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FOR HEALTHY LIVING
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VIRTUAL PRACTICE PLAN

FLAG FOOTBALL

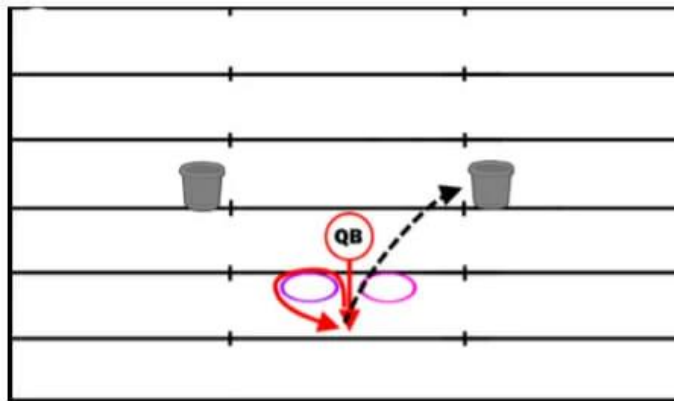
DAY OF THE WEEK: MONDAY, MAY 25

FOCUS: PASSING

To work on movement and footwork in the pocket while keeping the eyes downfield.

Set Up

Place 2 hula hoops 5 yards behind the line of scrimmage and 2 yards apart.
If working out alone, place two garbage cans 10-15 yards down the field on either side to simulate receivers.



Instructions

Player will start at LOS with ball in hand, snap and take a 5 step drop, passing in between the hula hoops.

Player will plant, then hitch up, avoiding an outside pass rush, before shuffling back around to the center of the pocket.

Once back in the pocket, player will locate their target and make a strong accurate throw.



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DAY OF THE WEEK: TUESDAY, MAY 26

FOCUS: RUNNING BACK DRILL

To work on balance, explosion, and ball control while switching hands.

Set Up

Grab a football and start off on your right leg, with the ball in your right hand and your left hand down on the ground.



Instructions

Player will push off the right foot, and left hand, jumping up into the air and switching over to the left foot.

As the player is in the air, he will switch hands, crossing the ball over to the left hand and extending the right hand out to the ground in one smooth motion.

Player will repeat until they have gone a distance of 20 yards.

Rest, and return to start, hopping back another 20 yards.

DAY OF THE WEEK: WEDNESDAY, MAY 27

FOCUS: RECEIVING DRILL

To work on catching difficult passes.

Set Up

Grab a partner to act as passer, get into the stance on the LOS, and place net or some other object (a wall, or fence for example) 10 to 15 yards down the field to block any errant throws or dropped passes



Instructions

Passer snaps the ball, and receiver runs route in front of net.
Passer will throw pass either high, low, or behind the receiver.
Receiver must adjust and make the catch.
Repeat.



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DAY OF THE WEEK: THURSDAY, MAY 28

FOCUS: DEFENSIVE BACK DRILLS

Purpose

To work on footwork, agility and develop ball hawking instincts.

Set Up

- The defensive backs will form a line 5 yards in front of the coach, who will have a football in hand.
Execution

1. The DB will keep his eyes on the ball in the coach's hand.

2. The coach will lead the DB with the ball, with first movement signaling a snap and for the DB to get into a backpedal.

3. Next, the coach will point to the right, and a DB will plant and shuffle to his left.

4. Lastly, the coach will throw a pass at a 45 degree angle over the head of the DB – as soon as the coach begins his throwing motion, the DB will open their hips and break on the ball, intercepting the ball.

Coaching Tips

- Make sure to alternate directions and ball placement to keep players on their toes.
- Make sure players stay low and keep their eyes up on the coach.



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DAY OF THE WEEK: FRIDAY, MAY 29

FOCUS: FOOTWORK: WR Cuts

Purpose

Helps players develop their 90-degree cuts, which are beneficial for out routes and other common receiving routes.

Set Up

- Set six cones anywhere on the field.
- Four cones should be set up in a straight line five yards apart.
- Cone 5 should be directly across from cone 2 and cone 6 should be directly across from cone 3.

