Wayzata Flag Football – Week 1 - Practice #2 Plan

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| 6:15p.m. | Show-up |
| 6:25 (5 min.) | Dynamic Warm-up and Stretch   * Wayzata Jacks * High Knees, Butt Kicks, High Skips, Lunges, Half Speed Run |
| 6:30 (10 min.) | * Flags On * 3-point Stance * Holding the Football |
| 6:40-Station Drill Period 1 (24 min. = 6 min. Each)   * Split Squad by 2 or 3 or 4 groups. | * Drill Station 1   + 20 yd Sprints * Drill Station 2   + Center to QB exchanges * Drill Station 3   + Shuttle Run * Drill Station 4   + Distance Throwing (Coaches will need to show some kids how to throw the ball) |
| 7:05 – Water Break |  |
| 7:06 - Station Drill Period 2 (24 min. = 6 min. Each)   * Split Squad by 2 or 3 or 4 groups. | * Drill Station 1   + Gauntlet Drill (See Graphic)- 1-RB vs. 3-4 Defenders * Drill Station 2   + Route Running - Coach Throwing to kids * Drill Station 3   + Quick Pitch - Coach Pitches to RB. * Drill Station 4   + QB – Running back exchanges (Hand-offs first then pitches) |
| 7:30 – Water Break |  |
| 7:32 – Offensive Install (13 min.) | Two offensive groups running plays on air sequentially (Group1 runs a play then moves out for group 2) . Rotate players through all positions. |
| 7:45 p.m. | End Practice |

**Gauntlet Drill** 