

# Spartan's Youth Football, Inc.

## Practice Itinerary Example

**5:00 – 5:15**

### **Dynamic Warm-up**

- Jog or Skip (1) Lap
- Skip Forward w/Big Arm Circles
- Skip Backward w/Big Arm Circles
- Skip Forward w/Arm Crosses
- Skip Backward w/Arm Crosses
- Slide and Glide (Right) – Stand Straight “Don’t Click Heels”
- Slide and Glide (Left) – Same
- Carioca w/High Knee (Right)
- Carioca w/High Knee (Left)
- Toe Touches w/High Extended Leg
- Foot Grabs w/Foot Lifted to Hand
- Knee Hugs
- Monster Walk
- High Knees (Running)
- Butt Kicks (Running)
- Backward Sprint / Forward Sprint
- SPARTAN JACKS

**5:16 – 5:54**

### **Offensive Drills (See Progression Drills Sheet)**

#### Quarterbacks

- Progression Drills

#### Running Backs and Receivers

- Progression Drills

#### Offensive Linemen

- Progression Drills

#### Quarterbacks & Centers (2 Groups)

- 25 Snaps & 25 Shotgun Snaps
- Throwing Patterns to Backs/Receivers

#### Full Offense (2 Groups)

- Run Plays (2 Plays / Minute)

### **Defensive Drills (See Progression Drills Sheet)**

#### Defensive Backs, Ends & Linebackers

- Progression Drills

#### Defensive Linemen

- Progression Drills

**5:55 – 5:57**

### **Water Break**

**5:58 – 6:45**

### **Run Offensive and Defensive Plays (SCRIMMAGE)**

**6:46 – 6:55**

### **Sprints (Hill or Lines Depending on Scrimmage)**

**6:56 – 7:00**

### **RECAP Practice**

# Spartan's Youth Football, Inc.

## Practice Itinerary – First 5 Practices

**5:00 – 5:10**

### **Dynamic Warm-up**

- Jog or Skip (1) Lap
- Skip Forward w/Big Arm Circles
- Skip Backward w/Big Arm Circles
- Skip Forward w/Arm Crosses
- Skip Backward w/Arm Crosses
- Slide and Glide (Right) – Stand Straight “Don’t Click Heels”
- Slide and Glide (Left) – Same
- Carioca w/High Knee (Right)
- Carioca w/High Knee (Left)
- Toe Touches w/High Extended Leg
- Foot Grabs w/Foot Lifted to Hand
- Knee Hugs
- Monster Walk
- High Knees (Running)
- Butt Kicks (Running)
- Backward Sprint / Forward Sprint
- SPARTAN JACKS...Veterans LEAD

**5:11 – 5:31**

### **Camp Progression Drills**

Individual Stations:

- Agility Ladder - (1 In) (2 In) (2 In 1 Out) (2 In 2 Out)
- Cones - (Backwards, Slide, Forwards) (Criss-Cross Eyes Forward) (Right/Left Hand Down and Spin Around)
- 5 Bag Run with HIGH KNEES - (1 In Hit Coach Bag) (2 In Hit Coach Bag) (Side to Side Hit Coach Bag & Spin)
- 20 & 40 Yard Times (First Day Only)

