



## Football Skills

### Defense

1. Stance
  - a. Line
  - b. Linebacker
  - c. D-Back
2. Tackling
  - a. Head On
  - b. Angle
  - c. Open Field
3. Pass Rushing
  - a. Bull Rush
  - b. Swim
  - c. Spin
  - d. Close
4. Covers
  - a. Man-to-Man
  - b. Zone
5. D-Back
  - a. Alignment
  - b. Back Pedal
  - c. Cushion

### Offense

1. Stance
  - a. Line
  - b. Receiver
  - c. Center
  - d. QB
  - e. Running Back
2. Blocking
  - a. Drive Block
  - b. Downfield Block
  - c. Pass Protection
  - d. Hook
  - e. Cross
  - f. Double Team
  - g. Screen
3. Specialties
  - a. Runners
    - i. Handoffs
    - ii. Football Carry
    - iii. Use of Blockers
  - b. QB
    - i. Snap-Direct
    - ii. Snap Gun
    - iii. Handoffs
    - iv. Lateral-Pitch
    - v. Throwing
4. Receivers
  - a. Routes
  - b. Catching
    - i. High
    - ii. Low
    - iii. Mid
    - iv. Inside Shoulder
    - v. Outside Shoulder
5. Centers
  - a. Direct
  - b. Shot Gun
  - c. Long Snap
    - i. Punt
    - ii. Placekick



Practice Objectives  
Week One

Day 1

Stretching; Introduction Agilities; Introduction  
Cadence Drill; Learn Cadence

OFFENSIVE GROUPS

1. Line

- a. Stance
- b. Splits
- c. Blocking
  - i. Drive Block
  - ii. Pass Protection Block
- d. Two Running Plays
- e. One Pass Play

2. Backs

- a. Stance
- b. Alignment
- c. Handoffs
- d. Two Running Plays
- e. One Pass Play

3. Receivers

- a. Stance
- b. Pass Routes
- c. Catching
- d. New Plays

TEAM OFFENSE

- 1. Formations
- 2. Run Plays

CONDITIONING

ANNOUNCEMENTS

Day 2

Stretching; Automatic Agilities; Automatic  
Cadence Drill

OFFENSIVE GROUPS

1. Line

- a. Stance
- b. Splits
- c. Blocking
  - i. Drive Block
  - ii. Pass Protection Block
- d. Review Running Plays
- e. Two new Running Plays
- f. Review Pass Play
- g. One New Pass Play

2. Backs

- a. Review Alignment
- b. Handoffs
- c. Review Plays
- d. Two running plays
- e. One Pass play

3. Receivers

- a. Stance
- b. Pass Routes
- c. Catching
- d. Two Running plays
- e. New Plays

TEAM OFFENSE

- 1. Formations
- 2. Run Plays

CONDITIONING

ANNOUNCEMENTS



Day 3

Stretching; Introduction Agilities; Auto Cadence  
Auto Defensive Groups

DEFENSIVE GROUPS

1. Line
  - a. Stance
  - b. Alignment
  - c. Close
  - d. Bull Rush
2. Linebackers
  - a. Stance
  - b. Alignment
  - c. Shed Blocker
  - d. Tackling
    - i. Head On
3. D-Backs
  - a. Stance
  - b. Alignment
  - c. Coverage
    - i. Back Pedal

TEAM DEFENSE

1. Line-up vs Offense
2. Reaction to Offense

REVIEW OFFENSE

CONDITONING

ANNOUNCEMENTS

Day 2

Stretching; Automatic Agilities; Auto Cadence  
Auto Defensive Groups

DEFENSIVE GROUPS

1. Line
  - a. Stance
  - b. Alignment
  - c. Close
  - d. Bull Rush
  - e. Swim
2. Linebackers
  - a. Stance
  - b. Alignment
  - c. Shed Blocker
  - d. Tackling Drill
    - i. Head On
    - ii. Angle
3. D-Backs
  - a. Stance
  - b. Alignment
  - c. Coverage
    - i. Back Pedal
    - ii. Cushion

TEAM DEFENSE

1. Hitting vs Offense

REVIEW OFFENSE

CONDITONING

ANNOUNCEMENTS



Practice Objectives  
Week One

Day 5

Stretching; Introduction Agilities; Auto Cadence  
Auto Offensive Groups

OFFENSIVE GROUPS

1. Line

- a. Review Week One
  - i. Stance
  - ii. Splits
  - iii. Blocking Play
  - iv. Plays
- b. Two New Plays
- c. Double Team Block

2. Backs

- a. Review Week One
  - i. Stance
  - ii. Alignment
  - iii. Handoffs
  - iv. Plays
- b. Two New Plays
- c. Football Carries

3. Receivers

- a. Stance
- b. Pass Routes
- c. Catching
- d. Plays
- e. Two New Plays
- f. Stalk Block
- g. Inside Release of LOS

4. Kickers

- a. Punting
- b. Long Snap

5. TEAM OFFENSE

- a. Dry Run Plays
- b. Full Speed vs Defense

CONDITONING  
ANNOUNCEMENTS  
TEAM CHEER!!!



