

# Steelers Practice

**Sept 16, 2008**

**5:45 - Opening Prayer**

**5:46 - Warm up - How far can you throw?**

Two lines: Work with the kids individually on proper throwing technique, then let them throw as far as they can.

**5:51 - Hand-off drill**

Two lines. The two QBs practice handing off the ball to the other players in their group, and that player runs up field fast. Concentrate on putting the ball in the “basket.”

**6:01 - Tackling drill**

Setup: Two cones on line of scrimmage 3 yards apart. Five yards downfield, the cones widen to 10 yards apart. Beyond that, open field.

Two groups. Defense: Players take turns making the tackle starting from a position 2 yards beyond the line of scrimmage. Offense: Players take turns taking handoffs from the QB and try to avoid being tackled by the defensive player. Players must run between the cones.

After all offensive players go twice, we switch offense and defense.

**6:08 - Lateral drill**

Two lines: QB pitches the ball to an RB that is lined up to the right of him. After all players go twice, switch to lateral to the left.

**6:14 - Huddle Up - Tell kids to grab a drink and huddle on the field**

## **2. People That Serve**

Have you ever thanked the men and women who pick up your garbage? If not, maybe you could write them a note of thanks and tape it to the garbage can. Can you imagine if we didn't have people to pick up our trash? That's a stinky thought! But we usually take those people for granted. We should give thanks for them!

Below are some people and jobs we can start thanking God for. We should also take the time to thank them in person or with a note. Add any other ideas you have.

- Garbage Collectors
- Mail Carriers
- Nurses
- Salespeople

- Janitors
- Bank Tellers
- Road Workers
- Plumbers
- Church Secretaries

Many times we take the work of God in our lives for granted as well. Take a moment to thank him for helping you become all you were created to be.

As you think about it, remember that God says:

**“Whatever you do, work at it with all your heart,  
as working for the Lord, not for men.”  
Colossians 3:23**

### **6:19 - Formations**

Go over the following formations:

- 1) T (balanced line: WR - C -WR, QB in shotgun)
- 2) Bunch left/right (both WRs left or right of C, QB in shotgun)
- 3) Y (C on line, QB tight, then two RBs split behind QB)
- 4) L left/right (WR and C on line, QB tight, RB in I formation)

### **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 except for QBs.

Run Plays:

- 1) T formation - Double reverse - Both WRs run by QB with handoff to an RB
- 2) T formation - Fake reverse throw - Both WRs run by QB, then go out for pass (all run short hooks). QB throws to open man.
- 3) Bunch formation - screen - send both WRs long, C goes to their side and catches short pass and runs
- 4) Y formation - quick handoff to RB who runs/north
- 5) Y formation - fake handoff to RB on left - other RB takes lateral
- 6) L formation - power run r/l - WR and C go long to clear out D, delayed handoff to RB who runs behind them
- 7) T formation - QB reverse - both WRs run to QB, QB hands off to RB, who then hands back off to QB who runs like the wind
- 8) Y formation - QB lateral - QB hands off to RB, then runs to that side. RB laterals to QB, who runs crazy.

If you have time, run a hook-and-lateral drill.

**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.