

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)<br>3.7 Progression drill (QB, WR)<br>4.4 Cut and switch (RB)<br>5.6 Hold and tackle (DL, LB, DB)                    | Drive the attacker 10 yards back<br>Release ball within 3 seconds of drop<br>Transfer ball to the outside arm<br>Stay engaged until runner reaches pylon                              |
| 00:45 - 00:55 | 2.8 Pancake drill (OL)<br>3.8 Cones and cuts (QB, WR, RB)<br>5.3 D-Line Fight drill (DL)<br>5.5 Attack the QB (LB)<br>6.5 Jump timing (DB) | Solid base, arms extended, feet moving<br>Quick fake before making the cut<br>Start flat on stomach w/ head up<br>Use tackling dummy for the QB<br>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)<br>9.7 Sideline Running (QB, RB, WR vs LB, DB)  | Explode off the line<br>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)<br>11.11 First to the QB (defense)   | Or practice plays from playbook   |
| 01:50 - 02:00 | Cool down  | Light stretching, warm down   |

Coaches Notes:

# Football Practice Plan

**Albert A Gayle**



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