**5:32 – 6:02**

### **Position Drills (See Progression Drills Sheet)**

Quarterbacks, Running Backs, Receivers, Linemen

- Progression Drills

Linebackers/Defensive Backs, Linemen

- Progression Drills

Form Tackling

- Head Up, Wrap Up, Lift Up, Drive Through

**6:03 – 6:35**

### **Offense and/or Defense Alignments, Positions and Plays**

**6:36 – 6:46**

**Run Hill First Practice of Week (A TRADITION LIKE NO OTHER), Sprints for POOR PRACTICE**

**6:47 – 7:00**

**Cool Down & RECAP PRACTICE**

# Spartan's Youth Football, Inc.

## Drills by Position - Offensive and Defensive

### QB Drills:

- **Arm Exercises Drill:**
  1. Big Arm Circles, Side to Side, Rotate
- **Ball Handling Drill:**
  1. Around Head, Legs, Figure 8, Waist, Drop and Catch or Circle
- **5 Throws Each Drill:**
  1. Right & Left Knee 5 Yards
  2. Standing Still with Feet Pointed Straight / Swivel Hips
  3. Right Foot Forward (Simulates Throwing on Run)
  4. Throw with PURPOSE
- **Footwork Drill:**
  1. Drop Back at 45 degree angles 1...2...3 (Slow then Quick) EYES UP FIELD
  2. 3 and 5 Step Drops (Form Square with Cones)
- **Throwing Drill:**
  1. Jog in Straight Line at each other 5 yards apart and throw
  2. Jog in Circle 5 yards apart and throw (Both Directions)
  3. Naked with Pump and Sprint Out Throws
- **Option Pitch Drill:**
  1. Option Pitch 5 Yards Apart in Line or Circle (Thumb Down, Step towards Pitch)

### BACK Drills:

- **Handoff & Ball Position Drills:**
  1. 2 lines face each other going SLOW making sure proper hand/arm positions
  2. Take handoffs, Tosses & Option Pitches from Coach – Specify which play is simulated (Don't let them REACH for BALL)
  3. Switch Ball – 45 Degree Angle around cones switching Ball to outside arm going around each cone
- **Bag Drills:**
  1. 5 Bags – Run with HIGH KNEES
    - a. 1 foot between Bags Hit Coach w/Bag at End
    - b. 2 feet between Bags Hit Coach w/Bag at End
    - c. Lateral movement with 1 foot between Bags
    - d. Lateral movement with 2 feet between Bags
    - e. Side to Side shuffle between Bags Hit Coach at End and Spin
- **Agility Ladder Drills:**
  1. 1 In, 2 In, 2 In 1 Out, 2 In 2 Out

### WR Drills:

- **Get Offs Drill:**
  1. Inside Leg/Foot is always forward
  2. GET OFF THE BALL...work on both right and left foot stance
  3. Focus on staying low and driving off front foot
  4. Run 5 GOOD 5 yard sprints from both foot forward
- **Plant and Go Drill:**
  1. Use Cones in either box or Zig - Zag combination
  2. Make sure receiver plants without stutter steps at each cone with proper foot.
- **Coach Throwing Ball Drill:**
  1. One Line Facing Coach Catch at Highest Point
  2. Two Lines Criss - Cross Coach Throws to One
- **Tommy Gun Drill:**
  1. Form circle with man in middle using two balls
  2. Throw one ball at a time quickly
  3. Make sure receiver keeps eye on ball catching with EYES!
- **Bad Ball Drill:**
  1. Receiver line runs at you, throw ball left, right, high, low
- **Distraction & Concentration Drill:**
  1. Form two line with receiver between lines
  2. Coach throws ball about 7-10 yards
  3. Players in two lines throw bag or distract receiver

**OL Drills:**

4. Receiver must look ball in and go HIGH and TIGHT after catch
- **Re-Locate Drill:**
  1. Receiver jogs away from you, then throw ball over other shoulder
  2. Repeat for each shoulder
- **Pole Catch Drill:**
  1. Have receiver hug goal post and catch passes with arms around goal post
- **Fence Rail:**
  1. Hands in Front on Fence, Put Head in Hands, Sweep Hand
  2. Chop Feet
- **Board Drill:**
  1. Covered – Quick Side Step
  2. Un-Covered – Quick Bucket Step
- **Sled Drill:**
  1. Single Line – Punch Bags with Firm Aggressive upward motion
  2. Fire Out Low with one thrust keeping back straight
  3. Fire Out Low as a Unit and Drive Sled
- **Bar and Board Drill:**
  1. Fire Out Low chopping feet quickly – Punch Bag
- **Agility Ladder Drills:**
  1. 1 In, 2 In, 2 In 1 Out, 2 In 2 Out

**DEF Drills:**

(LB, End, Corner & Safety)

