

ULTIMATE YOUTH FOOTBALL

PRACTICE PLAN

Ages 9-12



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Purpose of the Practice

At this age players are starting to understand the overall game of football better. Therefore, you can begin to make each drill a little more involved. You can also begin to build on some of the basic skills that were taught to players at a younger age. However, the players are still very young. So you want to continue to stress the basics so that all players become fundamentally strong. You also want to continue to make the game fun for the players. However, now you can begin introduce a little more discipline into the practice too.

At this age the players will come in all shapes and sizes. Therefore, you want to make sure players are paired up well for each drill. You don't want a small quick player drilling with a large slower player. You want to group according to size, age, and ability as much as possible.

With the players still developing, you don't want to lock any player into 1 role. You want to continue to teach all the players all the necessary skills so that they will be solid all-around football players as they get older.

For example, you don't want to label a larger kid a lineman and not teach him any of the skills like catching and running with the ball. That kid may very well end-up slimming down and growing into a different body type. He may end-up being one of the faster kids and want to play running back or wide receiver when he's in high school.

So, make sure you give all players the opportunity to learn how to do everything well.

The following drills will help players develop into great all around football players.

Equipment Needed

For these drills all players need to be in full pads. You will also need blocking pads, cones, and blocking sleds.

Obviously you need footballs too.

Warm-Up (10 Minutes)

Players should always stretch first. Coaches should lead the players through their stretching so that no injuries occur because of a lack of stretching. After proper stretching you should warm-up the players for the rest of practice. During the warm-ups you should also help make the kids better football players. These first 2 drills will do just that.

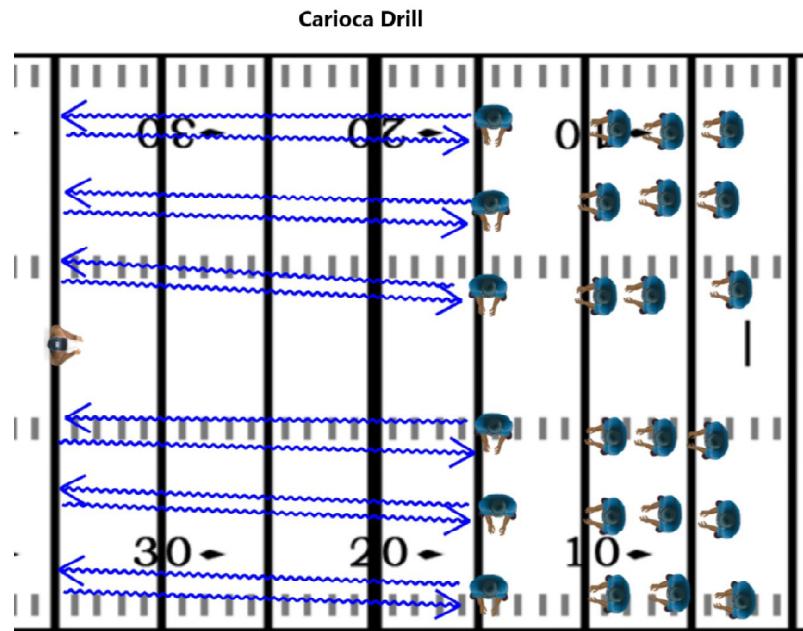
Carioca Drill

Purpose: This drill is meant to help players with their footwork. It will also help players with their overall agility.

How it's Run: Players will form 6 lines and face the coach. The coach will be 20 yards downfield. The first player in each line will turn to the side. Their shoulders should be parallel to the sideline. On the whistle the players will carioca 20 yards downfield (to they are even with the coach) and then 20 yards back to their starting spot. They will then go to the end of the line and the next player will step up and wait for the whistle.

Players should always keep their upper body parallel with the sideline. Their hips should rotate as they run sideways placing left foot over right and then left foot behind right. Each player should go through the line at least twice.

Result: Coaches should make sure all players are keeping their upper bodies parallel while rotating their hips. Coaches should also make sure all players are using the proper footwork. Getting the footwork down is much more important than the speed at which the drill is done.



Quick Feet

Purpose: This drill is another drill to help players with their footwork. It will also help players with their overall agility.

