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## Pre Season Practice Template #1 (No Pads No Contact) Player Evaluation

**Time:** Approx 2 hours

**Practice Goal:** Give every player a chance to try out for any position. Determine which players have best natural skills to play quarterback, punter, receiver and kicker.

|                 |  |                   |  |
|-----------------|--|-------------------|--|
| Team Name       |  | Date              |  |
| Head Coach Name |  | Practice Location |  |

| Practice Block       | Approx Time | Coaching Notes                                                                    |
|----------------------|-------------|-----------------------------------------------------------------------------------|
| Warm Up              | 10 mins     | Agility drills followed by stretching period                                      |
|                      |             |                                                                                   |
|                      |             |                                                                                   |
| Skill Evaluation     |             |                                                                                   |
| Open Throwing Drill  | 15-20 mins  | Make 10 throws to different locations. Evaluate natural arm strength and accuracy |
| Open Punting Drill   | 15-20 mins  | Take 5 punts. Evaluate natural leg strength and accuracy.                         |
| Water Break          |             |                                                                                   |
| Open Receiving Drill | 15-20 mins  | Run 4 common tight end and wide receiver routes. Evaluate natural ability.        |
| Open Kickoff Drill   | 15-20 mins  | Take 5 kicks. Evaluate natural leg strength and kicking skill                     |
| Water Break          |             |                                                                                   |
| Interception Drill   | 15-20 mins  | Evaluate natural defensive ability and ball awareness                             |
|                      |             |                                                                                   |
| Cool-Down            | 10 mins     |                                                                                   |
|                      |             |                                                                                   |

## Pre Season Practice Template #2 (No Pads No Contact) Player Evaluation

**Time:** Approx 2 hours

**Practice Goal:** Continuation of practice #1. Continue to evaluate natural skills and determine which players would be suited for certain positions.

|                 |  |                   |  |
|-----------------|--|-------------------|--|
| Team Name       |  | Date              |  |
| Head Coach Name |  | Practice Location |  |

| Practice Block       | Approx Time | Coaching Notes                                                                    |
|----------------------|-------------|-----------------------------------------------------------------------------------|
| Warm Up              | 10 mins     | Agility drills followed by stretching period                                      |
|                      |             |                                                                                   |
|                      |             |                                                                                   |
| Skill Evaluation     |             |                                                                                   |
| Open Throwing Drill  | 15-20 mins  | Make 10 throws to different locations. Evaluate natural arm strength and accuracy |
| Open Punting Drill   | 15-20 mins  | Take 5 punts. Evaluate natural leg strength and accuracy.                         |
| Water Break          |             |                                                                                   |
| Open Receiving Drill | 15-20 mins  | Run 4 common tight end and wide receiver routes. Evaluate natural ability.        |
| Open Kickoff Drill   | 15-20 mins  | Take 5 kicks. Evaluate natural leg strength and kicking skill                     |
| Water Break          |             |                                                                                   |
| Interception Drill   | 15-20 mins  | Evaluate natural defensive ability and ball awareness                             |
|                      |             |                                                                                   |
| Cool-Down            | 10 mins     |                                                                                   |
|                      |             |                                                                                   |

## Pre Season Practice Template #3 (No Pads No Contact)

**Time:** Approx 2 hours

**Practice Goal:** Begin assigning positions to players and teach them basic offensive, defensive and special teams concepts. Drills are performed without contact.

|                 |  |                   |  |
|-----------------|--|-------------------|--|
| Team Name       |  | Date              |  |
| Head Coach Name |  | Practice Location |  |

| Practice Block          | Approx Time | Coaching Notes                               |
|-------------------------|-------------|----------------------------------------------|
| Warm Up                 | 10 mins     | Agility drills followed by stretching period |
|                         |             |                                              |
|                         |             |                                              |
| Offensive Skills Period | 25-30 mins  |                                              |
|                         |             |                                              |
|                         |             |                                              |
|                         |             |                                              |
| Water Break             |             |                                              |
| Defensive Skills Period | 25-30 mins  |                                              |
|                         |             |                                              |
|                         |             |                                              |
|                         |             |                                              |
| Special Teams Period    | 25-30 mins  |                                              |
|                         |             |                                              |
|                         |             |                                              |
| Water Break             |             |                                              |
| Cool-Down               | 10 mins     |                                              |
|                         |             |                                              |