- **HEAD UP, WRAP UP, LIFT UP, DRIVE THOUGH**
- **Agility Ladder Drills:**
  1. 1 In, 2 In, 2 In 1 Out, 2 In 2 Out
- **Cone Drills:**
  1. Backwards, Slide, Forwards
  2. Criss-Cross Eyes Forward
  3. Right-Left Hand Down and Spin Around
  4. Back Pedal
  5. W – Cone
- **Bag Drills: 5 Bags – Staying Low**
  1. 1 in Hit Tackle Dummy
  2. 2 in Hit Tackle Dummy
  3. Lateral 1 in Hit Tackle Dummy
  4. Lateral 2 in Hit Tackle Dummy
  5. Side to Side Hit Tackle Dummy
- **Ball Drills:**
  1. Coach points with Ball and throws – Turn & Go
  2. Backpedal to V – Cut
  3. Backpedal, 45% Forward, Catch Ball at Highest Point
  4. Tip Drill
  5. One on One coverage (i.e. run outs or slants)
- **Pursuit Drills:**
  1. 3 on 2 Sideline Pursuit (Tackling or Touch)
  2. Position Pursuit all 11 pursue ball carrier
- **Tackling Drills:**
  1. Hat to Hat Hamburger
  2. Big Green Mat
  3. 2 on 1 Hamburger
  4. 3 Stage - Linemen, Linebackers, DB's

**DL Drills:**

- One on Two Drill - (Maintain Rectangle between Offensive Linemen)
- BEAR CRAWL Drill - (Bear Crawl for 5,10,15 Yards) MUST STAY LOW
- RIP, SWIM & BULL RUSH
- Figure 8 Drill

# Spartan's Youth Football, Inc.

## Offensive Linemen:

### STANCE & ALIGNMENT

1. Lineman will align on the line of scrimmage in a ready position, good football position with arms resting on quads (focus on defensive line positioning)
2. Spacing the stance with toes aligned to the centers heels, lineman will be in a 3-point stance on QB'S cadence (set)
3. Offensive linemen splits generally remain the same, may adjust to blitzing team.
  - Center-Guard=2 feet
  - Guard-Tackle=3 feet
  - Tackle-Tight (H or Y)=3 ½ feet
  - Left side has left hand down, Right side right hand down
4. Maintain "Z" in the knee, hand placement using the eye socket test

### Pass Play Line Calls: Center can call protections at line of scrimmage.

1. Salt-Pepper (Run Plays)
  - a. Linemen slide to gap on call side, take on most dangerous.
  - b. Backside Tackle (Kick Step, Slide & Set).
  - c. Line Call (Pepper = Slide Right) – (Salt = Slide Left).
2. MOM - Man on Man (Pass Plays)
  - a. Tackles – take on most dangerous, nearest defender.
  - b. Guards – take on most dangerous, nearest defender.
  - c. Center – don't give ground, take on most dangerous.
  - d. Backs read Outside Linebacker or Strong Safety if "Not" designated a pass route.
3. Rip-Liz (Play Action or Sprint Out Plays)
  - a. Line goes with call (Rip = Slide Right) – (Liz = Slide Left)
  - b. Linemen slide to gap on call side, take on most dangerous.
  - c. Backs attack play-side with block if "Not" designated a pass route.
4. Screens
  - a. Linemen slide to gap protection except backside tackle.
  - b. Play-side Guard & Play-side Tackle – Stay flat down the line of scrimmage

### DRILLS:

#### Warm Ups:

Agilities (bag drills)  
Ladders  
Five Dots (footwork)  
Jump Rope  
Medicine Ball Pass Pro  
Four Corners

#### Starts/Stances

Proper alignment with stance  
Footwork using linemen squares (exhibit attached)  
Board Drills  
Chutes

#### Sled Drills

Gunslinger (4pt, 2pt, 3pt stance)  
Punch the line  
Drop Step  
Bucket Step  
Big on Big (tee-off)  
2 man fit (two man sled)  
Line surge (five man sled)

#### Chute Drills

Chute to fit Drive  
Chute & Board  
Trap from I/S the chute  
Seminole

#### Run Game Drills

One man games, progression to the second level  
Two man games, progression to the second level  
Down the Line Efficiency  
Combo Block (post/driver)  
Cut Block (6 point strike, rollover block)  
NINE ON SEVEN INSIDE RUN