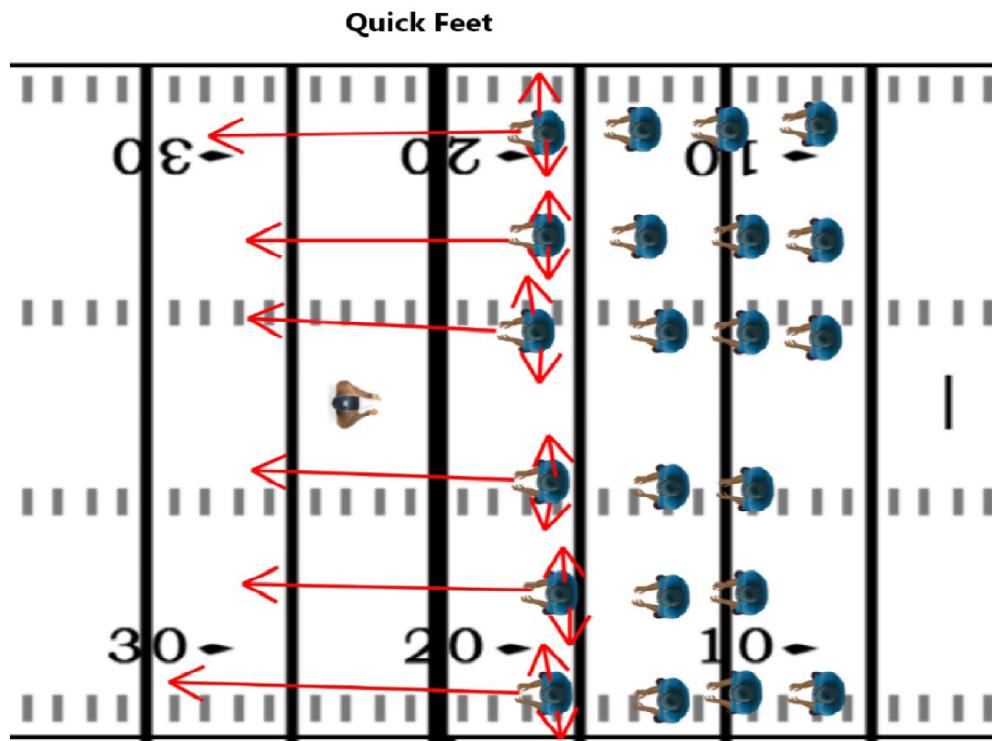
How it's Run: Players will form 6 lines and face the coach. The coach will be 10-20 yards downfield. The first player in each line will take a couple steps toward the coach. They should continue to face the coach.

On the whistle the players will get low and take quick choppy steps. They will move to the right and then back to the left. All the while they will keep their eyes on the coach and keep their shoulders square to the coach.

When the coach gives the signal the players should sprint forward 20 yards. Then they should jog back to the end of the line and wait to perform the drill again.

Each player should go through the line at least three times.

Result: Coaches should make sure all players are keeping their upper bodies parallel with the coach. The players should all stay low too. Their feet should be moving quickly and they should sprint forward the full 20 yards when the coach gives the signal.



Individual Skills (20 Minutes)

At this age, the individual part of the practice should focus on teaching the players how to do the little things well. It can work on any skill that a player has to possess to be good at any position. The following 2 drills focus on different skills that all players should possess.

Fumble Drill

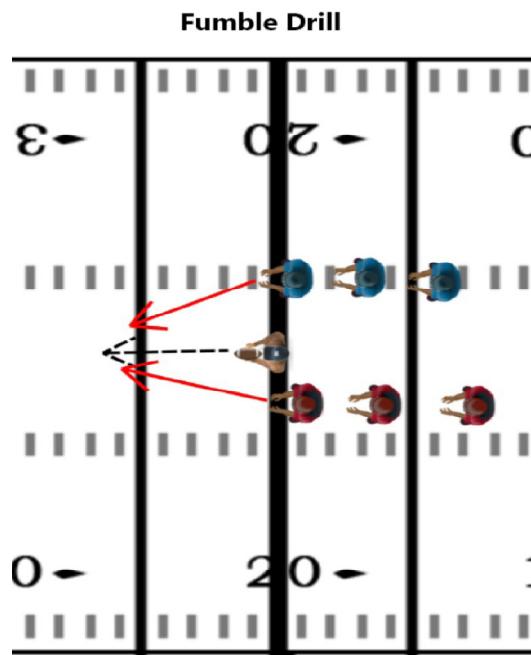
Purpose: This is a great drill to help players become more aggressive. It also helps players learn to go after a fumble with reckless abandon.

How it's Run: For this drill 2 players will try to recover a loose football. You will need 2 lines of players. You may want to pair up players of similar size and age.

The 2 lines should be about 8 yards apart. The coach will have footballs and stand between the 2 lines of players. The first player in each line will step up and wait for the coach to throw the ball out. The coach can either throw the ball or roll the ball out in front of the players. The coach should try to get the ball out away from the players and an equal distance from each player.

Both players will charge after the ball and try to recover it. The coach can elect to make the player who doesn't recover the ball run a lap or do a similar activity.

Result: Coaches should look to make sure both players are aggressively going after the ball.



