

MIDDLE SCHOOL FOOTBALL PRACTICE

WEEK OF: _____ COACH: _____ FIELD: _____

15 Min	Dynamic Warm-up	High knees, butt kicks, lunges, and active stretching.
10 Min	Agility Circuit	Ladder drills, cone weaves, and change of direction.
20 Min	Indy: Offense	QB drops, WR routes, OL steps and hand placement.
20 Min	Indy: Defense	Tackling form (wraps), DB backpedals, DL rip/swim.
15 Min	Special Teams	Punt coverage lanes and kick return alignment.
30 Min	Team Scrimmage	11-on-11 situational play (3rd & Long / Red Zone).
10 Min	Conditioning	Gassers or 40-yard sprints.

COACHES' NOTES & REMINDERS