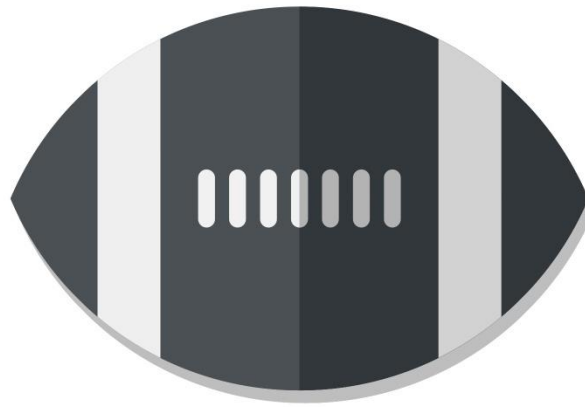




INTERMEDIATE FOOTBALL PRACTICE PLANS

10

PRE-DESIGNED PLANS
FOR TEAMS AGE 8-14

Intermediate 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	Zig Zag Agility Drill	ALL	Conditioning	7	Or introduce new plays
00:35 – 00:45	All Blocks Drill	OL	Blocking	7	Maintain contact until whistle blows
	Passing Tree Drill	QB, WR, RB	Passing Game	12	Crisp routes and accurate passes
	Rip, Swim, Bull Rush Drill	DL	Pass Rush	8	Use blocker's momentum to rip past
	Backpedal, Change Dir.	DB, LB	Pass Defense	9	Quick, choppy steps
00:45 – 00:55	Fumble Recovery Drill	ALL	Conditioning	5	Slide to ground to recover
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	Camera on Your Back Drill	OL, DL	Blocking	21	Seal the hole for the RB
	Hide & Seek Drill	LB, RB	Running Game	18	LBs first step is lateral or downhill
	Between the Cones Drill	QB, 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	Defender Pass Recog.	Offense vs Defense	Pass Defense	23	Or practice plays from playbook
01:50 – 02:00	Cool Down	ALL			Light stretching , warm down

