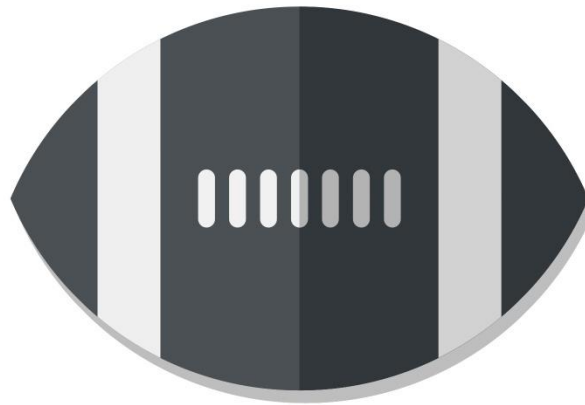




BEGINNER FOOTBALL PRACTICE PLANS

10

**PRE-DESIGNED PLANS
FOR TEAMS AGE 6-10**

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Beginner 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	The Worm Drill	ALL	Conditioning	9	Players must work together
00:35 – 00:45	First to the Flag Drill	OL	Blocking	6	Fire out to make the block
	Catching Triangle Drill	QB, WR, RB	Passing Game	7	Fingers outstretched & palms out
	Form Tackle Drill	DL, LB, DB	Tackling & Pursuit	5	Use dummies at half-speed to start
00:45 – 00:55	Foot Fire & Drop Drill	ALL	Conditioning	6	Lift feet only 1-2" off ground
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Fire Drill	Special Teams	Special Teams	5	Or review special teams plays & substitutions
01:10 – 01:25	All Blocks Drill	OL	Blocking	7	Shoulders square & low
	Snap & Drop Back Drill	QB, C, WR, RB	Passing Game	6	Keep head up, looking downfield
	Agility Tackle Drill	DL, LB	Tackling & Pursuit	6	Player follows coaches movement
	Back & Forth Drill	DB	Conditioning	11	Drop butt down to stay low
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Slo-Mo Offense Drill	Offense vs Defense	Passing Game	9	Or practice plays from playbook
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Beginner 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	Fumble Recovery Drill	ALL	Conditioning	5	Or introduce new plays
00:35 – 00:45	Run Block Drill	OL	Blocking	8	Use dummies at ½ speed to start Play should take 3 seconds or less Accelerate through the hole Use tackling dummy for the QB Backpedal, carioca, sprint, shuffle
	Step, Look & Fire Drill	QB, WR	Passing Game	10	
	One Cut Drill	RB	Running Game	7	
	Attack the QB Drill	DL, LB	Pass Rush	7	
	The Square Drill	DB	Pass Defense	8	
00:45 – 00:55	Zig Zag Agility Drill	ALL	Conditioning	7	Break drill into 4 2.5 min quarters
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Fire Drill	Special Teams	Special Teams	5	Or review special teams plays & substitutions
01:10 – 01:25	Tennis Ball Block Drill	OL, LB	Blocking	18	OL – don't block too early Reward LBs if they make a play Try with different pass patterns
	Roll Over & Recover	LB, RB	Tackling & Pursuit	7	
	Timing the Jump Drill	QB, WR, DB	Pass Defense	7	
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Half Skeleton	Offense	Passing Game	8	Or practice plays from playbook
	Man Cover	Defense	Pass Defense	5	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Beginner 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	Pass Blocking Drill	OL	Blocking	9	Use dummies at ½ speed to start Keep hands up & focus on ball Practice, spin, swim, bull rush Center of gravity over shoes
	Catch Concentration	QB, RB, WR	Passing Game	11	
	Attack the QB Drill	DL, LB	Pass Rush	7	
	Backpedal, Change Dir.	DB	Pass Defense	9	
00:45 – 00:55	Run Block Drill	OL	Blocking	8	Use dummies at ½ speed to start Practice hook, slant, post, flag, etc. Match up DLs of similar size Jam inside the 5-yard area
	Passing Tree Drill	QB, RB, WR	Passing Game	12	
	The Bull Rush	DL	Pass Rush	6	
	Jam and Run Drill	DB, LB	Pass Defense	13	
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	Hold block for 10 seconds Judge speed to determine angle Use DBs to provide token defense
	Angle of Attack Drill	LB, RB	Tackling & Pursuit	9	
	Passing Tree Drill	QB, RB, WR, DB	Passing Game	12	
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Hole Numbers	Offense	Running Game	5	Or practice plays from playbook
	Man Cover	Defense	Pass Defense	5	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Beginner Practice Plan #4

