

Steelers Practice

Sept 16, 2008

5:45 - Opening Prayer

5:46 - Warm up - Quick handoffs

One line: Coach hands off to player, who then runs as fast as they can to the end zone. Practice proper hand-off technique. After everyone has gone once, then Dawson plays QB and practices the handoff to the players as the rest run to the end zone. After everyone has gone, then Nathan practices the handoff and the players run to the end zone.

5:51 - Tackling drill - Open space drill

One line of 5 runners, one QB and 2 defensive players. Nathan starts at QB, Dawson and Chris start as defense QB hands off to each RB in line, who then tries to get by the defensive players to get to the end zone. After two players have run, they replace the two defensive players, and those two defensive players go to the end of the runners line. After all runners have gone (including Chris and Dawson), do it again with Dawson as QB and Nathan and Mitchell as the starting defensive players.

6:01 - Tackling and running drill - Gauntlet

Two sets of players. 4 on offense, 4 on defense. Offensive players take pitchout in turn from coach, then try to get past all 4 defensive players to get to end zone. One defensive player should be playing the safety position. After all four offensive players have run, the players switch offense and defense. Then after all have gone, run entire drill again.

6:08 - Running patterns terminology

Go over the new terminology for running patterns:

- 1) Hot dog** - quick run, as fast as you can hit the hole
- 2) Pop tart** - delayed hand-off
- 3) Boomerang** - reverse run from wing position
- 4) Hot potato** - pitchout

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

3. Coaches

Today, let's take some time to talk about coaches. What do you think coaches are supposed to do (let players respond)? We as coaches are here to help you learn more about football. We want you to become better players. But, that is not my number one goal.

Can anyone guess what my number one goal for being a coach is (let players respond, you might hear some funny answers)?

The number one reason I wanted to be a coach this year is because...

I want to help you become better people

Let's take a few moments to pray for all the coaches out here on the field today, including me. Even coaches need people to pray for them.

6:19 - Formations (again)

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)

Practice running a play from each formation, using the new running pattern terminology just introduced.

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) Pop tart from all formations
- 2) Boomerang from T, L and Bunch
- 3) Hot dog from L and Y
- 4) Hot potato from Y
- 5) Hot potato to QB from T off of Boomerang (Boomerang to RB, who pitches to QB)
- 6) Hot potato to QB from Y off of Pop tart and Y
- 7) Hot potato to QB from Y and L off of Hot dog
- 8) All hook passing plays to open man

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. Tell players and parents that next week we will be introducing more passing drills and terminology.