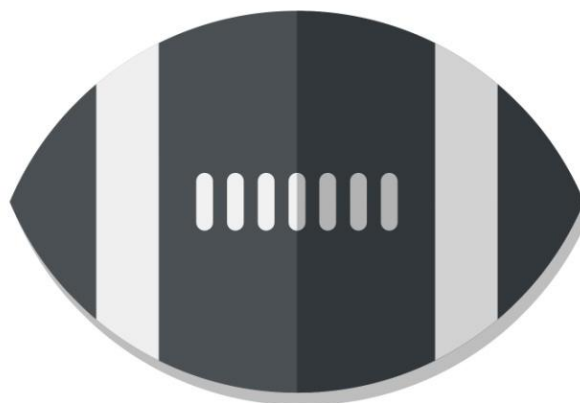




ADVANCED FOOTBALL PRACTICE PLANS

10

**PRE-DESIGNED PLANS
FOR TEAMS AGE 15+**

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Advanced Practice Plan #1

Time	Drill	Positions	Reference	Page	Coaching Tips
00:00 - 00:10	General Warmup	ALL			Begin at ½ speed then increase
00:10 – 00:15	Team Stretch	ALL			Coach or captain can lead
00:15 – 00:25	Dynamic Warmup	ALL			Skips, Lunges, High Knees, Backpedal, Carioca
00:25 – 00:35	Foot Fire & Drop Drill	ALL	Conditioning	6	Or introduce new plays
00:35 – 00:45	All Blocks Drill	OL	Blocking	7	Head up, solid base
	Passing Tree Drill	QB, WR, RB	Passing Game	12	Focus on crisp routes & accuracy
	Bull Rush Drill	DL	Pass Rush	6	Keep feet moving with quick steps
	Square Drill	LB, DB	Pass Defense	8	Pay attention to form when tired
00:45 – 00:55	Bear Crawl Block Drill	OL	Blocking	38	Begin at ½ speed, then increase
	Pocket Pressure Drill	QB, WR	Passing Game	24	Use dummies to start, then real def.
	Goal Line Drill	RB	Running Game	14	Tuck the ball & fight through traffic
	Shed the Blocker Drill	LB, DL, DB	Tackling & Pursuit	23	Heel shiver with both hands
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Contain Drill	Special Teams	Special Teams	6	Or review special teams plays & substitutions
01:10 – 01:25	Protect the Flag Drill	OL, DL	Blocking	27	Run it competitively & keep score
	Blitz Pickup Drill	RB, LB	Blocking	34	Increase difficulty by adding 2 nd LB
	Between the Cones Drill	QB, RB, WR, DB	Pass Defense	19	Focus on accuracy & timing
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Stunt Men	Defense	Pass Rush	9	Or practice plays from playbook
	Half Skeleton	Offense	Passing Game	8	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Advanced Practice Plan #2

Time	Drill	Positions	Reference	Page	Coaching Tips
00:00 - 00:10	General Warmup	ALL			Begin at ½ speed then increase
00:10 – 00:15	Team Stretch	ALL			Coach or captain can lead
00:15 – 00:25	Dynamic Warmup	ALL			Skips, Lunges, High Knees, Backpedal, Carioca
00:25 – 00:35	Punch Strength Drill	OL	Blocking	15	Start with 5 lb weights, then move up Maintain focus as receivers get tired Avoid getting locked up & tangled Keep feet moving with choppy steps
	Continuous Pattern Drill	QB, WR, RB	Passing Game	25	
	D-Line Chop Drill	DL	Pass Rush	13	
	Get Some Get Up Drill	DB, LB	Tackling & Pursuit	13	
00:35 – 00:45	Block, Release, Tackle	OL, LB, DL	Tackling & Pursuit	12	Focus on technique, run at ½ speed LB wants to turn the play back inside Screen out the DB without holding
	Outside Shoulder Drill	RB, LB	Tackling & Pursuit	18	
	Wide-out Stock Block	DB, WR, RB	Blocking	16	
00:45 – 00:55	Against the Blocks Drill	OL, DL, LB	Tackling & Pursuit	14	DL/LB: Go against flow of block Keep hands up, fingers outstretched
	Tip Drill	QB, RB, WR, DB	Pass Defense	22	
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Hat on Dummy Drill	OL, DL, LB	Blocking	37	OL learns to read blitzes & stunts No contact until the jump ball
	Progression With Def.	QB, WR, RB, DB	Pass Defense	20	
01:10 – 01:25	Block the Backer Drill	OL, LB	Blocking	35	OL focus on getting into position Watch fundamentals on both sides Make it competitive, keep score
	Pit Drill	RB, DL	Tackling & Pursuit	21	
	2 Receivers, 2 Defenders	QB, WR, DB	Passing Game	30	
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Blitz Read Drill	Offense/Defense	Blocking	32	Or practice plays from playbook
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Advanced Practice Plan #3