Execution

1. The coach says "Go."
2. Player runs from cone 1 to cone 2 and makes a 90 degree cut to cone 5.
3. He makes another 90 degree cut at cone 5 and runs to cone 6.
4. He makes another 90 degree cut at cone 6 and runs to cone 3.
5. At cone 3, he makes another 90 degree cut and turns upfield running past cone 4. 6. Be sure to run the drill in both directions.

DAY OF THE WEEK: SATURDAY, May 30th

FOCUS: CARDIO WORKOUT

It's Les Mills Time!

https://www.youtube.com/watch?v=9WgkiB-GQMI&list=PL6E_TvQRclYVO-xMXfrlgdTqdsqeCNj7B



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DAY OF THE WEEK: SUNDAY, MAY 31

FOCUS: Cardio Work Out

It's Les Mills Time!

<https://www.youtube.com/watch?v=rUNH25qaEyM>

DAY OF THE WEEK: MONDAY, JUNE 1

FOCUS: QUARTERBACK DRILL

Here's a great drill that emphasizes ball security and smooth footwork transitions.

Your QB will work on dropping back, moving laterally in the pocket, then getting set and making an accurate throw.

Setup

Set up six cones with four cones set up in a vertical line five yards apart.

The fifth cone should be set five yards to the left of cone 2 and the sixth cone should be five yards to the left of cone 3.

You'll need a target for the quarterback to throw to.

The coach should be nearby to call commands.

Execution

The coach says "Go."

The quarterback starts at the first cone and drops back to the second cone.

At the second cone he slides across to the third cone.

At the third cone he drops back to the fourth cone.

At the fourth cone he slides across to the fifth cone.

At the fifth cone he drops back to the sixth cone.

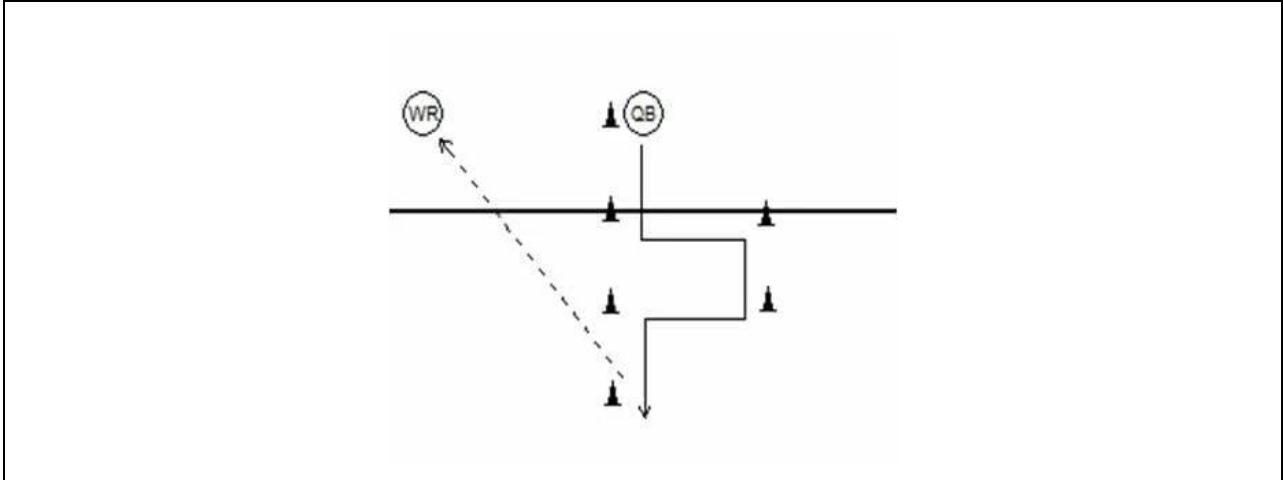
At the sixth cone he slides forward until the coach says throw.

He sets and throws the ball to the target, who has flashed his hands.

The drill can be reversed with players starting at the opposite end of the cone setup.