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	All Blocks Drill	OL	Blocking	7	Neck bowed, quick choppy steps
	Catch Concentration	QB, RB, WR	Passing Game	11	Distracter yells & waves hands
	Form Tackle Drill	DL, LB, DB	Tackling & Pursuit	5	Master form before full speed
00:45 – 00:55	Hill Drill	OL	Blocking	10	Use dummies at ½ speed to start
	Passing Tree Drill	QB, RB, WR	Passing Game	12	Stop drill to correct mistakes
	Agility Tackle Drill	DL, LB, DB	Tackling & Pursuit	6	Keep head up, focus on coach
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	Protect the Flag Drill	OL, DL	Blocking	27	Hold block for 10 seconds
	Drop & React Drill	LB, QB, RB	Tackling & Pursuit	16	Drop into zone, then close on RB
	Jam the Receiver Drill	DB, LB, WR	Pass Defense	10	Hard, brief contact to delay
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Outside Push	Offense vs Defense	Blocking	17	Or practice plays from playbook
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Beginner 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	Follow the Ball Drill	ALL	Conditioning	10	Or introduce new plays
00:35 – 00:45	Pass Blocking Drill	OL	Blocking	9	Create base, then repel attack
	Catching Triangle Drill	QB, WR	Passing Game	7	Index fingers, thumbs from triangle
	Juke, Spin, Stiff Arm	RB	Running Game	6	Change the sequence to mix it up
	Form Tackle Drill	DL, LB, DB	Tackling & Pursuit	5	Live tackles once form mastered
00:45 – 00:55	Run Block Drill	OL	Blocking	8	Use drive block to open lanes
	Snap & Drop Back Drill	QB, C, RB, WR	Passing Game	6	Throwing hand on laces
	Agility Tackle Drill	DL, LB, DB	Tackling & Pursuit	6	Keep head up
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Fire Drill	Special Teams	Special Teams	5	Or review special teams plays & substitutions
01:10 – 01:25	Protect the Flag Drill	OL, DL	Blocking	27	Pancake attacker & stay ready
	Ball Switch With Tackler	LB, RB	Running Game	16	Hold ball in outside arm
	Bat Down Drill	QB, WR, DB	Pass Defense	6	Good jump on ball release
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Contain Drill	Defense	Tackling & Pursuit	8	Or practice plays from playbook
	Passing Tree Drill	Offense	Passing Game	12	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Beginner 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	Fumble Recovery Drill	ALL	Conditioning	5	Or introduce new plays
00:35 – 00:45	All Blocks Drill	OL	Blocking	7	Neck bowed, quick choppy steps
	Catch Concentration	QB, RB, WR	Passing Game	11	Distracter yells & waves hands
	Form Tackle Drill	DL, LB, DB	Tackling & Pursuit	5	Master form before full speed
00:45 – 00:55	Zig Zag Agility Drill	ALL	Conditioning	7	Break drill into 4 2.5-min quarters
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Fire Drill	Special Teams	Special Teams	5	Or review special teams plays & substitutions
01:10 – 01:25	Protect the Flag Drill	OL, DL	Blocking	27	Hold block for 10 seconds
	Angle of Attack Drill	LB, RB	Tackling & Pursuit	9	Judge speed to determine angle
	Passing Tree Drill	QB, RB,WR, DB	Passing Game	12	Use DBs to provide token defense
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Half Skeleton Drill	Offense	Passing Game	8	Or practice plays from playbook
	Man Cover Drill	Defense	Pass Defense	5	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Beginner 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	The Worm Drill	ALL	Conditioning	9	Or introduce new plays
00:35 – 00:45	Run Block Drill	OL	Blocking	8	Use dummies at ½ speed to start Practice hook, slant, post, flag, etc. Match up DLs of similar size Jam inside the 5-yard area
	Passing Tree Drill	QB, RB, WR	Passing Game	12	
	Bull Rush Drill	DL	Pass Rush	6	
	Jam & Run Drill	LB, DB	Pass Defense	13	
00:45 – 00:55	Pass Blocking Drill	OL	Blocking	9	Create base, then repel attack
	Catching Triangle Drill	QB, WR	Passing Game	7	Index fingers, thumbs form triangle
	Juke, Spin, Stiff Arm	RB	Running Game	6	Change sequence to mix it up
	Form tackle Drill	DL, LB, DB	Tackling & Pursuit	5	Live tackles when form mastered
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Fire Drill	Special Teams	Special Teams	5	Or review special teams plays & substitutions
01:10 – 01:25	All Blocks Drill	OL	Blocking	7	Shoulders square & low
	Snap & Drop Back Drill	QB, C, WR, RB	Passing Game	6	Keep head up, look downfield
	Agility Tackle Drill	DL, LB, DB	Tackling & Pursuit	6	Player follows coach's movement
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Contain Drill	Defense	Tackling & Pursuit	8	Or practice plays from playbook
	Passing Tree Drill	Offense	Passing Game	12	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Beginner 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	Hill Drill	OL	Blocking	10	Use dummies at ½ speed to start
	Passing Tree Drill	QB, RB, WR	Passing Game	12	Stop the drill to correct mistakes
	Agility Tackle Drill	DL, LB, DB	Tackling & Pursuit	6	Keep head up, focus on coach
00:45 – 00:55	Run Block Drill	OL	Blocking	8	Drive block to open running lane
	Snap & Drop Back Drill	QB, C, RB, WR	Passing Game	6	Throwing hand on laces
	Agility Tackle Drill	DL, LB, DB	Tackling & Pursuit	6	Keep head up
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	Protect the Flag Drill	OL, DL	Blocking	27	Hold block for 10 seconds
	Drop & React Drill	LB, QB, RB	Tackling & Pursuit	16	Drop into zone, then close on RB
	Jam the Receiver Drill	DB, LB, WR	Pass Defense	10	Hard, brief contact to delay
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Outside Push	Offense vs Defense	Blocking	17	Or practice plays from playbook
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Beginner Practice Plan #9