Time	Drill	Positions	Reference	Page	Coaching Tips
00:00 - 00:10	General Warmup	ALL			Begin at ½ speed then increase
00:10 – 00:15	Team Stretch	ALL			Coach or captain can lead
00:15 – 00:25	Dynamic Warmup	ALL			Skips, Lunges, High Knees, Backpedal, Carioca
00:25 – 00:35	Zig Zag Agility Drill	ALL	Conditioning	7	Or introduce new plays
00:35 – 00:45	Pancake Drill	OL	Blocking	13	Keep arms extended, but in tight Lengthen throws to add difficulty Focus on quick, hard burst Secondary must talk to each other
	Raise Hand Recog. Drill	QB, RB, WR	Passing Game	28	
	Dummy Drag Drill	DL	Conditioning	12	
	Zone Recognition Drill	LB, DB	Pass Defense	15	
00:45 – 00:55	Off the Snap Drill	OL, DL	Blocking	25	Penalize OL for moving early RB keeps head up to make block DB watches the QB's shoulders
	See the Blitz Drill	RB, LB	Running Game	17	
	Double Move Defend	DB, WR, QB	Pass Defense	21	
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Wedge Drill	Special Teams	Special Teams	8	Or review special teams plays & substitutions
01:10 – 01:25	Double Team Fight Off	DL, LB, OL	Tackling & Pursuit	15	Use swim & rip moves to beat it Concentrate on ball trajectory
	High-Low Passing Drill	QB, RB, WR, DB	Passing Game	31	
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Blitz the QB Drill	Offense/defense	Pass Rush	14	Or practice plays from playbook
	Wide-out Blocks	WR	Blocking	39	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Advanced Practice Plan #4

Time	Drill	Positions	Reference	Page	Coaching Tips
00:00 - 00:15	Warmup & Team Stretch	ALL			Begin at ½ speed then increase
00:15 – 00:25	Dynamic Warmup	ALL			Skips, Lunges, High Knees, Backpedal, Carioca
00:25 – 00:35	Ball Fight Drill	ALL	Conditioning	8	Or introduce new plays
00:35 – 00:45	Drive Block Drill	OL	Blocking	14	Butt down, neck bowed
	Catch Pyramid Drill	QB, RB	Passing Game	29	Complete 20 catches w/out a drop
	Cut Back Drill	RB	Running Game	15	Quick & decisive cut
	Target Blitz Drill	LB	Pass Rush	12	No hesitation after whistle blows
	D-Line Chop Drill	DL	Pass Rush	13	Use hands to chop away arm shields
	Square Drill	DB	Pass Defense	8	Shoulders stay parallel to LOS
00:45 – 00:55	Wide Board Blocking	OL, DL	Blocking	31	Maintain wide base when blocking
	Lead Block Drill	RB, LB	Blocking	36	RB reads & reacts to FB's block
	Mirror Drill	QB, WR, DB	Pass Defense	12	DB follows WR's movements exactly
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Half Side Drill	OL, QB, RB, DL, LB	Running Game	22	Or review special teams plays & substitutions
	Drop Zone Drill	DB, WR	Pass Defense	18	
01:10 – 01:25	Zone Discipline Drill	QB, WR, DB, LB	Pass Defense	16	Stay in zone as long as possible
	Stunt & Read Drill	OL, DL	Blocking	28	OL communicates & pickup
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	String It Out Drill	Offense/Defense	Tackling & Pursuit	22	Or practice plays from playbook
	Read & Recognize Drill	Offense/Defense	Passing Game	32	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Advanced Practice Plan #5

