

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:

High School Football Practice Plan Template

R Pring

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, followed by a red circular shape with a gradient, resembling a stylized arrow or a part of a logo.

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