#### Pass Protection Drills

Medicine Ball Agility  
Plate Punches  
Quarter Eagle Plate Punches  
Zig-Zag plate punch  
Mirror Drill  
Inside Hand Leverage  
Rapid Fire  
3 man Kick and Punch  
One on One (ten yard square)  
Partner pass protection  
Blitz pick up with O/L and Backs

**"HONEST, INTELLIGENT EFFORT IS ALWAYS REWARDED"**

# Spartan's Youth Football, Inc.

## Receiver

### QUAD SQUAD (X, Y, Z, A)

#### Stance, Release, Blocking, Catching, and Drills

##### Stance

- WR
  - Inside foot is up
  - Hands up in sprint-ready mode
  - Scan the defense
- TE
  - Outside hand down and outside foot back slightly (toe to instep)
  - Weight on feet, not on hand (squat into position)
  - Back flat
  - Head up
  - Inside hand in hit-ready position

##### Release

- WR & TE
  - Stay low off the line (swim, punch, rip, swat or slap)
  - Make progress up field (if thrown off route, get back on it ASAP)
  - Full speed off the line (run or pass)
  - Stay low in break

##### Blocking

- WR Stalk
  - Full speed to about 3 to 5 yards in front of defender
  - Break down in athletic stance
  - Stay between defender and ball carrier
  - The receiver should viciously drive through the middle of the defender. He should keep his head up, his hands into his body, and avoid lunging.
- WR & TE
  - Crackback – the block has to be above the waist, and the head has to be in the front of the defender
  - The receiver should adjust his angle of release in relation to the position of the defender
  - WR should always stay under control
- TE Drive
  - Stay low, back flat, head up
  - Quick forward step and punch with both hands to chest plate
  - Grab chest plate
  - Lock out arms
  - Feet slightly wider than shoulder width, athletic strong base
  - Drive feet in quick, strong, choppy steps

##### Catching

- WR & TE
  - Catch with soft hands
  - Go after ball with both hands
  - Go after ball at highest point
  - Fight for the ball
  - Above waist – thumbs together
  - Under waist – pinkies together
  - To the side – pinkies together
  - Look ball into tuck (high and tight)
  - Get up field
  - Know where sidelines and end lines are
  - Confidence

## Drills

- Purdue ball-handling drills
  - Air Dribble – A receiver should hold ball on the fat part of the ball and completely release the ball. He should catch the ball before it drops to the ground, continue performing this drill for 30 seconds, and repeat it with the opposite hand.
  - Hand-to-Hand – The receiver should pass ball from hand to hand, quickly catching and tossing the ball. The receiver should also practice these movements behind his back.
  - Globetrotter – The object of this drill is to keep the ball moving as fast as possible and in as many different movement patterns as possible. These movements can include between the legs, around the knees, around the waist around the back, around the head. The receiver should try to keep the ball moving as fast as possible for 30 seconds.
- Hit-and-Recoil Shield – Two lines of receivers face each other about 5 yds. apart. Two players in front of each line will be holding the hand dummies. On verbal command, the receivers approach the dummy holders and prepare to execute a stalk block. Dummy holders advance forward and receiver has to execute the proper block. The dummy holders continue to try to advance past the receiver, who will keep blocking until another whistle concludes the drill.
- Distraction
  - Two lines facing each other 15-20 yds. apart
  - 1<sup>st</sup> person in each line runs at each other (defender in front and receiver in back)
  - Coach throws when players cross in front of them
  - Line in front distracts, but can't touch receiver or ball
  - Line in back catches
- Highest Point
  - One line next to coach
  - 1<sup>st</sup> two people run side by side under control
  - Front person is defender, back person is receiver
  - Coach lobs ball over defender's head 10-15 yds.
  - Defender stays on ground
  - Receiver jumps and catches at highest point