Time	Drill	Positions	Reference	Page	Coaching Tips
00:00 - 00:10	General Warmup	ALL			Begin at ½ speed then increase
00:10 – 00:15	Team Stretch	ALL			Coach or captain can lead
00:15 – 00:25	Dynamic Warmup	ALL			Skips, Lunges, High Knees, Backpedal, Carioca
00:25 – 00:35	10-Yard Drive Drill	OL	Blocking	12	Or introduce new plays
	Receiver Crack Block Drill	WR	Blocking	33	
	Cut Back Drill	QB, RB	Running Game	15	
00:35 – 00:45	Hold the Ball Drill	QB, RB, WR	Running Game	12	5 straight pops before ending Allow QB time to get pass off Start with dummies, then add blockers
	Inside & Out Drill	OL, DL	Blocking	29	
	Shed the Blocker Drill	LB, DB	Tackling & Pursuit	23	
00:45 – 00:55	Engage, Drop, Tackle Progression With Def.	DL, OL, RB	Tackling & Pursuit	25	Make contact as quickly as possible Pass within 3 seconds of drop
		QB, WR, LB, DB	Pass Defense	20	
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Quick Stunt Drill	DL, OL	Pass Rush	15	Or review special teams plays & substitutions
	High-Low Passing	QB, WR, RB, DB	Passing Game	31	
01:10 – 01:25	Push of War Drill	OL, DL	Blocking	30	Bull rush vs pancake block Keep score & make it competitive DB distracts, but doesn't deflect
	Pit Drill	LB, RB	Running Game	21	
	Between the Cones Drill	QB, WR, DB	Pass Defense	19	
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Half Side Drill	Offense/Defense	Running Game	22	Or practice plays from playbook
	Blitz Read Drill	Offense/Defense	Blocking	32	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Advanced Practice Plan #6

Time	Drill	Positions	Reference	Page	Coaching Tips
00:00 - 00:10	General Warmup	ALL			Begin at ½ speed then increase
00:10 – 00:15	Team Stretch	ALL			Coach or captain can lead
00:15 – 00:25	Dynamic Warmup	ALL			Skips, Lunges, High Knees, Backpedal, Carioca
00:25 – 00:35	Zig Zag Agility Drill	ALL	Conditioning	7	Or introduce new plays
00:35 – 00:45	Pancake Drill	OL	Blocking	13	Keep arms extended, but in tight Lengthen throws to add difficulty Focus on quick, hard bursts Secondary must talk to each other
	Raise Hand Recog. Drill	QB, RB, WR	Passing Game	28	
	Dummy Drag Drill	DL	Conditioning	12	
	Zone Recognition	LB, DB	Pass Defense	15	
00:45 – 00:55	Wide Board Blocking Drill	OL, DL	Blocking	31	Maintain wide base when blocking RB reads & reacts to FB's block DB follows WR's movements exactly
	Lead Block Drill	RB, LB	Blocking	36	
	Mirror Drill	QB, WR, DB	Pass Defense	12	
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Contain Drill	Special Teams	Special Teams	6	Or review special teams plays & substitutions
01:10 – 01:25	Hat on Dummy Drill	OL, DL, LB	Blocking	37	OL learns to read blitzes & stunts No contact until the jump ball
	Progression With Def.	QB, WR, RB, DB	Pass Defense	20	
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	String It Out Drill	Offense/Defense	Tackling & Pursuit	22	Or practice plays from playbook
	Read & Recognize Drill	Offense/Defense	Passing Game	32	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Advanced Practice Plan #7

