

7th Grade Football

Practice Plan- Shorts/T-shirts (Monday, Tuesday)

- 7:00 to 7:10 Dress
- 7:10 to 7:25 Stretch
- 7:25 to 7:40 Kick Off/Return/Extra Point/Punt
- 7:40 to 7:45 Water Break
- 7:50 to 8:10 Team Walk Thru Offense/Defense
- 8:10 to 8:25 Game Day Jersey/Equipment Check
- 8:25 to 8:35 Dress/Shower
- 8:35 to 8:45 Breakfast
- 8:55 Bell rings for 2nd period

Practice Plan- Full Pads (Wednesday, Thursday, Friday)

- 6:30 to 6:45 Dress
- 6:45 to 7:00 Stretch
- 7:05 to 7:20 Drills
- 7:20 to 7:25 Water Break
- 7:30 to 7:55 Team Huddle
- 7:55 to 8:00 Water Break
- 8:00 to 8:15 Conditioning
- 8:15 to 8:20 Locker Room
- 8:20 to 8:35 Dress/Shower

8:35 to 8:45 Breakfast

Practice Plan Notes

Monday/Tuesday

*Shorts/T-Shirt/Helmet

*Game Situation Speed/Practice rotating onto field finding positions on offense, defense and kicking game.

*Game day team runs practice, off team runs scout side

Wednesday/Thursday/Friday

Wednesday/Friday-Offense drills (alternate weekly)

***Pass Routes**-work on receivers catching balls, (running their routes full speed) cutting, blocking (Coach throws passes), defensively kids covering routes and wrapping up receivers.

***Line**-Blocking, pulling, pass blocking, splits, holes.

***QB-Backs**-Holes, taking handoffs, flare routes, lead blocking, full speed

Thursday-Defense drills (alternate weekly)

***Tackle,Tackle,Tackle**

***Defensive Line**-fighting through blocks, staying low, finding ball, stunts, DE angles, pursuit angles on QB

***Linebackers**- Reads, scraping to ball, fighting through blocks, taking on lead blocks, outside contain

***Secondary**-Coverages, defending passes, running with receiver, motion