Intermediate 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	Foot Fire & Drop Drill	ALL	Conditioning	6	Or introduce new plays
00:35 – 00:45	10-Yard Drive Drill	OL	Blocking	12	Drive attacker 10 yards back
	Progression Drill	QB, WR	Passing Game	14	Release ball within 3 seconds of drop
	Cut & Switch Drill	RB	Running Game	9	Transfer ball to outside arm
	Hold & Tackle Drill	DL, LB, DB	Tackling & Pursuit	10	Stay engaged until runner hits pylon
00:45 – 00:55	Pancake Drill	OL	Blocking	13	Solid base, arms ext., feet moving
	Cones & Outs Drill	QB, WR, RB	Passing Game	15	Quick fake before making cut
	D-Line Fight Drill	DL	Pass Rush	5	Start flat on stomach with head up
	Attack the QB Drill	LB	Pass Rush	7	Use tackling dummy for the QB
	Jump Timing Drill	DB	Pass Defense	11	Watch trajectory to time jump
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	Fire Out from the 30 Drill	OL, DL	Blocking	22	Explode off line
	Sideline Running Drill	QB,RB,WR,LB,DB	Running Game	19	Pop the ball carrier (don't tackle)
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Open the Hole	Offense/defense	Blocking	26	Or practice plays from playbook
	First to the QB	Defense	Pass Rush	10	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Intermediate 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	Ball Fight Drill	ALL	Conditioning	8	Or introduce new plays
00:35 – 00:45	Drive Block Drill	OL	Blocking	14	Keep hands engaged until whistle
	Lightning Catch Drill	QB, WR	Passing Game	16	Focus on pass accuracy
	Running Back Read Drill	RB	Running Game	13	Read opening & burst through
	Agility Tackle Drill	DL, LB, DB	Tackling & Pursuit	6	Keep head up & watch coach
00:45 – 00:55	Pull Block Drill	OL, DL	Blocking	23	Open step parallel to pull direction
	Strip Drill	RB, LB	Tackling & Pursuit	17	LBs: look for ball tip, then rip it
	Timing the Jump Drill	QB, WR, DB	Pass Defense	7	Reach for ball at highest point
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Reach Block Drill	OL, DL	Blocking	24	Quick front first step, then engage DL
	Oklahoma Drill	RB, LB	Running Game	20	RBs learn to block for each other
	Passing Tree Drill	QB, WR, DB	Passing Game	12	Run routes against token defense
01:10 – 01:25	Punt Cover Drill	Special Teams	Special Teams	9	Or review special teams plays & substitutions
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Open the Hole Drill	Offense/defense	Blocking	26	Or practice plays from playbook
	First to the QB Drill	Defense	Pass Rush	10	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Intermediate 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	Fumble Recovery Drill	ALL	Conditioning	5	Or introduce new plays
00:35 – 00:45	Drive Block Drill	OL	Blocking	14	Create running lanes for RB 10 yards out, then 2 yards back Anticipate QB's throw Use arms to propel movement
	Hook & Turn Drill	QB, RB, WR	Passing Game	17	
	Hands Up Drill	DL, LB	Pass Rush	9	
	Back & Forth Drill	DB	Conditioning	11	
00:45 – 00:55	All Blocks Drill	OL	Blocking	7	Shoulders square & low, neck bowed Run up field, rather than juking Get body across & in front of runner Backpedal, carioca, sprint, shuffle
	Cut Upfield Drill	QB, RB, WR	Passing Game	18	
	Drive to Sidelines Drill	DL, LB	Tackling & Pursuit	11	
	The Square Drill	DB	Pass Defense	8	
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Blitz Pickup Drill	RB, OL, DL, LB	Blocking	34	RB picks up loose LB & protects pylon When routes mastered, DBs go 100%
	Passing Tree Drill	QB, WR, DB	Passing Game	12	
01:10 – 01:25	Drop & Run Cover Drill	Offense/Defense	Tackling & Pursuit	19	Or review special teams plays
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Read & Recognize Drill	Offense/Defense	Passing Game	32	Or practice plays from playbook
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Intermediate 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	Foot Fire & Drop Drill	ALL	Conditioning	6	Or introduce new plays
00:35 – 00:45	Run Block Drill	OL	Blocking	8	Engage attacker with head up Square shoulders, hips, head to target Seamless exchange, focus on timing Once mastered, match up against OL Butt low, quick, choppy steps
	Roll Out Passing Drill	QB, WR	Passing Game	19	
	The Exchange Drill	QB, RB	Running Game	8	
	Bull Rush Drill	DL	Pass Rush	6	
	Backpedal & Change Dir.	LB, DB	Pass Defense	9	
00:45 – 00:55	Pass Block Drill	OL	Blocking	9	Create firm base & stand ground Start w/ 5-yard passes, move deeper Explode off ground & into dummy
	Over the Shoulder Drill	QB, RB, WR	Passing Game	20	
	Get Some Get Up Drill	Defense	Tackling & Pursuit	13	
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	Breakdown Kick Cover	Special Teams	Special Teams	7	Or review special teams plays
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Defender Pass Recog.	Defense	Pass Defense	23	Or practice plays from playbook
	Quick Slant	QB, WR	Passing Game	26	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Intermediate 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	Maintain contact until whistle Crisp routes & accurate passes Use blocker momentum to rip past Quick, choppy steps
	Passing Tree Drill	QB, RB, WR	Passing Game	12	
	Rip, Swim & Bull Rush	DL	Pass Rush	8	
	Backpedal & Change Dir.	LB, DB	Pass Defense	9	
00:45 – 00:55	All Blocks Drill	OL	Blocking	7	Shoulders square & low, neck bowed Run upfield, rather than juking Get body across & in front of runner Backpedal, carioca, sprint, shuffle
	Over the Middle Drill	QB, WR, RB	Passing Game	23	
	Drive to Sidelines Drill	DL, LB	Tackling & Pursuit	11	
	The Square Drill	DB	Pass Defense	8	
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	Fire Out from the 30 Drill Sideline Running Drill	OL, DL	Blocking Running Game	22	Explode off the line Pop ball carrier (don't tackle)
		QB, RB, WR, LB, DB		19	
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Read & Recog. Drill	Offense/Defense	Passing Game	32	Or practice plays from playbook
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Intermediate 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	Fumble Recovery Drill	ALL	Conditioning	5	Or introduce new plays
00:35 – 00:45	Pancake Drill	OL	Blocking	13	Solid base, arms ext., feet moving
	Cones & Outs Drill	QB, RB, WR	Passing Game	15	Quick fake before making cut
	D-Line Fight Drill	DL	Pass Rush	5	Start flat on stomach, with head up
	Attack the QB Drill	LB	Pass Rush	7	Use tackling dummy for QB
	Jump Timing Drill	DB	Pass Defense	11	Watch trajectory to time jump
00:45 – 00:55	Pull Block	OL, DL	Blocking	23	Open step parallel to pull direction
	Strip Drill	RB, LB	Tackling & Pursuit	17	LBs look for ball tip, then rip it
	Run the Gauntlet Drill	QB, RB, WR	Running Game	10	Reach for ball at highest point
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Blitz Pickup Drill	RB, OL, DL, LB	Blocking	34	RB picks up loose LB, protects pylon
	Passing Tree Drill	QB, WR, DB	Passing Game	12	If routes mastered, DBs play 100%
01:10 – 01:25	Drop & Run Cover Drill	Offense/Defense	Tackling & Pursuit	19	Or review special teams plays
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Open the Hole Drill	Offense/defense	Blocking	26	Or practice plays from playbook
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Intermediate 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	Foot Fire & Drop Drill	ALL	Conditioning	6	Or introduce new plays
00:35 – 00:45	Drive Block	OL	Blocking	14	Create running lanes for RB
	Hook & Turn Drill	QB, WR, RB	Passing Game	17	10 yards out, 2 yards back
	Hands Up Drill	DL, LB	Pass Rush	9	Anticipate QB's throw
	Back & Forth Drill	DB	Conditioning	11	Use arms to propel movement
00:45 – 00:55	All Blocks Drill	OL	Blocking	7	Shoulders square & low, neck bowed
	Catch, Tuck & Tap Drill	QB, RB, WR	Running Game	11	Run upfield rather than juking
	Drive to Sidelines Drill	DL, LB	Tackling & Pursuit	11	Get body across & in front of runner
	The Square Drill	DB	Pass Defense	8	Backpedal, carioca, sprint, shuffle
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Reach Block Drill	OL, DL	Blocking	24	Quick front first step, then engage DL
	Oklahoma Drill	RB, LB	Running Game	20	RBs learn to block for each other
	Passing Tree Drill	QB, WR, DB	Passing Game	12	Run routes against token defense
01:10 – 01:25	Wedge Drill	Special Teams	Special Teams	8	Or review special teams plays
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Defender Pass Recog.	Defense	Pass Defense	23	Or practice plays from playbook
	Quick Slant	QB, WR	Passing Game	26	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Intermediate 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	Ball Fight Drill	ALL	Conditioning	8	Or introduce new plays
00:35 – 00:45	Pass Block Drill	OL	Blocking	9	Break drill into 4 2.5 min. quarters
	Over the Shoulder Drill	QB, RB, WR	Passing Game	20	
	Get Some Get Up Drill	Defense	Tackling & Pursuit	13	
00:45 – 00:55	Drive Block Drill	OL	Blocking	14	Keep hands engaged until whistle
	QB Read & Accuracy Drill	QB, WR	Passing Game	22	Focus on pass accuracy
	Running Back Read Drill	RB	Running Game	13	Read the opening & burst through
	Agility Tackle Drill	DL, LB, DB	Tackling & Pursuit	6	Keep head up & watch coach
00:55 – 01:00	Water Break				Players sprint back to coaches when whistle blows
01:00 – 01:10	Reach Block Drill	OL, DL	Blocking	24	Quick front first step, then engage DL
	Oklahoma Drill	RB, LB	Running Game	20	RBs learn to block for each other
	Passing Tree Drill	QB, WR, DB	Passing Game	12	Run routes against token defense
01:10 – 01:25	Wedge Drill	Special Teams	Special Teams	8	Or review special teams plays
01:25 – 01:30	Water Break				Players sprint back to coaches when whistle blows
01:30 – 01:50	Defender Pass Recog.	Defense	Pass Defense	23	Or practice plays from playbook
	Quick Slant	QB, WR	Passing Game	26	
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

