

## Intermediate Practice Plan #2

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and prep for drills
00:25 - 00:35	1.2 Foot fire and drop (all players)	Or introduce new plays
00:35 - 00:45	2.7 10-yard drive (OL) 3.7 Progression drill (QB, WR) 4.4 Cut and switch (RB) 5.6 Hold and tackle (DL, LB, DB)	Drive the attacker 10 yards back Release ball within 3 seconds of drop Transfer ball to the outside arm Stay engaged until runner reaches pylon
00:45 - 00:55	2.8 Pancake drill (OL) 3.8 Cones and cuts (QB, WR, RB) 5.3 D-Line Fight drill (DL) 5.5 Attack the QB (LB) 6.5 Jump timing (DB)	Solid base, arms extended, feet moving Quick fake before making the cut Start flat on stomach w/ head up Use tackling dummy for the QB Watch trajectory to time your jump
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.1 Fire drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.6 Fire out from the 30 (OL & DL) 9.7 Sideline Running (QB, RB, WR vs LB, DB)	Explode off the line Pop the ball carrier (don't tackle)
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.7 Open the hole (offense vs defense) 11.11 First to the QB (defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

Coaches Notes:

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# Football Practice Plan

**H Kauffman**



## **Football Practice Plan:**

The book delves into Football Practice Plan. Football Practice Plan is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Football Practice Plan, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
  - Chapter 1: Introduction to Football Practice Plan
  - Chapter 2: Essential Elements of Football Practice Plan
  - Chapter 3: Football Practice Plan in Everyday Life
  - Chapter 4: Football Practice Plan in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Football Practice Plan. The first chapter will explore what Football Practice Plan is, why Football Practice Plan is vital, and how to effectively learn about Football Practice Plan.
3. In chapter 2, this book will delve into the foundational concepts of Football Practice Plan. The second chapter will elucidate the essential principles that must be understood to grasp Football Practice Plan in its entirety.
4. In chapter 3, the author will examine the practical applications of Football Practice Plan in daily life. The third chapter will showcase real-world examples of how Football Practice Plan can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Football Practice Plan in specific contexts. The fourth chapter will explore how Football Practice Plan is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Football Practice Plan. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Football Practice Plan.

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