

90-Minute Practice Script

Youth football · every period on the clock

My-Team Sports
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Clock	Period	What's happening
0:00-0:10	Dynamic warmup + ball	Jog, skips, form starts - ball in hands by minute 4
0:10-0:25	Individual (position)	One skill per group, not three
0:25-0:35	Group period 1	Blocking fits / route timing
0:35-0:50	Team offense (scripted)	10-12 plays written before practice, run in order
0:50-1:00	Water + special teams	One unit per practice, standing in spots
1:00-1:15	Team defense	Pursuit + alignment vs scout looks, thud tempo
1:15-1:25	Competitive period	Best-on-best - the rep they wait for all week
1:25-1:30	Conditioning + break down	Short, sprint-based, ends ON TIME

TEAM OFFENSE SCRIPT (write before practice)

#	Down + dist.	Play call	Result / fix for tomorrow
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Three tempo rules: no line deeper than 4 kids · every period ends on the horn · water rides along with special teams.

Script your own 90 - period by period

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Date: _____ Opponent this week: _____ Special teams unit of the day: _____