Outline for an Efficient Practice Session

Period 1
Warm Up – designed to provide a short period to raise the core body temperature of the players and prepare them for practice.

Activities - Feature Dynamic Warm-up activities for entire team.
- High Kicks, Butt Kicks, Cross Over Run
- Four Corner Movement Drill
- Eliminating False Step Drill

Period 2
Teaching Individual Technique – designed to teach all players the basic techniques they will need to execute their assignments in the game.

Activities – Stance and Start for all positions, plus certain position-specific activities.

Offense – Center Snap – Catching & Pass Routes – All quarterback skills – All running back skills.

Defense – All coverage skills – Flag Pulling skills – Rushing the passer.

Period 3
Group Work – designed to allow certain groups to practice independently or the coach can select certain offensive groups to practice against select defensive groups.

Activities – Independent group work can include:
- Offense:
  - Center, QB, RB working on ball handling and handoffs
  - QB, Center, WR working on pass routes
  - Defense working on zone coverage drops

Select work can include:
- Center, QB, WR pass versus one-on-one DB coverage
- Center, QB, WR versus man-to-man coverage
- Center, QB, RB pass and run versus defensive rusher and one-on-one coverage
- Center, QB, RB, 1 WR pass play versus defensive half field zone coverage.

Period 4
Team Work – designed to practice full team offensive plays versus a full team defense.

Activities – The structure of the period should be divided to focus on the offense and then the defense. The offense will run predetermined plays versus a predetermined defense with the focus on the offensive player’s performance. The defense will run predetermined plays versus a predetermined offense with the focus on the defensive player’s performance.

Period 5
Cool Down – designed to provide a short period at the end of practice for the players to cool down through the use of football activities and stretching.

Activities:
- All players run either the offensive or defensive drill.
- Moving offensive team play by play down the field.
- Dropping defensive players into zone coverage, making interception, and returning ball to goal line.
- Full team stretch of big muscle groups with coach reviewing practice session and making any pertinent announcements at this time.

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