

Sample Practice Plan



**GRIDIRON
FOOTBALL**

Tuesday:

5:00-5:30 - Conditioning & Footwork

5:30-6:00 - WR/RB Drills & QB Drills (if have assistant, split up)

6:00-6:30 - Flag Pulling Drills

6:30-7:00 - Scrimmage/Offense and Defensive Plays

Thursday:

5:00-5:30 - Conditioning & Footwork

5:30-5:45 - Defensive Drills: Flag pulling (if have assistant, split up)

5:45-6:00 - Defensive Drills: Angle & Pursuit Drill

6:00-6:30 - Offensive Team Plays vs Air

6:30-7:00 - Scrimmage vs another team

Notes:

- Be consistent and repetitive - Keep running the same drills every day until they perfect it.
- Work on technique and form constantly.