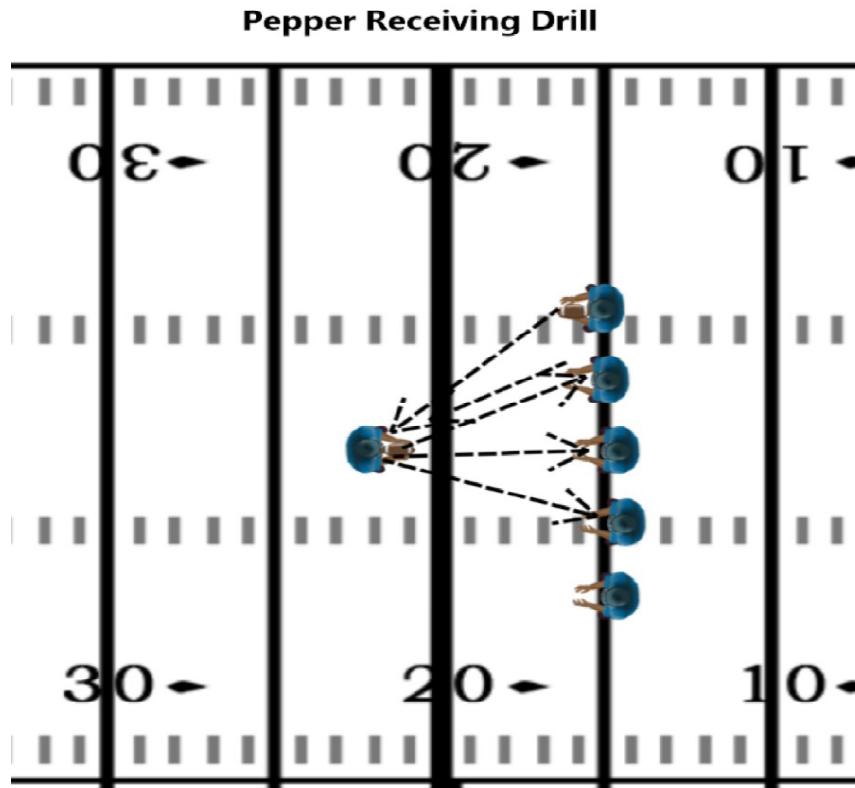
Pepper Receiving Drill

Purpose: This is a great drill to help players learn to catch the ball while staying focused on the ball. Once the players have the basics of how to catch down, this drill can be run. It should certainly be run with any player who might catch the ball during the game but it can be run with all the players.

How it's Run: Divide players into groups of 6. 5 players will stand in a line and 1 player will face the line about 6-8 yards away. There will be 2 footballs. The player facing the line will have 1 football and the player on the end of the line will have the other football. The player facing the line will be the receiver.

The receiver will start the drill by throwing his ball to the second player in line. As soon as the ball is thrown, the player at the end of the line will throw his football to the receiver. The receiver will catch the football and throw it to the next player in line. Then he'll receive the next pass from the line and so on.

Result: Coaches should make sure that the receiver is catching the ball using the proper technique. Also, the drill should run smoothly and there shouldn't be any lapses when there isn't a football in the air.



Group Skills (20 Minutes)

For the group skills you can work on anything that all the players need to work on together. You can focus on defense or offense. The drills just need to involve most or all of the players.

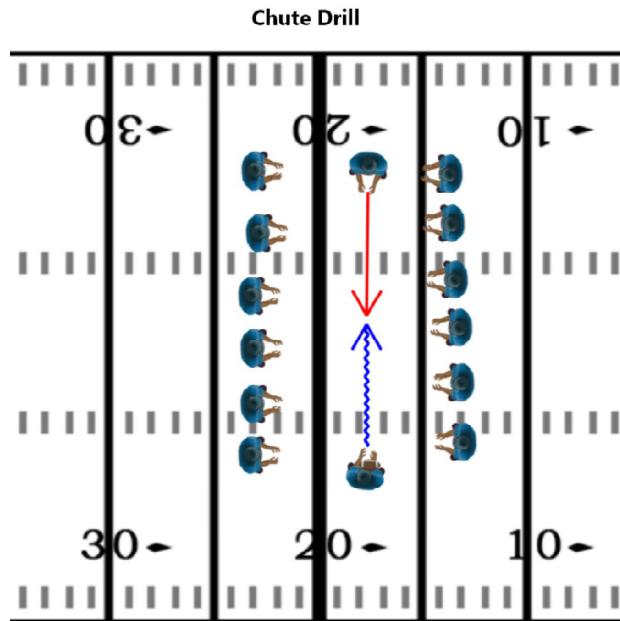
Chute Drill (Tackling Chute)

Purpose: This drill will help players with their tackling. It will also help players become more aggressive. This drill will teach players not to shy away from contact.

How it's Run: For this drill you will need two lines of players about 6 yards apart. The players will be facing each other. The 2 lines of players will form the chute for the drill. 2 players at a time will step into the chute at opposite ends. 1 player will have a ball. He will be the ball carrier. The other player will be the tackler. The players should be similar in size.

On the coach's whistle the 2 players will run at each other. The ball carrier will try to run over the tackler (he shouldn't try to avoid him) and the tackler will try to tackle the ball carrier. So both players should run at each other full speed. The 2 players should crash together in the chute. Either the ball carrier will remain standing and keep running or the ball carrier will be tackled. If the ball carrier remains standing then he wins, if not then the tackler wins.

Result: Coaches should make sure that both players are aggressive. Also, both players should get as low as possible just before contact.