Time	Drill	Positions	Reference	Page	Coaching Tips
00:00 - 00:10	General Warmup	ALL			Begin at ½ speed then increase
00:10 – 00:15	Team Stretch	ALL			Coach or captain can lead
00:15 – 00:25	Dynamic Warmup	ALL			Skips, Lunges, High Knees, Backpedal, Carioca
00:25 – 00:35	Foot Fire & Drop Drill	ALL	Conditioning	6	Or introduce new plays
00:35 – 00:45	All Blocks Drill	OL	Blocking	7	Head up, solid base
	Passing Tree Drill	QB, RB, WR	Passing Game	12	Focus on crisp routes & accuracy
	Bull Rush Drill	DL	Pass Rush	6	Keep feet moving with quick steps
	Square Drill	LB, DB	Pass Defense	8	Pay attention to form when tired
00:45 – 00:55	Wide Board Blocking	OL, DL	Blocking	31	Maintain wide base when blocking
	Lead Block Drill	RB, LB	Blocking	36	RB reads & reacts to FB's block
	Mirror Drill	QB, WR, DB	Pass Defense	12	DB follows WR's movements exactly
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Punt Cover Drill	Special Teams	Special Teams	9	Or review special teams plays & substitutions
01:10 – 01:25	Protect the Flag Drill	OL, DL	Blocking	27	Run it competitively & keep score
	Blitz Pickup Drill	RB, LB	Blocking	34	Increase difficulty by adding 2 nd LB
	Between the Cones Drill	QB, RB, WR, DB	Passing Defense	19	Focus on accuracy & timing
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Zone Discipline Drill	QB, WR, DB, LB	Pass Defense	16	Stay in zone as long as possible
	Stunt & Read Drill	OL, DL	Blocking	28	OL communicate & pickup
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Advanced Practice Plan #8

Time	Drill	Positions	Reference	Page	Coaching Tips
00:00 - 00:10	General Warmup	ALL			Begin at ½ speed then increase
00:10 – 00:15	Team Stretch	ALL			Coach or captain can lead
00:15 – 00:25	Dynamic Warmup	ALL			Skips, Lunges, High Knees, Backpedal, Carioca
00:25 – 00:35	Ball Fight Drill	ALL	Conditioning	8	Or introduce new plays
00:35 – 00:45	Engage, Drop, Tackle Drill	DL, OL, RB	Tackling & Pursuit	25	Make contact as quickly as possible
	Progression With Def.	QB, WR, LB, DB	Pass Defense	20	Pass within 3 seconds of drop
	Drive Block Drill	OL	Blocking	14	Butt down, neck bowed
	Catch Pyramid Drill	QB, RB	Passing Game	29	Complete 20 catches w/out drop
	Cut Back Drill	RB	Running Game	15	Quick & decisive cut
	Target Blitz Drill	LB	Pass Rush	12	No hesitation after whistle blows
	D-Line Chop Drill	DL	Pass Rush	13	Use hands to chop away arm shields
00:45 – 00:55	Square Drill	DB	Pass Defense	8	Shoulders stay parallel to LOS
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Breakdown Kick Cover	Special Teams	Special Teams	7	Or review special teams plays & substitutions
01:10 – 01:25	Push of War Drill	OL, DL	Blocking	30	Bull rush vs pancake block
	Pit Drill	LB, RB	Running Game	21	Keep score & make it competitive
	Between the Cones Drill	QB, WR, DB	Pass Defense	19	DB distracts, but doesn't deflect
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Half Side Drill	Offense/Defense	Running Game	22	Or practice plays from playbook
	Blitz Read Drill	Offense/Defense	Blocking	32	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Advanced Practice Plan #9

