

Practice Plan for Weeks 2-7

Pick up clipboard (or bring from home)

Look over roster; try to remember each player's name

Go to your field; get ready to greet your players

Flag football:

- Pick out flags for your team (same color all season)

- If 2nd period (11:15-12:15) flag football, reduce field size

- If home team, give vest to each player (alternate home team each week)

- Each player needs 2 flags (unhindered, tuck in shirt)

First 15 minutes: stretching, skills & drills

- Flag Football: Handoffs, receiving

 - Patterns: 3 & out, 3 & in, curl (button hook), fly (straight),
post (veer toward middle), flag (veer toward corner)

 - Work on one or two plays with multiple options

- Softball & T-ball: Throwing & catching, grounders, hitting, etc.

Opening prayer (home team coach or delegate prays)

First half (20 minutes) – encourage, give tips

Water Break & Devotional

Encourage players & change positions

Second half (20 minutes) – encourage, give tips

When final horn sounds:

- High five other team; encourage players

- Put equipment back into bag; keep your clipboard