

Steelers Practice

Oct 7, 2008

5:45 - Opening Prayer

5:46 - Warm up - Sprints

All line up at the half-field mark, then on my whistle sprint to the endzone. Then, they line up and return. Then, the fastest 4 become group A, and the rest become group B. Group A lines up, and sprints to the endzone again. Then the fastest 2 race back. Then Group B lines up, and sprints to the endzone. Then the fastest 2 line up and sprint back. The fastest two in both groups are congratulated.

5:51 - Pitch out drill

Line players up in two rows, stacked so that players are at diagonal angles from each other. Have them practice pitchouts to each other. After you get to end of line, have them send it back other way. When you get back where we started, have them do it faster. First, focus on good pitches (accurate, catchable), then add speed.

5:57 - 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. Add extra defenders for fun.

6:08 - Go over plays with pitchouts and tackling

Break up into Offense and Defense based on this week's lineup and practice all plays with pitchouts over and over. Then switch offense and defense.

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

7. Friends

Today, let's talk about friends. Everyone take a minute to think about one person who is your friend (let everyone share the name of their friend). What are some of the things you do with that friend?

Maybe we could go around in a circle and have each of you pray out loud for your friend. Then, next time you see your friend (if they are not on the team), try to find out how you can continue to pray for him/her. There is no greater gift than praying for a friend.

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.