

PRACTICE PLAN 2

THEME	ACTIVITY	COACHING POINTS	DURATION
CHARACTER DEVELOPMENT/ ATHLETE HEALTH	<ul style="list-style-type: none"> ➤ Teamwork 	Use TrueSport Teamwork Lesson Resources	5 Minutes
DYNAMIC WARM-UP	<ul style="list-style-type: none"> ➤ Walking Leg Tucks (2 x 10 yards) ➤ Lunge with a Twist (2 x 10 yards) ➤ Straight Leg Bounds (2 x 10 yards) ➤ High Skips (2 x 10 yards) ➤ Carioca (2 x 10 yards) ➤ Hip Flips Back-Pedal (2 x 15 yards) ➤ Jumping Jacks (15x) 		7 Minutes
ATHLETIC FOUNDATIONS	<ul style="list-style-type: none"> ➤ Lateral Shuffle and Roll (3 minutes) ➤ Three-Player Roll and Weave (3 Minutes) ➤ L-Drill (6 minutes) 	<p>Focus on fluid movement transition</p> <p>Encourage players to work as a unit, get a flow going</p> <p>Make sure players understand the pattern before beginning</p>	12 Minutes
 HYDRATION BREAK			3 Minutes
INDIVIDUAL SKILLS	<ul style="list-style-type: none"> ➤ PASSING ➤ Arm Flaps/Arm Circles/Arm Slaps (1 minute) ➤ Trunk Rotation Throws at 5 & 8 yards (3 minutes) ➤ Cross, Plant and Throw (4 minutes) ➤ RUNNING & RECEIVING ➤ Start and Go Flow (4 minutes) ➤ Five Points of Pressure (3 minutes) ➤ KICKING & PUNTING ➤ Straight Line Approach Drill (Punting) (4 minutes) ➤ Partner Kicks (Kicking) (4 minutes) ➤ PREP FOR CONTACT (This is non-player to player contact) ➤ Forward Roll to Sprint Relay (4 minutes) ➤ Hand Fighting (3 minutes) 	<p>Loosen up the arms and shoulders</p> <p>Get the shoulder pointed at your target</p> <p>Good balance with footwork</p> <p>Display ability to run at varying tempos</p> <p>Reinforce ball security</p> <p>Maintain balance in a stationary position</p> <p>Works well in groups of 3 with a kicker, holder and shagger</p> <p>Fluid movement transitions are key</p> <p>Work to gain wrist control</p>	30 Minutes
 HYDRATION BREAK			3 Minutes
INDIVIDUAL OFFENSE	<ul style="list-style-type: none"> ➤ Work position-specific skills 		10 Minutes
INDIVIDUAL DEFENSE	<ul style="list-style-type: none"> ➤ Work position-specific skills 		10 Minutes
TEAM OFFENSE	<ul style="list-style-type: none"> ➤ Work team and position-specific skills and scheme 		20 Minutes
TEAM DEFENSE	<ul style="list-style-type: none"> ➤ Work team and position-specific skills and scheme 		20 Minutes
COOL DOWN/ BREAKDOWN	Reinforce Teamwork Lesson		

