

MICRO FOOTBALL – PRACTICE OUTLINE

| <u>Session Dates</u> | <u>Topics</u> | <u>Recommended Coaching Points</u> |
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| Sept 10 | Football Terms Offensive Stance Blocking Carrying the ball Catching and throwing Offensive positions Game-Like Activity | Finish by reviewing football field terms: 4 downs, first downs, etc. Remember, we are instructing TOUCH FOOTBALL, which is a bit different than tackle football on TV. Offensive Line (2 or 3 point stance) Center (3 point stance) Receiver (2 point stance) QB (Shotgun) Running back (2 point stance) Screening – should be no contact How to hold the ball Teach good catching technique Center, 2 Tackles, 2 Receivers, 1 QB, 1 Running Back See recommended activities or come up with something. |
| Sept 17 | Defensive Stance Tackling Pass routes and defensive coverage Defensive positions Game-Like Activity | Defensive line (3 point stance) Linebacker (2 point stance) Defensive back (2 point stance) Two hand touch above the waist Split into receivers and defensive backs. Have receivers run a route and have the defensive back try to defend 3 Defensive line, 2 Corner Backs, 1 Linebacker, 1 Safety See recommended activities or come up with something. |
| Sept 24 | Punting & Kicking Offensive plays Game-Like Activity | Have players practice punting & kicking and receiving Have players practice basic offensive plays: dive, sweep, pass patterns, etc. See recommended activities or come up with something. |
| Oct 1 | NO FOOTBALL TODAY. | |
| Oct 8 | SCRIMMAGE | Cones set for first downs. Everyone is an eligible receiver. Can run or pass on every play. Ball is placed “20” to start offensive plays. There is no kickoff. |
| Oct 15 | SCRIMMAGE | Cones set for first downs. Everyone is an eligible receiver. Can run or pass on every play. Ball is placed “20” to start offensive plays. There is no kickoff. |
| Oct 22 | SCRIMMAGE | Cones set for first downs. Everyone is an eligible receiver. Can run or pass on every play. Ball is placed “20” to start offensive plays. There is no kickoff. |
| Oct 29 | RAIN DATE | If any of the previous dates are cancelled, continue with schedule and make this day the SCRIMMAGE day. There will not be any additional days added to the schedule |