Time	Drill	Positions	Reference	Page	Coaching Tips
00:00 - 00:15	Warmup & Team Stretch	ALL			Begin at ½ speed then increase
00:15 – 00:25	Dynamic Warmup	ALL			Skips, Lunges, High Knees, Backpedal, Carioca
00:25 – 00:35	10-Yard Drive Drill	OL	Blocking	12	Or introduce new plays
	Receiver Crack Block Drill	WR	Blocking	33	
	Cut Back Drill	QB, RB	Running Game	15	
00:35 – 00:45	Punch Strength Drill	OL	Blocking	15	Start with 5 lb, then move up Maintain focus as receivers get tired Avoid getting locked up & tangled Keep feet moving with choppy steps
	Continuous Pattern Drill	QB, WR, RB	Passing Game	25	
	D-Line Chop Drill	DL	Pass Rush	13	
	Get Some Get Up Drill	DB, LB	Tackling & Pursuit	13	
00:45 – 00:55	Half Side Drill	OL, QB, RB, DL, LB	Running Game	22	Or review special teams plays
	Drop Zone Drill	DB, WR	Pass Defense	18	
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Block, Release, Tackle Drill	OL, LB, DL	Tackling & Pursuit	12	Focus on technique, run at ½ speed LB wants to turn the play back inside Screen out the DB without holding
	Outside Shoulder Drill	RB, LB	Tackling & Pursuit	18	
	Wide-out Stock Block	DB, WR, RB	Blocking	16	
01:10 – 01:25	Hold the Ball Drill	QB, RB, WR	Running Game	12	5 straight pops before ending Allow QB time to get pass off Start with dummies, then add blockers
	Inside & Out Drill	OL, DL	Blocking	29	
	Shed the Blocker Drill	LB, DB	Tackling & Pursuit	23	
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Blitz the QB	Offense/Defense	Pass Rush	14	Or practice plays from playbook
	Wide-out Block Drill	WR	Blocking	39	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Advanced Practice Plan #10

Time	Drill	Positions	Reference	Page	Coaching Tips
00:00 - 00:10	General Warmup	ALL			Begin at ½ speed then increase
00:10 – 00:15	Team Stretch	ALL			Coach or captain can lead
00:15 – 00:25	Dynamic Warmup	ALL			Skips, Lunges, High Knees, Backpedal, Carioca
00:25 – 00:35	Bear Crawl Block Drill	OL	Blocking	38	Begin at ½ speed, then increase
	Pocket Pressure Drill	QB, WR	Passing Game	24	Use dummies to start, then real def.
	Goal Line Drill	RB	Running Game	14	Tuck the ball and fight through traffic
	Shed the Blocker Drill	LB, DL, DB	Tackling & Pursuit	23	Heel shiver with both hands
00:35 – 00:45	Against the Blocks Drill	OL, DL, LB	Tackling & Pursuit	14	DL/LB: Go against flow of block
	Tip Drill	QB, RB, WR, DB	Pass Defense	22	Keep hands up & fingers outstretched
00:45 – 00:55	Off the Snap Drill	OL, DL	Blocking	25	Penalize OL for moving early
	See the Blitz Drill	RB, LB	Running Game	17	RB keeps head up to make block
	Double Move Defend Drill	DB, WR, QB	Pass Defense	21	DB watches the QB's shoulders
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Wedge Drill	Special Teams	Special Teams	8	Or review special teams plays & substitutions
01:10 – 01:25	Double Team Fight Off	DL, LB, OL	Tackling & Pursuit	15	Use swim & rip moves to beat it
	High-Low Passing Drill	QB, WR, RB, DB	Passing Game	31	Concentrate on ball trajectory
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Blitz Read Drill	Offense/Defense	Blocking	32	Or practice plays from playbook
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

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