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	Follow the Ball Drill	ALL	Conditioning	10	Or introduce new plays
00:35 – 00:45	Zig Zag Agility Drill	ALL	Conditioning	7	Break drill into 4 2.5 min. quarters
00:45 – 00:55	Run Block Drill	OL	Blocking	8	Drive block to open running lane
	Snap & Drop Back Drill	QB, C, RB, WR	Passing Game	6	Throwing hand on laces
	Agility Tackle Drill	DL, LB, DB	Tackling & Pursuit	6	Keep head up
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Fire Drill	Special Teams	Special Teams	5	Or review special teams plays & substitutions
01:10 – 01:25	Protect the Flag Drill	OL, DL	Blocking	27	Pancake the attacker & stay ready
	Ball Switch With Tackler	RB, LB	Running Game	16	Hold ball in outside arm
	Bat Down Drill	QB, WR, DB	Pass Defense	6	Good jump on ball release
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Slo-mo Offense	Offense vs Defense	Passing Game	9	Or practice plays from playbook
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Beginner 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	Zig Zag Agility Drill	ALL	Conditioning	7	Or introduce new plays
00:35 – 00:45	Pass Blocking Drill	OL	Blocking	9	Use dummies at ½ speed to start
	Catch Concentration	QB, RB, WR	Passing Game	11	Keep hands up & focus on ball
	Attack the QB Drill	DL, LB	Pass Rush	7	Practice spin, swim, bull rush
	Backpedal, Change Dir.	DB	Pass Defense	9	Center of gravity over shoes
00:45 – 00:55	Tennis Ball Block Drill	OL, LB	Blocking	18	OL don't block too early
	Roll Over & Recover	LB, RB	Tackling & Pursuit	7	Reward LBs if they make play
	Timing the Jump Drill	QB, WR, DB	Pass Defense	7	Try with different pass patterns
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Punt Cover	Special Teams	Special Teams	9	Or review special teams plays & substitutions
01:10 – 01:25	Protect the Flag Drill	OL, DL	Blocking	27	Hold block for 10 seconds
	Drop & React Drill	LB, QB, RB	Tackling & Pursuit	16	Drop into zone, then close on RB
	Jam the Receiver Drill	DB, LB, WR	Pass Defense	10	Hard, brief contact to delay
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Hole Numbers	Offense	Running Game	5	Or practice plays from playbook
	Man Cover	Defense	Pass Defense	5	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

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