Shuffle Drill

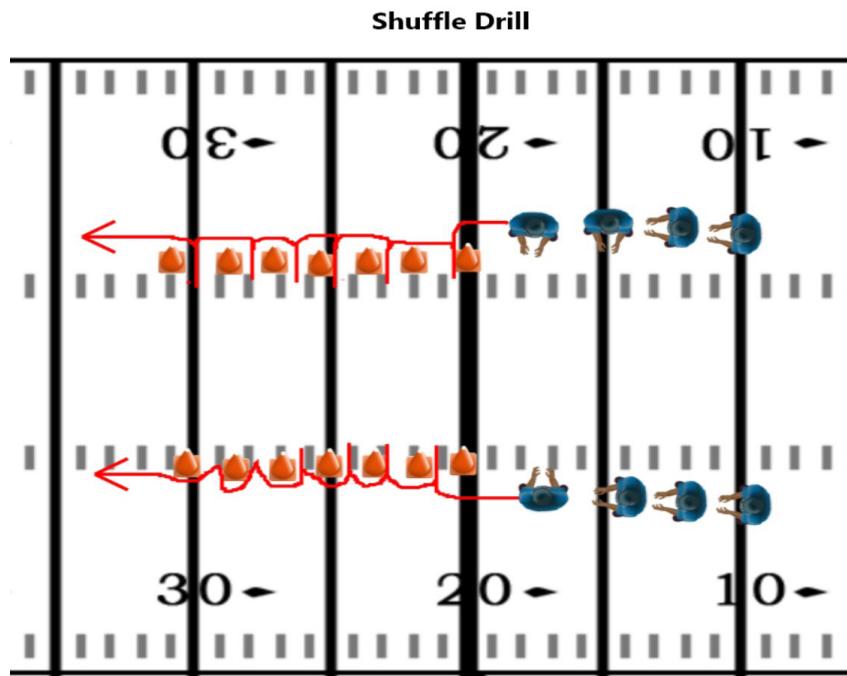
Purpose: This drill will help players with their footwork. The drill is especially useful for linebackers and running backs but can be used for all players.

How it's Run: Place 7 cones within a length of 10 yards. You can set up 1 line of cones on one hash mark and another line of cones on the other hash mark. Then you can have 2 lines going at the same time.

Players will line-up at the first cone. The first player in line will shuffle past the first cone with quick choppy steps. Then he'll run forward in between the 2 cones, his feet should still be quick and choppy. Then he'll run back out from between the 2 cones and shuffle past the next cone. Then he'll run in between the next 2 cones, go backward, and move on past the next cone.

This will be repeated until the player gets to the last cone. Then he'll turn and spring up field. Each player should perform the drill at least twice.

Result: Coaches need to focus on the player's feet. The players should constantly be using quick choppy steps. They should also stay low to the ground and their upper bodies should stay square with the cones at all times.



Special Teams (10 Minutes)

At this age, how much special teams are used is really up to the coach. However, as the players get older they need to begin to understand how special teams are played. They especially need to learn how to cover a kick and return a kick. These 2 drills will help with that.

Staying Onside

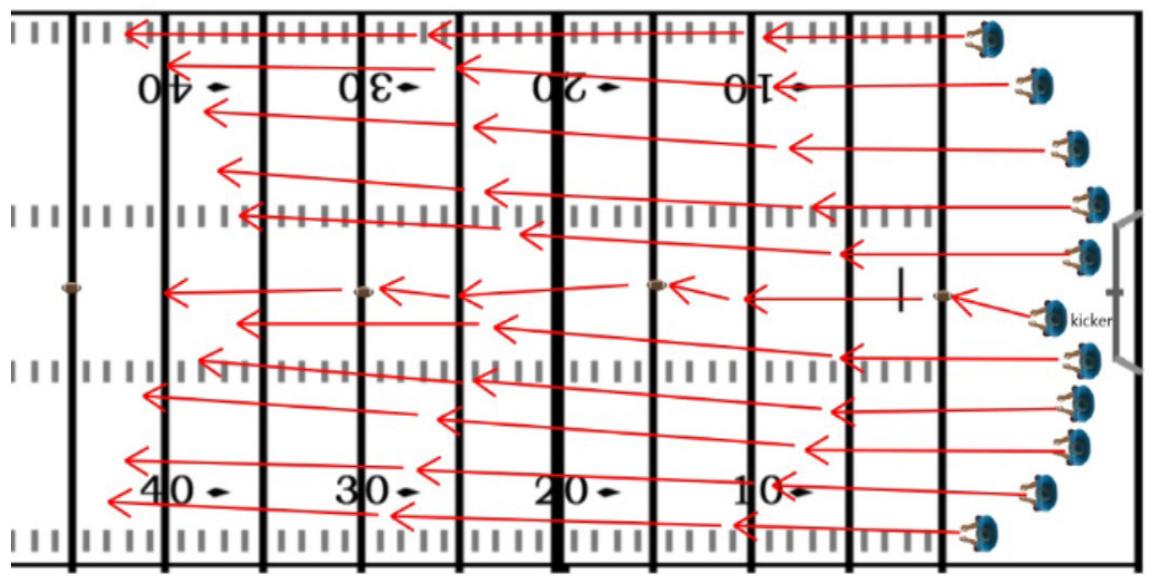
Purpose: This is a great drill to practice staying onside during a kickoff. It will also help with conditioning.

How it's Run: A ball is placed at the goal line, then the 15 yard line, and then every 15 yards the length of the field. The kickoff team will line-up to kick the first ball. The kicker will signal that the kickoff will occur and then run up and kick the ball. All the players will sprint forward as if they are covering a kick.

Each player will run about 10 yards downfield and then prepare for another kickoff. This time the ball will be kicked from the 15 yard line and then from the 30 yard line and so on.

The drill will continue all the way down the field. At each spot the kicker can actually kick the ball or can just feign that he's kicking the ball.