Day 6

Stretching  
Agilities  
Cadence

**GROUP DEFENSE**

1. Line
  - a. Review Week One
  - b. Tackling
    - a. Head On
    - b. Pursuit Angle
  
2. Linebackers
  - a. Review Week One
  - b. Coverage's
  - c. Tackling
  
3. D-Backs
  - a. Review Week One
  - b. Coverage's
    - i. Man-to-Man
    - ii. Zone

**KICKING GAME**

1. Place Kick
  - a. Long Snap
  - b. Holder
  - c. Kicker

**TEAM DEFENSE**

1. Correct Alignment
2. Live vs Offense

**PASSING (Use as Conditioning)**

1. Dry Run

**ANNOUNCEMENTS**

**TEAM CHEER!!!**



Practice Objectives  
Week TWO

Day 7

Stretching  
Agilities  
Cadence

GROUP OFFENSE

- 1. Line
  - a. Review and Polish
  - b. Two New Plays
- 2. Backs
  - a. Review and Polish
  - b. Two New Plays
- 3. Receivers
  - a. Review and Polish
  - b. Two New Plays

KICKING

- 1. Punt Formation
- 2. Pat Formation

GROUP OFFENSE

- 1. Dry Run Plays
- 2. Live vs Defense
  - a. Scrimmage Conditions

GROUP DEFENSE

- 1. Review

CONDITIONING

ANNOUNCEMENTS

TEAM CHEER!!!

Day 8

INTRODUCE PRE-GAME IDEA

- 1. Where players go first
- 2. Where players go second
- 3. ETC (all aspects covered)
- 4. REVIEW DEFENSE
  - a. Starters
  - b. Player Rotation
- 5. REVIEW OFFENSE
  - a. Starters
  - b. Player Rotation
- 6. KICKING
  - a. Who is punting
  - b. Will we have 11 on the field
  - c. Who is Place Kicking
  - d. Will we have 11 on the field

PASSING (Conditioner)

ANNOUNCEMENTS

Special-Pictures  
What time to be at game  
Uniform

TEAM CHEER!!!

JAMBOREE

PICTURES

OFFENSE:

Look at as many plays as possible. Give as many backs, as possible, a chance to run the football. Observe center QB exchanges and make sure they are sound. Look for linemen that actually are trying to hit their opponents with some technique.

DEFENSE:

Check alignments. Check to see if position players are executing assignments and using techniques they have been shown. Make sure players are lining up according to our rules.

After Scrimmage: Consider some type of activity for players after the Jamboree ends. Maybe you could include parents. Swim party, Picnic. HAVE SOME FUN!



Practice Objectives  
Week THREE

Day 10

Stretching  
Auto Agilities  
Auto Cadence

Review JAMBOREE

TEAM OFFENSE

1. Add three new running plays
2. Add two new pass play
3. Dry Run Offense
4. Try alternating key players with a backup.
5. Work on changing field position so huddle has to meet in different locations on the field.

REVIEW KICKING GAME

CONDITIONING (keep it light)

ANNOUNCEMENTS

(Talk about school starting soon)

TEAM CHEER!!!

Day 11

Stretching; Auto Cadence; Auto Station Drills;  
Introduce Defensive Groups

DEFENSIVE GROUPS

1. Line
  1. Review
  2. Work on Reading Screen
  3. Tackling Drills
  4. One-on-One Defeat Block
2. Linebackers
  1. Review
  2. Pass Coverage's
  3. Pursuit Drill
3. D-Backs
  1. Review
  2. Making Calls
  3. Back Pedal

KICKING GAME

1. Kick PAT with Full Team

SCRIMMAGE

CONDITIONING (Heavy)

ANNOUNCEMENTS

TEAM CHEER!!!



Day 12

Day 13

Stretching; Auto Agilities; Auto Cadence; Auto  
Group Defense

1. Line
  - a. Review
  - b. Introduce Hook
  - c. Introduce Cross Block
  - d. Introduce Pull Technique
  - e. Three New Plays
2. Backs
  - a. Review
  - b. Blocking
  - c. Three New Plays
3. Receivers
  - a. Review
  - b. Pass Routes
  - c. Pass Catching
  - d. Three New Plays

PRE-GAME

LIVE SCRIMMAGE

DRY RUN PASS PLAYS

ANNOUNCEMENTS

Mention that players should have Safe Holiday  
Weekend!

TEAM CHEER!!!

KICKING

1. Punting-full team

TEAM OFFENSE

1. Run all plays. Give as many players as  
possible chance to get ball.

CONDITIONING (Heavy)

ANNOUNCEMENTS

TEAM CHEER!!!



Day 14

Stretching; Auto Agilities; Auto Cadence;  
REVIEW SCRIMMAGE

TEAM OFFENSE

1. Add any more plays wanted
2. Dry run entire offense

REVIEW KICKING GAME

TEAM DEFENSE

1. Add any additional def. adj.
2. Introduce seven-on-seven

CONDITIONING

ANNOUNCEMENTS

TEAM CHEER!!!

Day 15

STRETCHING

STATION DRILLS

GROUP OFFENSE

1. Line

- a. Review all blocks
- b. Review all plays

2. Backs

- a. Review running techniques and handoffs
- b. Review all plays

3. Receivers

- a. Review
- b. Pass catching
- c. Pass routes

KICKING GAME

TEAM OFFENSE

1. Dry Run Plays

GROUP DEFENSE

1. Coaches Call

LAST FULL SCRIMMAGE

CONDITIONING (Heavy)

ANNOUNCEMENTS

TEAM CHEER!!!



Practice Objectives  
Week THREE

Day 16

PRE-GAME

TEAM DEFENSE

1. Review

TEAM OFFENSE

1. Review

KICKING GAME

PASS PLAYS

ANNOUNCEMENTS

1. Equipment Check
2. Game Location
3. Game Time
4. Review where each player starts
5. Introduce game captains
6. Introduce Coin Toss Procedure
7. Introduce Halftime Procedure
8. Introduce After-game expectations

TEAM CHEER !!!

Day 17

GAME NUMBER 1

# HAVE FUN!