

Practice Routine Example

Practice 4/5/2007 6pm-8pm

6-6:05 Talk to Parents. Collect Emergency Contact Forms, Remind all to bring Water bottles and Mouth pieces, Hand out Game and Snack Schedules.

6:05-6:10 Talk to Kids. Pick 2 Practice Captains. Cover kids again on Team Rules about no talking while coach is talking, no rock throwing, no hands on other players, HAVE FUN!

6:10-6:20 Lap & Warm ups, Cherry Pickers, Windmills, Hurdle Stretches, Toe Touches, Jumping Jacks, Run in Place.

WATER BREAK

6:22-6:45 Skills Sessions:

Station 1: QB-Center Snap (QB= Kelsey Center=Garrison and Anthony)

Station 2: Receiving (Chris and Ryan)

Station 3: Defense (Zach, Sean, Peyton)

WATER BREAK

6:47-7:30 Run Offense:

Walk Thru Plays

Explain each individual assignment

Run Plays

WATER BREAK

7:32-7:55 Flag Pulling

7:55-8 Huddle Kids: Applaud Effort, Collect Flags, Ask if any Questions, Pick up Cones, Equip., Trash.