

Steelers Practice

Sept 30, 2008

5:45 - Opening Prayer

5:46 - Warm up - Cone Runs

Two lines on opposite ends of field: Players take turns running a cone obstacle course then handing the ball to the first person in the opposite line. They then get in back of the line they ran to. Designed to get them thinking about making moves when running and also to tire them out a little so they can focus when we are ready to show new things.

5:51 - Tackling drill - Open space drill

One lines of 5 runners, 2 Defensive Linemen and 1 Safety. Each RB in line tries to get by the defensive players to get to the end zone. After each runner runs, they replace the Safety and the existing Safety replaces the left Defensive Lineman. The left DL replaces the right DL, and the right DL gets in back of the line. After all runners have gone , do it again. And maybe a third time depending on how tackling is going.

6:08 - Go over formations and running patterns

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

And the formations:

- 1) **Bunch**
- 2) **L**
- 3) **T**
- 4) **Y**

Practice running each running type from different forms. Break up into two squads based on playing rotation.

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

5. Homeless

According to the National Coalition for the Homeless, it is estimated that _____ people in the United States are homeless on any given night.

- a. 140,000
- b. 500,000
- c. 760,000

The answer is (c).

That is a lot of people who don't have a home. But you know what, even Jesus knew what it was like to be homeless. Jesus said:

**“Foxes have holes and birds of the air have nests,
but the Son of man has no place to lay his head.”
Matthew 8:20**

What are some prayers you could offer up for the homeless? Could you meet any of their needs? Let's make a prayer list.

- For shelter and jobs
- That shelters would be fully stocked to help homeless children
- That their relatives might help
- For their mental and spiritual conditions
- For volunteers at soup kitchens
- That homeless unbelievers might come to know Jesus

6:19 - 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.

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.