Result: Coaches should look to make sure that all players are staying onside each time the ball is kicked. Also, every player should be sprinting forward just as they would for an actual kickoff in a game.



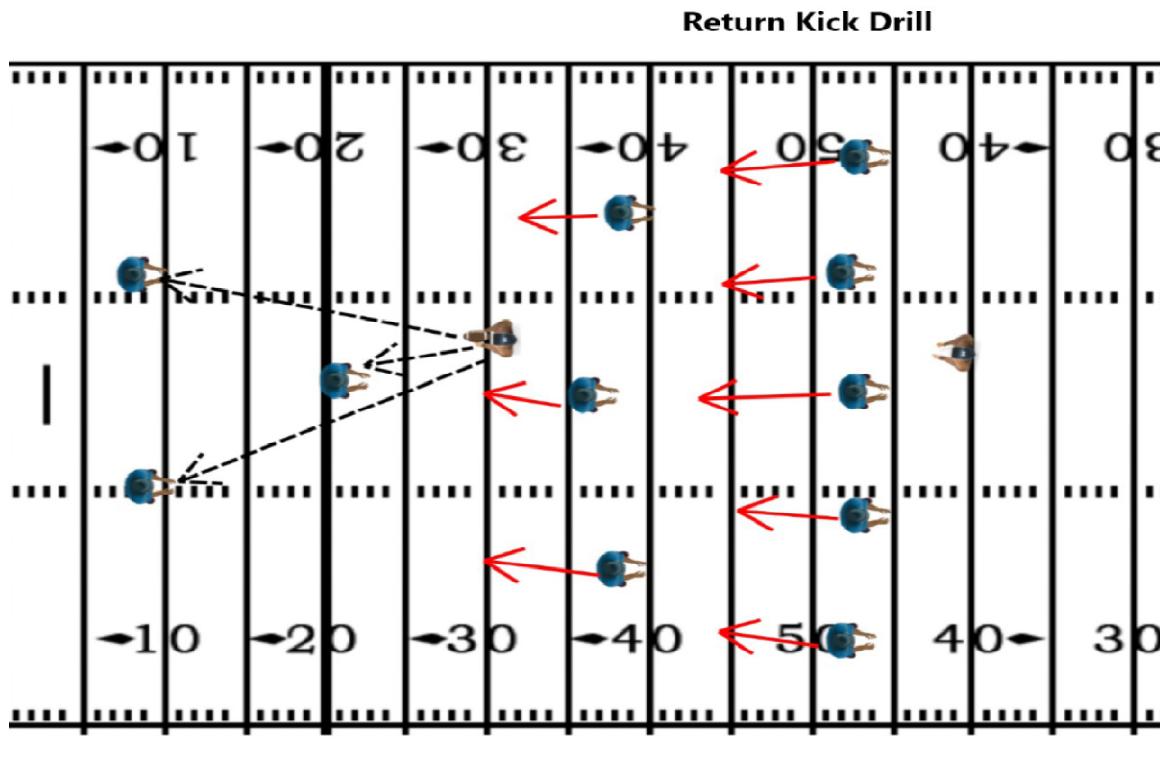
Return Kick Drill

Purpose: It's important for players to set-up in the correct spot to block when returning a kick. This is a great drill to teach the return team how to properly block for the return. This drill practices getting in position for the return.

How it's Run: The kick return team will be on the field for this drill. They will set-up however they are asked to set-up in an actual game. There will be a coach standing near where the opposing kicker would kickoff. This coach will simulate each kickoff. There will be another coach about 30 yards downfield. This coach will throw the ball to one of the return men. The throwing of the ball will simulate the actual kick.

The coach will throw the ball to a return man. The return team has to find the ball then sprint to the correct spot on the field where they will have to block for the return.

Result: Coaches need to make sure that all players know where they're supposed to go to block while the ball is in the air. All players need to get to the correct spot as fast as possible.



Offensive Period (25 Minutes)

At this level the offensive period will usually divide the “skilled” players from the offensive linemen. So, here is a drill for the “skilled” players and a drill for the offensive linemen.

Gauntlet Drill

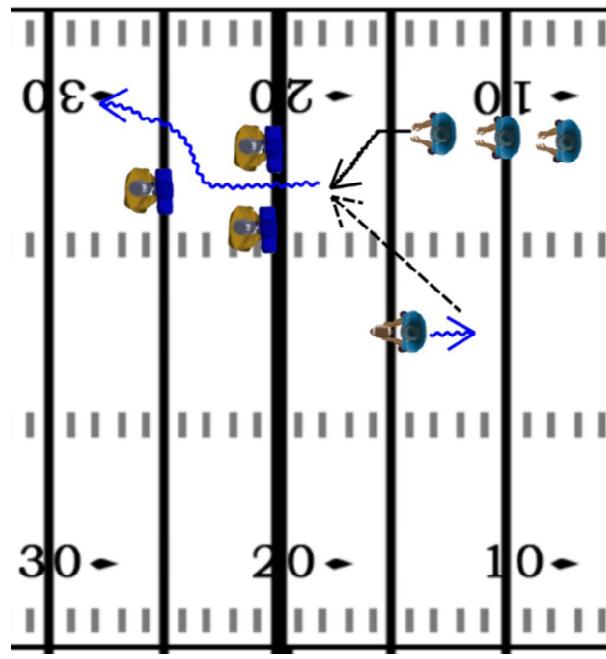
Purpose: This drill can be run with a pass or with a simple run. It's often best to use a pass so that all the skill players get a chance to catch the ball and run with it. The main purpose of the drill is to teach the players to concentrate on catching the ball, securing it, and then running with it. This drill will also help the quarterback with his timing.

