & DL)

9.7 Sideline Running (QB, RB, WR vs

11.7 Open the hole (offense vs defense)

11.11 First to the QB (defense)

Coaches Notes:

00:45 - 00:55

00:55 - 01:00

01:00 - 01:10

01:10 - 01:25

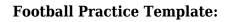
01:25 - 01:30

01:30 - 01:50

01:50 - 02:00

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Xiaolong Qi



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Table of Contents Football Practice Template

- 1. Understanding the eBook Football Practice Template
 - The Rise of Digital Reading Football Practice Template
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Football Practice Template
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Football Practice Template
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Football Practice Template
 - Personalized Recommendations
 - Football Practice Template User Reviews and Ratings
 - Football Practice Template and Bestseller Lists

- 5. Accessing Football Practice Template Free and Paid eBooks
 - Football Practice Template Public Domain eBooks
 - Football Practice Template eBook Subscription Services
 - Football Practice Template Budget-Friendly Options
- 6. Navigating Football Practice Template eBook Formats
 - o ePub, PDF, MOBI, and More
 - Football Practice Template Compatibility with Devices
 - Football Practice Template Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Football Practice Template
 - Highlighting and Note-Taking Football Practice Template
 - Interactive Elements Football Practice Template
- 8. Staying Engaged with Football Practice Template
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - $\circ\,$ Following Authors and Publishers Football Practice Template
- 9. Balancing eBooks and Physical Books Football Practice Template
 - Benefits of a Digital Library
 - \circ Creating a Diverse Reading Collection Football Practice Template
- 10. Overcoming Reading Challenges
 - o Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Football Practice Template
 - Setting Reading Goals Football Practice Template
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Football Practice Template
 - Fact-Checking eBook Content of Football Practice Template
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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