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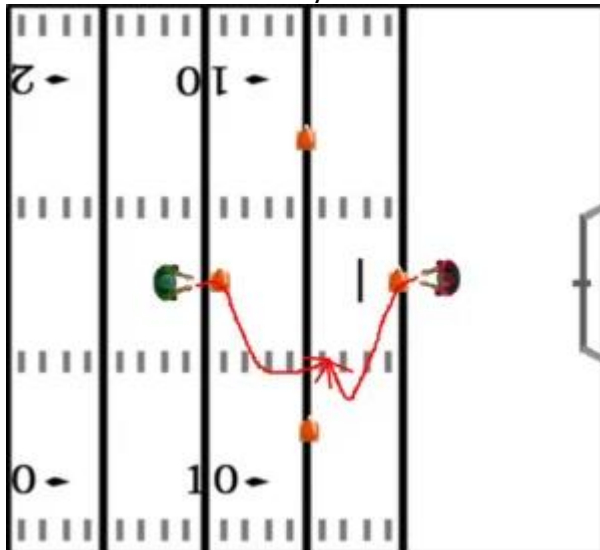
DAY OF THE WEEK: TUESDAY, JUNE 2

FOCUS: Running Back Cutbacks

If you find that your players are constantly overcommitting and allowing large cutback lanes, this is a great drill to teach them how to stop and contain the ball carrier.

Set Up

Set up four cones, two about ten yards apart, with two lines facing each other. The other two cones will be set half way between the first cones, and somewhere between 10-15 yards apart



Execution

One line begins with the ball in their hands, and on your hike, they will take off, sprinting for one of the outside cones. The player in the defensive line will sprint after the ball carrier, making sure not to overpursue.

When the offensive player feels like they have a good angle, they will change directions, cutting back and trying to get back around the defensive player. By taking a slightly deeper angle and not overcommitting to the outside run, the defender should be able to tag the ball carrier.

DAY OF THE WEEK: WEDNESDAY, JUNE 3

FOCUS: WIDE RECEIVER DRILL

To improve agility and footwork on the most common and useful cuts WRs will be using in their route tree.

Set Up

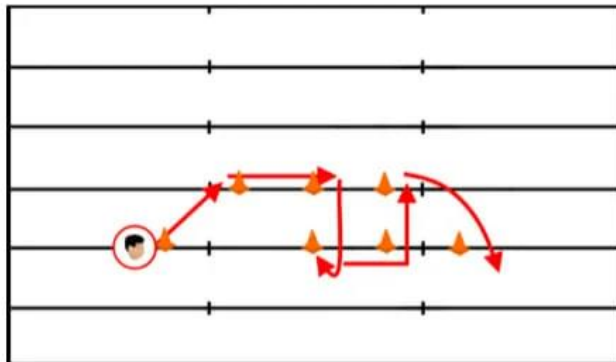
You will need 6 cones.

Set the first one up, then 5 yards downfield and to the left, place another.

Place another 5 yards to the right of that cone, and another 5 yards in front of that cone.

Finally you will place 2 last cones, one 5 yards to the left, and one 5 yards in front of that 3rd last cone.

Reference the diagram for a simple illustration.



Instructions

Player will begin at first cone.

Player starts by using footfire or a juke to get away from press.

Player then runs a slant to the 2nd cone.

Player will then cut downfield running to the 3rd cone.

Player will then cut outside, sitting down and facing the ball at the 4th cone.

Next, player will explode downfield again, make a in breaking cut at 5th cone and explode towards 6th cone.

At 6th cone, player will make a double move and then run a deep post around the final cone.

If playing with a partner, receiver will make a catch after running past last cone.