Intermediate Practice Plan #10

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	Foot Fire & Drop Drill	ALL	Conditioning	6	Or introduce new plays
00:35 – 00:45	10-Yard Drive Drill	OL	Blocking	12	Drive the attacker 10 yards back
	Progression Drill	QB, WR	Passing Game	14	Release ball within 3 seconds of drop
	Cut & Switch Drill	RB	Running Game	9	Transfer ball to outside arm
	Hold & Tackle Drill	DL, LB, DB	Tackling & Pursuit	10	Stay engaged until runner hits pylon
00:45 – 00:55	Run Block Drill	OL	Blocking	8	Engage attacker with head up
	Sideline Catch Drill	QB, WR	Passing Game	21	Square shoulders, hips, head to target
	The Exchange Drill	QB, RB	Running Game	8	Seamless exchange, focus on timing
	Bull Rush Drill	DL	Pass Rush	6	Once mastered, match up against OL
	Backpedal & Change Dir.	DB, LB	Pass Defense	9	Butt low, quick choppy steps
00:55 – 01:00	Water Break				Players sprint back to coaches
01:00 – 01:10	Camera on Your Back Drill	OL, DL	Blocking	21	Seal the hole for RB
	Hide & Seek Drill	LB, RB	Running Game	18	LBs first step is lateral or downhill
	Between the Cones Drill	QB, WR, DB	Pass Defense	19	Focus on accuracy & timing
01:10 – 01:25	Punt Cover Drill	Special Teams	Special Teams	9	Or review special teams plays
01:25 – 01:30	Water Break				Players sprint back to coaches
01:30 – 01:50	Open the Hole Drill	Offense/Defense	Blocking	26	Or practice plays from playbook
01:50 – 02:00	Cool Down	ALL			Light stretching and warm down

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