How it's Run: Players will line-up on the outside of the field. The quarterback will be in the middle of the field with a football. There will be 3 blocking dummies or players holding pads. Two blocking dummies will be about 5 yards downfield. They will be together with a space of 2 or 3 yards between them. They will be slightly inside of the line of players (closer to the middle of the field). The other blocking dummy will be about 5 yards farther downfield.

The first player in line will run a quick slant, catch the ball, run between the blocking dummies, make a move on the last blocking dummy, and continue up field.

The quarterback will snap the ball, take a quick drop, and deliver the ball on the quick slant.

Result: Coaches should look to make sure the players are catching and securing the ball properly. They should also make sure the quarterback is dropping back properly and delivering the ball on time.



5 Man Seat Roll

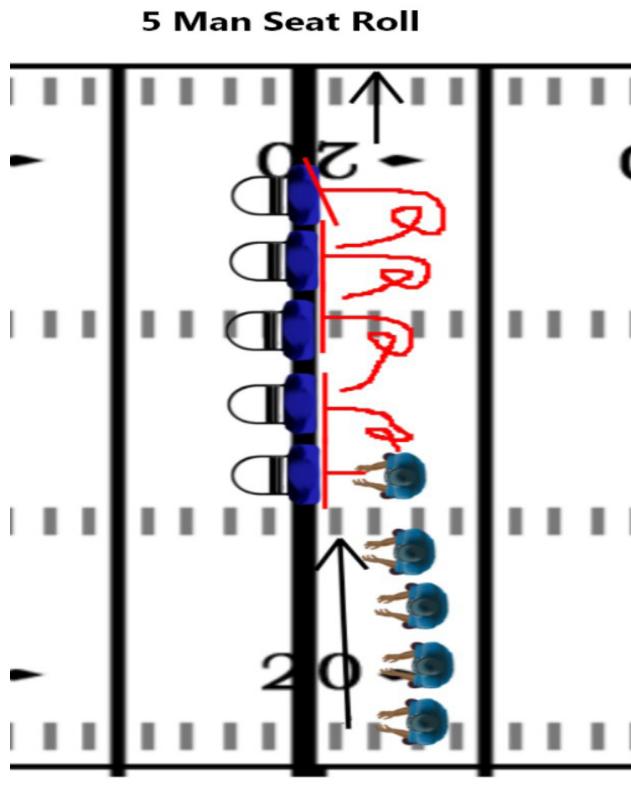
Purpose: This drill will teach the offensive linemen agility and how to explode into their blocks.

How it's Run: You will need a 5 man blocking sled or five single blocking sleds all side by side. You will need 5 offensive linemen.

The drill will move from left to right. The right tackle will begin at the first sled. He will get into a 3-point stance. On the whistle he will explode into the sled, recover with a seat roll, and then line-up in a 3 point stance next to the 2nd sled. While the OT does a seat roll, the next lineman (the right guard) will get into a 3-point stance across from the first sled. On the whistle they'll both explode into their sleds, recover with a seat roll, and move onto the next sled. The center will then join the drill and so on.

The drill continues until all 5 linemen go through every sled. Then the drill can move from left to right.

Result: Coaches need to make sure players are using the proper technique. Players need to explode and then recover immediately.



Defensive Period (25 Minutes)

As with the offense, it's important to divide the players for the defensive period. However, there are some drills you can do with all the players. Tackling is a skill that all the defenders need to know. Both of these drills focus on tackling.

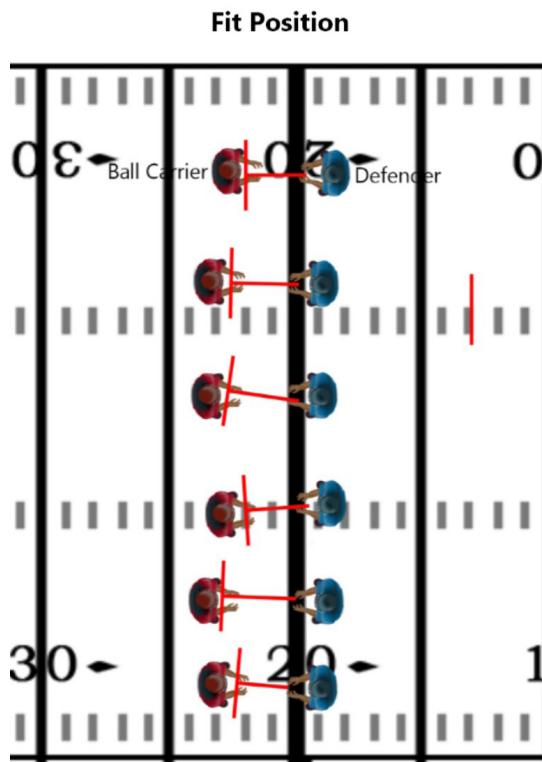
Fit Position

Purpose: This drill will help players learn the proper tackling position. This position is sometimes called the “fit position.”

