AMERICAN FOOTBALL

American football practice plan

1 h 15 · 7 items

DONE	TIME	MINS	ITEM
☐	**0 min**	5	**Team talk** What we are working on today, and why
☐	**5 min**	15	**Warm-up** Easy laps, then dynamic stretches
☐	**20 min**	10	**Flag-pull angles** Inside-out angle, break down three yards away, eyes on the belt, rip the flag at the near hip and h…
☐	**30 min**	10	**Catch and tuck** Hands out in a diamond, watch it all the way in, tuck it high and tight, then turn upfield
☐	**40 min**	5	**Water break**
☐	**45 min**	20	**Scrimmage**
☐	**1 h 05**	10	**Cool-down** Easy jog, then static stretches

NOTES

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