

Practice Suggestions

I -introduce skill

D-demonstrate skill

E-explain skill

A-attend to players practicing skill

Practice 1

- Purpose: Get acquainted, learn basic concepts and drills
 - Team meeting introduce coaches, parents and players
 - Set expectations
 - Parental involvement and choose team parents
 - Teach football skills in safe controlled atmosphere
 - Teach competing through sportsmanship
 - Skill Drills start to determine skills (helmets no pads)
 - 20 dash
 - Throwing/receiving drills
 - Quarterback drills
 - Rushing drills
 - Basic Blocking and Tackling Drills

Practice 2

- Purpose : Basic Offensive (helmets and shorts)
 - Teach positions of offense
 - Names of positions (guard, tackle, center)
 - Responsibility of position
 - Holes on the line
 - Skill drills
 - Basic blocking drills

Practice 3

- Purpose: Basic Defensive (helmets shorts)
 - Teach positions on defense
 - Names of positions (guard, tackle, center)
 - Responsibility of position
 - Holes on the line
 - Skill drills
 - Basic tackling skills

Practice 4 (helmets pads shorts no contact)

- Purpose : Begin position training Offense/ Defense
 - Set up offense
 - Walk through plays
 - Basic blocking
 - Set up defensive schemes
 - Walk through plays
 - Basic tackling

Practice 5 (full pads contact allowed)

- Purpose: Introduce limited contact
 - Blocking drills
 - Tackling drills

- Walk through offense
- Walk through defense
- Start working special teams
 - Punt and returns
 - Kick off
 - Kick off returns

Start simple and build each practice.

Be sure to keep children busy.

Make sure they bring water.