

# Steelers Practice

**Sept 9, 2008**

**5:45 - Opening Prayer**

**5:46 - Warm up - Jingle Jangle**

**Reebok Skills & Drills - Drill #1**

**Warm-Up Drill: "Jingle-Jangle"**

This is a good way to begin practice. After a short stretching period, this drill gets players loose and warmed up, while also helping them practice their agility and footwork.

**Purpose:**

Improve balance, footwork, and change of direction.

**Drill Outline:**

- Place cones at corners of 15-yard square. Line up players at one corner of square. Players then:
  1. sprint to first cone
  2. side-step to second cone
  3. backpedal to third cone
  4. sprint back to beginning of line.
- Throw a football to each player as he or she finishes the drill. Repeat drill to other side after everyone has had a turn.

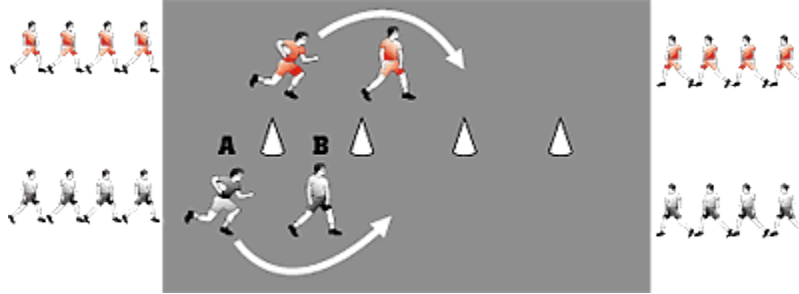
**5:51 - Huddle-up drill**

Have players practice huddling in groups of 4 until they get it right.

**5:56 - Center/QB Exchange Relay**

**Reebok Skills & Drills - Drill #2**

**Centre QB Exchange**



**Purpose:** To develop proper snapping technique.

**Organization:** Set out a 20 x 20-yard area. Divide teams into even groups and place in even lines. Place cones in middle of drill four yards apart. One football per team; the entire class can participate.

**Drill Outline:**

- This is a relay race.
- The quarterback (A) and centre (B) on each team start the race.
- The centre (B) snaps directly to the QB (A). The centre will stand still while the QB runs to the next cone.
- The previous (A) snaps to (B), then (B) snaps to (A) and so on, until course is completed.
- The race is continued until each participant gets a turn.

**Progression:** Shotgun Snap

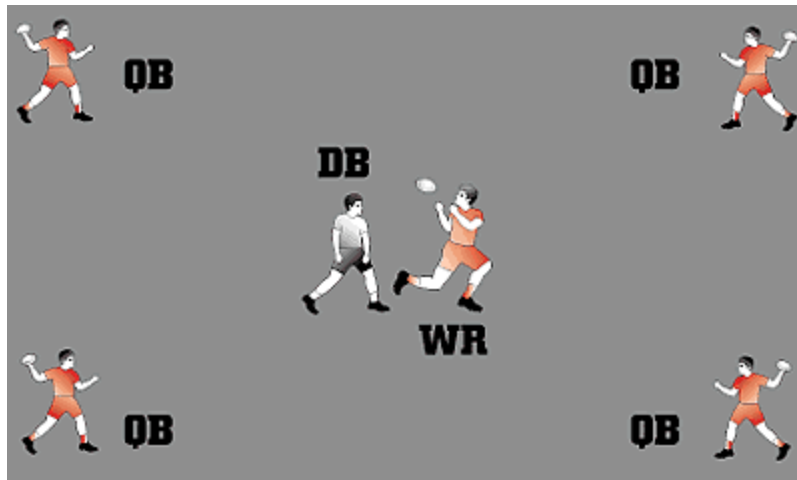
**Key Coaching Points:**

- Centre must place the ball on the ground before snapping.