## Pre Season Practice Template #4 (No Pads No Contact)

**Time:** Approx 2 hours

**Practice Goal:** Continue to refine the positions of the players and their alignments. Begin to run basic plays.

|                 |  |                   |  |
|-----------------|--|-------------------|--|
| Team Name       |  | Date              |  |
| Head Coach Name |  | Practice Location |  |

| Practice Block            | Approx Time | Coaching Notes                               |
|---------------------------|-------------|----------------------------------------------|
| Warm Up                   | 10 mins     | Agility drills followed by stretching period |
|                           |             |                                              |
|                           |             |                                              |
| Introduction of New Plays | 20-25 mins  |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Offensive Skills Period   | 20-25 mins  |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Water Break               |             |                                              |
| Defensive Skills Period   | 20-25 mins  |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Special Teams Period      | 20-25 mins  |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Water Break               |             |                                              |
| Cool-Down                 | 10 mins     |                                              |
|                           |             |                                              |

## Pre Season Practice Template #5 (Pads)

**Time:** Approx 2 hours

**Practice Goal:** Introduce group drills where offensive players go against defensive players to simulate a game situation. Go half speed with light contact. Continue to work on plays.

|                 |  |                   |  |
|-----------------|--|-------------------|--|
| Team Name       |  | Date              |  |
| Head Coach Name |  | Practice Location |  |

| Practice Block            | Approx Time | Coaching Notes                               |
|---------------------------|-------------|----------------------------------------------|
| Warm Up                   | 10 mins     | Agility drills followed by stretching period |
|                           |             |                                              |
|                           |             |                                              |
| Introduction of New Plays | 20 mins     |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Offensive Skills Period   | 20-25 mins  |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Water Break               |             |                                              |
| Defensive Skills Period   | 20-25 mins  |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Group Period              | 30 mins     |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Water Break               |             |                                              |
| Cool-Down                 | 10 mins     |                                              |
|                           |             |                                              |

## Pre Season Practice Template #6 (Pads)

**Time:** Approx 2 hours

**Practice Goal:** Building on practice #5, continue helping players become comfortable with contact and begin developing competition between offense and defense.

|                 |  |                   |  |
|-----------------|--|-------------------|--|
| Team Name       |  | Date              |  |
| Head Coach Name |  | Practice Location |  |

| Practice Block            | Approx Time | Coaching Notes                               |
|---------------------------|-------------|----------------------------------------------|
| Warm Up                   | 10 mins     | Agility drills followed by stretching period |
|                           |             |                                              |
|                           |             |                                              |
| Introduction of New Plays | 20 mins     |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Offensive Skills Period   | 20-25 mins  |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Water Break               |             |                                              |
| Defensive Skills Period   | 20-25 mins  |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Group Period              | 30 mins     |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Water Break               |             |                                              |
| Cool-Down                 | 10 mins     |                                              |
|                           |             |                                              |

## Pre Season Practice Template #7 (Pads) Before First Scrimmage

**Time:** Approx 2 hours

**Practice Goal:** Prepare for upcoming intra-squad scrimmage by reviewing pre-game warmup routine, substitutions and plays. Refine skills as needed.

|                 |  |                   |  |
|-----------------|--|-------------------|--|
| Team Name       |  | Date              |  |
| Head Coach Name |  | Practice Location |  |

