

# Practice Plan

Date \_\_\_\_\_ Location \_\_\_\_\_

Purpose to evaluate players' overall playing abilities

Equipment needed \_\_\_\_\_

Activity	Time	Objectives	Notes
<i>Introduction</i>	<i>5 minutes</i>	<ul style="list-style-type: none"> <li>• <i>Introduce players and coaches</i></li> <li>• <i>Outline team rules and expectations</i></li> <li>• <i>Distribute schedules and uniforms</i></li> </ul>	
<i>Warm-up</i>	<i>10 minutes</i>	<ul style="list-style-type: none"> <li>• <i>Jog (to increase body temp for safer stretching)</i></li> <li>• <i>Stretch</i></li> </ul>	
<i>Assessment activities and games</i>	<i>30 minutes</i>	<ul style="list-style-type: none"> <li>• <i>Evaluate speed with 30 or 40 yard dash</i></li> <li>• <i>Have all players throw, kick and punt to assess talent</i></li> <li>• <i>Use small-sided games to assess other skills</i></li> </ul>	<i>Check fundamentals</i>
<i>Scrimmage</i>	<i>10 minutes</i>	<i>Play several 2 v 3 small-sided games with 2 defensive players against 2 linemen and a ball carrier</i>	
<i>Cool-down and review</i>	<i>5 minutes</i>	<ul style="list-style-type: none"> <li>• <i>Discuss observed team strengths and weaknesses</i></li> <li>• <i>Preview focus for the next practice</i></li> </ul>	<i>Remind kids to bring contact info on Tuesday; make sure kids have schedules and uniforms</i>

\*To find games that reinforce the skill or tactic you're teaching, look in chapter 8 of Coaching Youth Football.

## Safety Checklist:

- Have a first aid kit on hand.
- Inspect facilities.
- Match athletes appropriately.
- Provide proper supervision.
- Provide drink break.