

Football Practice Plan

Youth tackle football · time-boxed 90-minute session

My-Team Sports

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Team: _____ Date: _____

Focus of the day: _____

Time	Block	Coaching focus (add your own notes)
0:00–0:10	Dynamic warm-up	Jog, high knees, arm circles, form running — no static stretching _____
0:10–0:25	Individual / position	Stances & starts, footwork, ball security; split by position group _____
0:25–0:35	Tackling circuit	Heads-up shoulder tackling progression — fit, drive, wrap (bags first) _____
0:35–0:55	Unit work	OL vs DL run fits · QB/RB/WR routes & handoffs · DBs backpedal _____
0:55–1:15	Team offense	Walk-through then live reps of 4–6 installed plays _____
1:15–1:25	Team defense / ST	Alignment, gap responsibility, one special-teams look _____
1:25–1:30	Team talk	One coaching takeaway + next-game reminder _____

Safety first: Teach heads-up tackling, enforce water breaks every ~20 min, and check helmet/pad fit before contact.