| Practice Block      | Approx Time | Coaching Notes                                                                         |
|---------------------|-------------|----------------------------------------------------------------------------------------|
| Warm Up             | 10 mins     | Agility drills followed by stretching period                                           |
|                     |             |                                                                                        |
|                     |             |                                                                                        |
| Individual Skills   | 15 mins     | Cover the pregame warmup that each position group will use before scrimmages and games |
|                     |             |                                                                                        |
|                     |             |                                                                                        |
| Water Break         |             |                                                                                        |
| Substitution Review | 20 mins     | Practice all substitutions for offense, defense and special teams                      |
|                     |             |                                                                                        |
|                     |             |                                                                                        |
| Water Break         |             |                                                                                        |
| Kicking Review      | 20 mins     | Review all phases of the kicking game                                                  |
|                     |             |                                                                                        |
| Offensive Review    | 20 mins     | Review the first 10 plays the offense will run                                         |
|                     |             |                                                                                        |
| Defensive Review    | 20 mins     | Review base fronts and pass coverages                                                  |
|                     |             |                                                                                        |
| Water Break         |             |                                                                                        |
| Cool-Down           | 10 mins     |                                                                                        |
|                     |             |                                                                                        |

## Pre Season Practice Template #8 (Pads)

### Scrimmage Day

**Time:** Approx 2 hours

**Practice Goal:** Hold a scrimmage that's as close as possible to a real game experience. For younger players, provide on-field coaching instructions between plays if necessary. Give all players equal playing time and continue to evaluate their ability and progress.

Use the template below to plan and track your first 10 offensive plays. Note skill gaps or execution issues as you see them.

|                 |  |                    |  |
|-----------------|--|--------------------|--|
| Team Name       |  | Date               |  |
| Head Coach Name |  | Scrimmage Location |  |

### Offensive Play Script

| Play | Formation | Play | Result | Notes |
|------|-----------|------|--------|-------|
| 1    |           |      |        |       |
| 2    |           |      |        |       |
| 3    |           |      |        |       |
| 4    |           |      |        |       |
| 5    |           |      |        |       |
| 6    |           |      |        |       |
| 7    |           |      |        |       |
| 8    |           |      |        |       |
| 9    |           |      |        |       |
| 10   |           |      |        |       |

## Regular Season Practice Structure

The core practices in your regular season will be broken down into 7 key training blocks:

1. Warm-up & Stretching
2. Introduction of New Plays
3. Individual Skills
4. Special Teams
5. Group Work
6. Game Preparation and Team Drills
7. Cool-Down

We'll go through each block one by one and I'll suggest some specific drills and activities you can use in each one...

### Training Block #1: Warm-Up & Conditioning (10-15 minutes)

Begin practice by having one coach or a team captain lead the team in some dynamic warm-up activities, like carioca, high knees, butt-kickers, A-skips, lunges, and lateral shuffles.

The goal here is to warm up your athlete's muscles, increase blood flow and raise the heart rate in preparation for more strenuous activities.

As your kids get warmed up, you can move into some more challenging, football specific conditioning activities, like agility ladder work, 40, 60, and 100 yard sprints, hurdle drills, foot-fire drills, and cone drills.

While this is going on, you can take attendance, correct technique, and outline the goals of the day's practice. While some coaches like to schedule their conditioning block for the end of practice, I much prefer the beginning.

This way the kids get tuckered out early, and have to dig deep and focus to perform well in the rest of practice - great preparation for the second half of games.

### Block #2: Introduction of New Plays (5-10 minutes)

This period can be used to introduce new offenses or defenses as needed. Have your players walk through the execution of each new play at half speed.

**Block #3: Individual Skills (15-25 minutes)**

In this practice segment, we'll divide the team up into positional groups and rotate them through a number of position specific drills. Each assistant coach would be responsible for a group.

This is your primary technical coaching period; where the nitty-gritty mechanics and fundamentals of each position really need to be taught.

Use this block as an opportunity to get players excited about their position, and make sure they clearly understand their responsibilities and role on the team.

**Block #4: Special Teams (10-15 minutes)**

Plan to cover two elements of the kicking game during each practice

For example, Punt and punt return on one day, Field goal and field goal block on the next, Kickoff and kickoff return on the next.

**Block #5: Group Work (15-25 minutes)**

This block of practice is devoted to playing segments of the offense against segments of the defense using small groups. For example:

- Quarterback and receivers vs. defensive backs
- Offensive linemen vs. defensive linemen
- Running backs vs. linebackers
- Half offenses vs. half defenses

This is a time to get reps in. To avoid injury, begin by running drills at half speed.