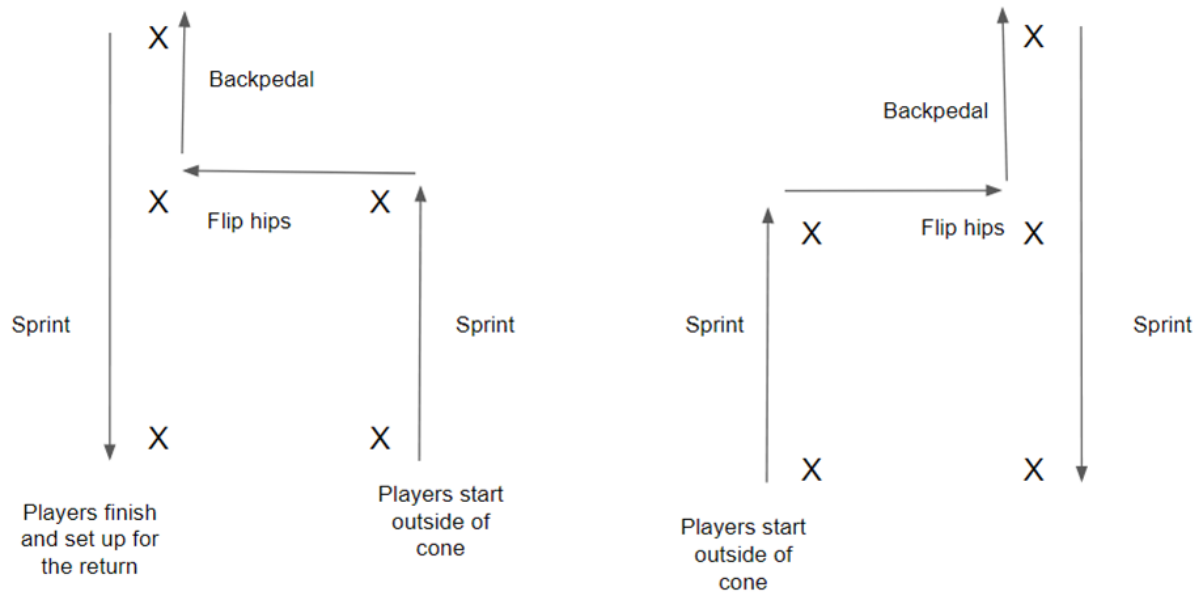
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DAY OF THE WEEK: THURSDAY, JUNE 4

FOCUS: AGILITY

The next pattern they will run is the star pattern. There will be an added cone in the middle on this drill. For this they will start by running directly at the middle cone. When they get to the middle cone they will plant off their outside foot and go to the top corner cone. When they get to the corner cones they will sink their hips and get around the cone instead of planting their feet. This lets them work on different cuts all within one drill.

Chair Pattern

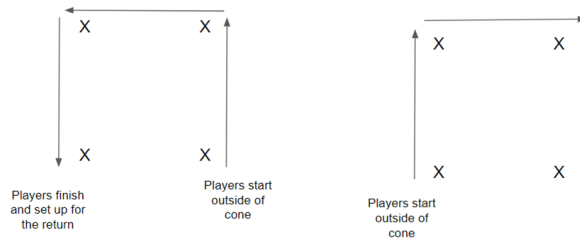


DAY OF THE WEEK: FRIDAY, JUNE 5

FOCUS: AGILITY

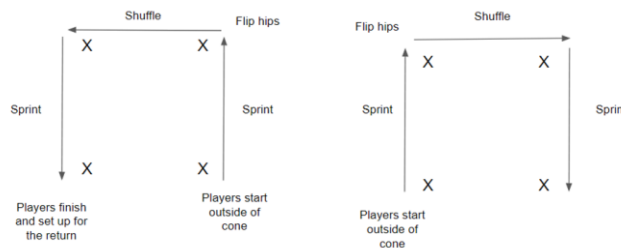
The setup of the drill is very simple. As shown above the cones are spaced out over a 7 yard distance. The key element here is that players will finish through a line. This gives players a very clear starting point and finishing point. If they stop before they cross the line it's easy to have them do a quick corrective exercise. The drills are easy to setup and monitor so you can have as many of them going at once as you need. This means there are very few players resting and more players are getting reps.

First Segment



For the first segment players will run through the box. Here it's important to focus the players on mastering the little things. This includes making cuts on their outside foot and not rounding corners. As players finish on the cone opposite of where they started they will set their line to the inside of the cone. Once the last member of their group goes through they will step back outside of the first cone and do the drill in reverse.

Second Segment



The second pattern is the same as the first but will add some hip turns and lateral movement to get players used to changing their hips. Players will start running forward but when they get to the second cone they will flip their hips so they are shuffling facing the cone they started on. When they get to the third cone they will sprint through the line. Once they have completed it one way they will do it in reverse to return to their original starting point.



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DAY OF THE WEEK: SATURDAY, JUNE 6

FOCUS: CONDITIONING

It's Les Mills Time!

https://www.youtube.com/watch?v=9WqkiB-GOMI&list=PL6E_TvQRclYVO-xMXfrlqdTqdsqeCNj7B

DAY OF THE WEEK: SUNDAY, JUNE 7

FOCUS: CONDITIONING

It's Les Mills Time!

<https://www.youtube.com/watch?v=rUNH25qaEyM>