How it's Run: Players will pair off and face each other on a chosen line of scrimmage. One player will be the defender while the other will be the ball carrier.

On the coach's signal the defenders will walk up into the fit position. They will grab the other player (the ball carrier) as if to tackle them and then hold that position. The coach will analyze each fit position and correct the position if necessary. Then the players will switch roles and the coach will analyze the other players' fit positions.

Result: Coaches should make sure the tackler has the proper base. The butt should be sticking out and the back should be straight. The head should be up, eyes should be open, and the front of the shoulder or chest should be making the contact.



Pursuit Drill

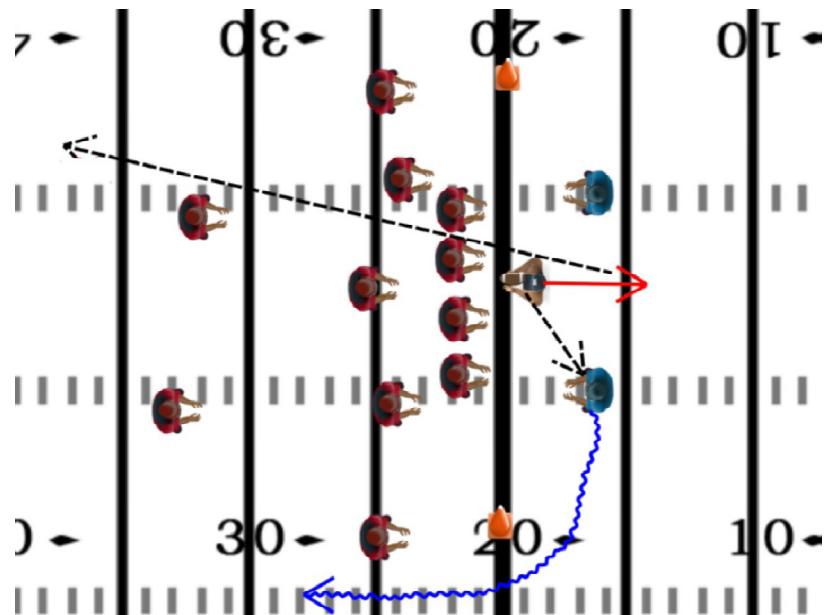
Purpose: This drill will help players learn the proper angle of pursuit on the ball carrier. It will also help the defense learn to react to a play. Finally, the ball carriers in the drill can also drill receiving a pitch and running with the ball down the sideline.

How it's Run: This drill will use a full defense (all 11 players), 2 potential ball carriers, and a coach with a few footballs. A cone will be set on each side of the field between the hash marks and the sideline at the line of scrimmage. The 2 potential ball carriers will line-up on each hash mark about 3 yards behind the line of scrimmage. The coach will line-up on the line of scrimmage with a football. The defense will align in the called formation and will play the called defense.

The coach will simulate the snap and either drop back to throw the ball or pitch the ball to one of the ball carriers. If the coach drops back to pass then the defense should drop back into their zones. The coach will throw the ball deep and high. The defense should try to intercept the ball at its highest point and then return the ball. The other defenders should form a blocking wall for the return.

The coach could also pivot and pitch the ball to one of the ball carriers. The ball carrier will take the pitch, place the ball in his outside arm, and run around the cone to the sideline. The defense should not react until the ball carrier has the ball. Then they should pursue using the proper angles.

Result: Coaches should make sure all the defenders are reacting properly and playing the proper angles. Also, the coach should make sure the ball carrier is receiving the pitch with his hands and tucking the ball away properly.



Cool Down and Conditioning (10 Minutes)

This part of the practice needs to work on the conditioning of players and allow the players to cool down. The first drill will help condition the players and the last drill will help the players cool down.

Back and Forth

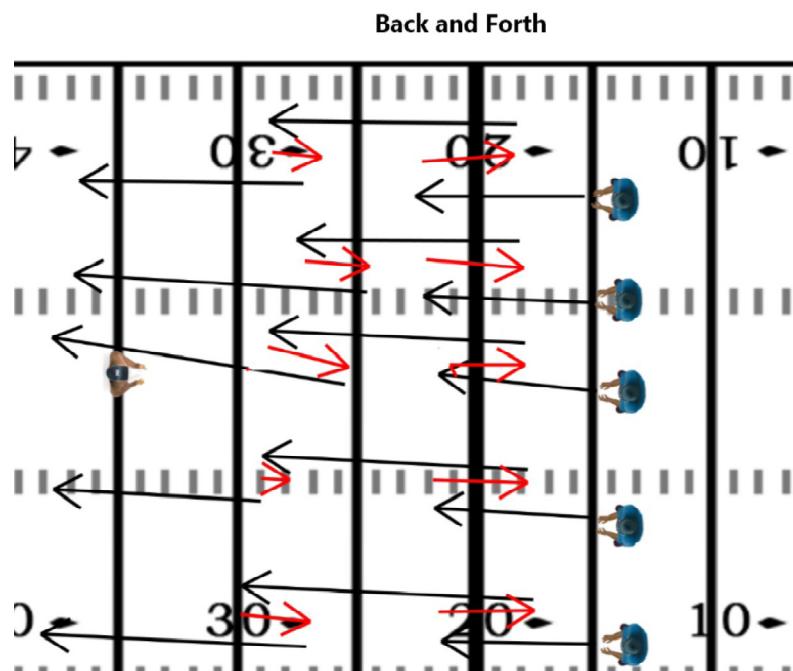
Purpose: This is a great conditioning drill. It can be run as many times as the coach wants. The drill also helps with agility.