Later in the season, as your players have mastered their fundamentals, you can run these drills full speed with light tackling.

**Block #6. Game Preparation and Team Drills (10-20 minutes)**

During this training block we'll focus on preparing your team for game situations. The entire offensive team will work against the entire defense.

This block should be used to:

- Fine-tune the timing of your offensive and defensive plays
- Ensure players understand and can execute their assignments

- And prepare your team for game speed play.

During the season, have your offense and defense take turns acting as the "scout squad" and prepare your team for what they might see against upcoming opponents.

### **Block #7. Cool-Down (5-10 minutes)**

Most coaches don't take advantage of the cool-down period like they should. It's important to take the intensity down a few levels during this period, but don't forget that this is a *football* practice!

You can have a football based cool-down where you run plays at half speed against no one. This way you get more repetitions in with your players and can correct alignment or other mistakes.

If you've had a particularly strenuous practice, you may want to lead them in a short period of cool down stretching and make sure the players re-hydrate themselves properly.

Provide some overall feedback on the positives or negatives you saw that day, publicly praise the kids who did well, privately correct the kids who need some improvement, and give the team an idea of what to expect in the next session.

## Regular Season Practice Template (Pads)

**Time:** Approx 2 hours

**Practice Goal:** For the core part of your season, practice will be split into 7 training blocks: Warm-up & Stretching, Introduction of New Team, Individual Skills, Special Teams, Group Work, Game Preparation and Team Drills, Cool-Down. Focus on skill development and preparation for game situations.

|                 |  |                   |  |
|-----------------|--|-------------------|--|
| Team Name       |  | Date              |  |
| Head Coach Name |  | Practice Location |  |

| Practice Block            | Approx Time | Coaching Notes                               |
|---------------------------|-------------|----------------------------------------------|
| Warm Up                   | 10 mins     | Agility drills followed by stretching period |
|                           |             |                                              |
| Introduction of New Plays | 5 mins      |                                              |
|                           |             |                                              |
| Individual Skills Period  | 20-25 mins  | Split team into position groups              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Water Break               |             |                                              |
| Special Teams             | 15-20 mins  |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Group Period              | 20-25 mins  |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Water Break               |             |                                              |
| Game Prep and Team Drills | 20-25 mins  |                                              |
|                           |             |                                              |
|                           |             |                                              |
|                           |             |                                              |
| Cool-Down                 | 10 mins     |                                              |
|                           |             |                                              |

## Regular Season Practice Template (Pads) Before Game Day

**Time:** Approx 1.5 hours

**Practice Goal:** Before game days, practice should be less strenuous than usual, and focus on tactical preparation for game day. If you've had the chance to scout your opponent, practice your offense and defense against the formations and plays you are most likely to see.

|                 |  |                   |  |
|-----------------|--|-------------------|--|
| Team Name       |  | Date              |  |
| Head Coach Name |  | Practice Location |  |

| Practice Block               | Approx Time | Coaching Notes                               |
|------------------------------|-------------|----------------------------------------------|
| Warm Up                      | 5 mins      | Agility drills followed by stretching period |
|                              |             |                                              |
|                              |             |                                              |
| Introduction of New Plays    | 5 mins      |                                              |
|                              |             |                                              |
|                              |             |                                              |
| Individual Skills            | 10 mins     | Split team into position groups              |
|                              |             |                                              |
|                              |             |                                              |
| Water Break                  |             |                                              |
| Sideline Substitution Review | 10 mins     |                                              |
|                              |             |                                              |
| Kicking Review               | 15-20 mins  |                                              |
|                              |             |                                              |
|                              |             |                                              |
| Water Break                  |             |                                              |
| Offensive Review             | 15-20 mins  |                                              |
|                              |             |                                              |
|                              |             |                                              |
| Defensive Review             | 15-20 mins  |                                              |
|                              |             |                                              |
|                              |             |                                              |
| Cool-Down                    | 5 mins      |                                              |
|                              |             |                                              |

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