# Spartan's Youth Football, Inc.

## Running Backs

### Offensive Indy Period

Everyday Drills (EDS)	Coaching Points
<b>1.</b> Agility Bag Drills (begin in 1 line with 1 ball per player - perform 2x each with left and right hand) <ul style="list-style-type: none"> <li>Straight Run to Blast the Bag</li> <li>Zigzag Shuffle to Split the Bags</li> <li>Lateral Shuffle L/R to Hit and Spin</li> <li>Forward and Back to Stumble</li> </ul> *Finish each drill by sprinting down-field 5 extra yards	Emphasize Ball Security, Agility, and Power Running <ul style="list-style-type: none"> <li>Ball Security <ul style="list-style-type: none"> <li>"high and tight" (high on the chest and tight to the body)</li> <li><u>Three points of contact</u> (protect the ball by covering the tip with a <u>claw like grip</u>, <u>squeeze</u> the ball with the forearm, protect the bottom tip by <u>tucking the ball under your elbow</u>)</li> </ul> </li> <li>Agility <ul style="list-style-type: none"> <li>Move at the <u>fastest, controllable speed</u> that you can</li> </ul> </li> <li>Power Running <ul style="list-style-type: none"> <li><u>head up</u>, shoulder <u>pads low</u>, hit with the <u>top of your pads</u>, <u>explode</u> through the bag(s) by <u>driving your knees</u></li> </ul> </li> </ul>
<b>2.</b> 4 Touch Drill (begin in 1 line with 1 ball per player - perform 2 x starting at the sideline touching your foot /switching the ball on the Goal Line and the 5 yard line)	Emphasize Ball Security and Switching the Ball in Open Field <ul style="list-style-type: none"> <li>Switching the Ball <ul style="list-style-type: none"> <li>Reach <u>under</u> the ball, lay the ball down on top over the other arm, and secure the ball with the bottom hand by bringing it up into a <u>high and tight</u> position</li> <li>Do not bring the ball out away from the body, switch the direction of the tips, or switch in traffic</li> </ul> </li> </ul>
<b>3.</b> Pocket and Ball Exchange Drill (begin in 2 lines facing one another with 1 ball - perform receiving a hand off 3x from the left and right side)	Emphasize Ball Security and Receiving a Hand Off <ul style="list-style-type: none"> <li>Receiving a Hand Off <ul style="list-style-type: none"> <li>Position both arms parallel (top hand with <u>inside elbow up</u>, bottom hand at <u>belt buckle</u> with palm up), <u>fold over</u> the ball once it is feathered in to your belly, <u>secure</u> the ball with bottom hand by bringing it up into a <u>high and tight</u> position, and <u>eyes down-field</u></li> <li>Do not reach for the ball and a bigger pocket is better than a smaller pocket</li> </ul> </li> </ul>
<b>4.</b> Sideline Toss Drill (begin in 1 line behind coach in 2 point stance, coach calls cadence, pivots, and tosses the ball to the RB, RB blasts through bag - perform 2x to the left and right)	Emphasize Ball Security, Receiving a Toss, and Power Running <ul style="list-style-type: none"> <li>Receiving a Toss <ul style="list-style-type: none"> <li>Open step towards the sideline, reach for the ball with <u>2 hands</u>, <u>look the ball into</u> a <u>tuck</u>, <u>accelerate</u> up-field, <u>explode</u> through the bag</li> <li>If the ball ends up on the ground, <u>cover it</u> in a fetal position</li> </ul> </li> </ul>

I include the following skills every other day (I keep the top 4 the same and alternate the bottom 3 drills)

Day 1 Drills	Coaching Points	Day 2 Drills	Coaching Points
<b>5.</b> Inside Run Blocking Drill (Linemen Blocking Progression Drills)	Emphasize Blocking Technique	Pass Protection Block Drill (see Linemen Progression Drills)	Emphasize Blocking Technique
<b>6.</b> Toss Blocking Drill (Linemen Progression Drills)	Emphasize Blocking Technique	Line Ball Drill	Emphasize Catching Technique <ul style="list-style-type: none"> <li>Same language as Receiving a Toss</li> </ul>
<b>7.</b> Open Field Running Drill (1 vs. 1 situation)	Emphasize no more than 1 or 2 Cuts	Turn and Catch Drill	Emphasize Catching Technique