How it's Run: Players will line-up in one of five lines. The coach will stand 20 yards downfield.

When the coach blows the whistle the players will sprint toward the coach. When the coach blows the whistle again the players will back peddle in the opposite direction. On the next whistle the players will sprint forward again. The next whistle will force the players to back peddle again and so on.

The drill continues this way until all players are able to run past the coach.

Result: Coaches should look to make sure all players are giving maximum effort. Also, players should use the right form when running. Players should also be planting their dominant foot and exploding forward or backward.



Cool Down the Field

Purpose: This is a great cool down drill that also helps players work on their footwork.

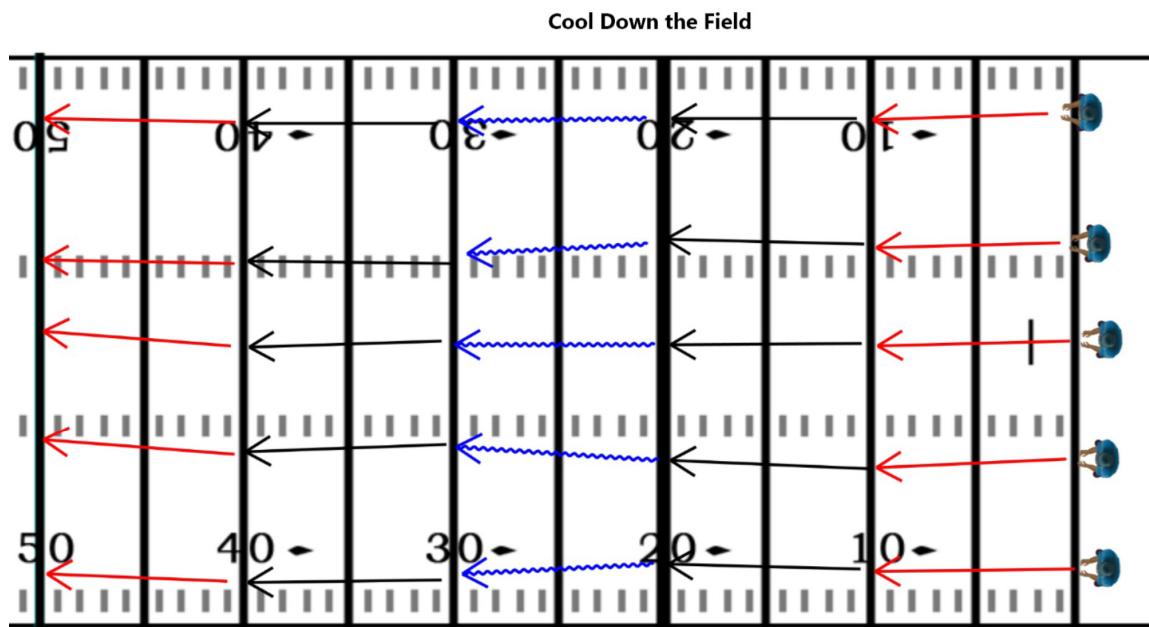
How it's Run: Players form 5 lines at one end of the field. The first player in each line will jog to the 10 yard line. Once at the 10 the players will walk to the 20 yard line. Then they'll turn, run backward to the 30 yard line, and then walk again. Once they reach the 40 yard line they will jog to the 50 yard line.

This will repeat until the players reach the opposite goal line. The players will jog 10 yards, walk 10 yards, run backward for 10 yards, walk for 10 yards, jog for 10 yards, and so on.

Once the first group of players reaches the 10 yard line, the next group should go.

Players should make sure they pump their arms as the jog and run backward. Also, they should explode off their dominant foot when beginning to jog and when beginning to run backward.

Result: Coaches should look to make sure all players are running with the proper form. All players should also run the drill properly.



Ages 9-12 Football Practice Template

Choose one or two drills to complete for each practice segment

Date _____ Team _____ Coach _____

<u>Time</u>	<u>Practice Segment</u>	<u>Drill</u>
10 Mins.	Warm-Up	Carioca Drill
	Warm-Up	Quick Feet
20 Mins.	Individual Skills	Fumble Drill
	Individual Skills	Pepper Receiving Drill
20 Mins.	Group Work	Chute Drill (Tackling Chute)
	Group Work	Shuffle Drill
10 Mins.	Special Teams	Staying Onside
	Special Teams	Return Kick Drill
25 Mins.	Offensive Period	Gauntlet Drill
	Offensive Period	5 Man Seat Roll
25 Mins.	Defensive Period	Fit Position
	Defensive Period	Pursuit Drill
10 Mins.	Cool Down / Conditioning	Back and Forth
	Cool Down / Conditioning	Cool Down the Field

Comments