**6:01 - Hit the Open Man**

**Reebok Skills & Drills - Drill #8**

**Passing & Receiving**



**Purpose:** For a WR to find an open area in order to catch a pass.

**Organization:** Set out a 10 x 10-yard area. Divide the players into groups of six, five players on offense and a single player on defense. Station four players in the corners of the area and a lone receiver, shadowed by a defender inside the area. This can be duplicated to allow full participation for entire class. One football is needed per group.

**Drill Outline:**

- The object is for the QB's to pass the football around until an opportunity arises to throw the football to the WR.
- The length of the drill is 30 seconds. Six points are awarded for each reception and the defense is awarded three points for an interception.
- Either switch to a whole new group of players at QB, WR, and DB. Or, switch kids on the field into new positions or bring new kids into game.

**Progression:**

- Lower drill time to (20) seconds in length.
- Add an additional DB to the field.
- If the football is intercepted, put the QB who threw the interception on defense.

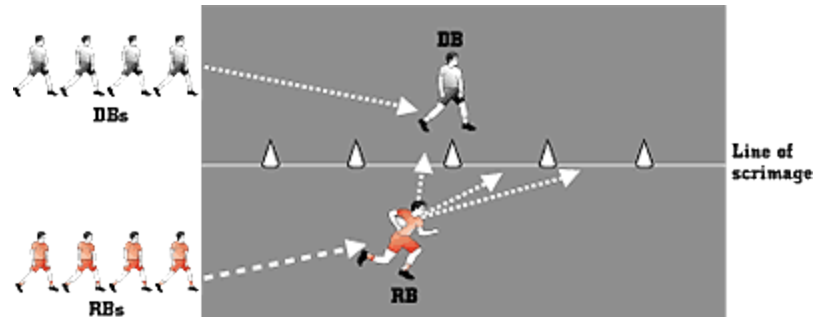
**Key Coaching Points:**

- How WR and QB communicate.
- Defenders should focus on WR hips not shoulders.

## 6:06 - Follow the Ball Carrier

### Reebok Skills & Drills - Drill #16

#### Defense



**Purpose:** To develop defensive back skills.

**Organization:** Set out a 10 x 20-yard area. Place the cones five yards apart. One football is needed. The entire class can participate in this drill which, can be duplicated for more players if space permits.

#### Drill Outline:

- The object is for the RB to run along the line of scrimmage and select an area between the cones to run through.
- RB starts with the football. On coach's signal, RB begins running. The DB must mirror the RB and attempt to capture the RB's flag before the RB selects a hole between the cones.
- This drill simulates making a one-on-one flag capture. Progression: Progress to two defensive players.

#### Key Coaching Points:

- RB must keep head up and the football firmly tucked away.
- DB must keep shoulders square and head and eyes looking up field.
- DB watches the RB's hips.

## 6:11 - Huddle Up - Tell kids to grab a drink and huddle on the field

### 1. Parents

Okay, kids, time to pray for your parents! They have the greatest job in the world... taking care of you. Their job is easy, right? No problem!

This could be the first time you ask your parents the following questions. I wish I could see their faces.

"Mom, Dad, I'm going to pray for you. What are some things you would like me to pray about that you're dealing with right now? I'm sure it's no problem having me as a kid, but what can I (we) pray about to help you in your calling to be a parent?"

Now that you've asked, write down their answers, and then pray! If one parent is not at home, maybe you could make a lickety-split phone call. If you have step-parents, ask them as well. If your mom or dad has died, say some special prayers for the one who is with you. Remember the commandment:

**"Honor your father and your mother."  
Exodus 20:12**

One way to honor them is to lift them up in prayer. Happy praying!

### **6:19 - The 40**

Time the kids in the 40-yard dash

### **6:25 - Scrimmage**

Practice Offense and Defense. Be mindful of no-passing zones. Use Half-field. Teams get 4 downs to punch it in. Rotate players by position.

### **6:44 - Closing Prayer**

### **6:45 - All done!**

Huddle-up, and do a "Here we go Steelers, here we go!" chant to close out practice. Hand out snack schedules to parents. Remind them about game on Saturday.