



FOOTBALL PRACTICE PLANNING TEMPLATES

8 PRINT AND FILL TEMPLATES TO ORGANIZE YOUR SEASON

PRE SEASON PRACTICE TEMPLATE #8 (PADS NO CONTACT) SCRIMMAGE DAY

TIME
Approx 2 hours

PRACTICE GOAL
Hold a scrimmage that's as close as possible to game experience. For younger players, provide on-field instruction between plays if necessary. Give players time and continue to evaluate their ability as the season progresses.

Use the template below to plan and track your plays. Note skill gaps or execution issues as they arise.

TEAM NAME	DATE		
HEAD COACH NAME	PRACTICE LOCATION		
PLAY	FORMATION	PLAY	RESULT

PRE SEASON PRACTICE TEMPLATE #1 (NO PADS NO CONTACT) PLAYER EVALUATION

TIME
Approx 2 hours

PRACTICE GOAL
Give every player a chance to try out for any position. Determine which players have best natural skills to play quarterback, punter, receiver and kicker.

TEAM NAME	DATE	
HEAD COACH NAME	PRACTICE LOCATION	
PRACTICE BLOCK	APPROX TIME	COACHING NOTES
Warm Up	10 mins	Agility drills followed by stretching period
Skill Evaluation		
Open Throwing Drill	15-20 mins	Make 10 throws to different locations. Evaluate natural arm strength and accuracy.
Open Punting Drill	15-20 mins	Take 5 punts. Evaluate natural leg strength and accuracy.

REGULAR SEASON PRACTICE TEMPLATE (PADS NO CONTACT)

TIME
Approx 2 hours

PRACTICE GOAL
For the core part of your season, practice will be divided into 7 training blocks: Warm-up & Stretching, Introduction of New Team, Individual Skills, Special Teams, Group Drills, Game Preparation and Team Drills, Cool-Down, and Reflection.

TEAM NAME	DATE	
HEAD COACH NAME	PRACTICE LOCATION	
PRACTICE BLOCK	APPROX TIME	COACHING NOTES
Warm Up	10 mins	Agility drills followed by stretching period
Introduction of New Plays	5 mins	
Skills Period	20-25 mins	Split team into position groups

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INTRODUCTION

Welcome to Football Practice Planning Templates, an essential resource for football coaches designed to streamline and enhance practice your sessions.

These templates offer structured and organized outlines to help you build your own practice plan, so you can maximize your time on the field and accelerate your team's progress.

Here's what you'll find inside:

- Each template breaks down practice sessions into specific blocks, ensuring all critical areas are covered, including warm-ups, skill evaluations, drills, and cool-downs.
- Early preseason templates focus on evaluating players' natural abilities without pads or contact, allowing coaches to make informed decisions about player positions.
- As the season progresses, templates transition from basic skills to more complex drills and plays, helping players build a solid foundation before advancing.
- Dedicated blocks for game preparation simulate real-game scenarios, enhancing players' confidence and readiness for game day.

These adaptable templates can be customized to meet your team's unique needs, ensuring efficient use of practice time and continuous player development.

Ready? Let's get started!

PRE SEASON PRACTICE TEMPLATE #1 (NO PADS NO CONTACT)

PLAYER EVALUATION



TIME

Approx 2 hours



PRACTICE GOAL

Give every player a chance to try out for any position. Determine which players have best natural skills to play quarterback, punter, receiver and kicker.

TEAM NAME

DATE

HEAD COACH NAME

PRACTICE LOCATION

PRACTICE BLOCK	APPROX TIME	COACHING NOTES
Warm Up	10 mins	Agility drills followed by stretching period
Skill Evaluation		
Open Throwing Drill	15-20 mins	Make 10 throws to different locations. Evaluate natural arm strength and accuracy
Open Punting Drill	15-20 mins	Take 5 punts. Evaluate natural leg strength and accuracy.
Water Break		
Open Receiving Drill	15-20 mins	Run 4 common tight end and wide receiver routes. Evaluate natural ability.
Open Kickoff Drill	15-20 mins	Take 5 kicks. Evaluate natural leg strength and kicking skill
Water Break		
Interception Drill	15-20 mins	Evaluate natural defensive ability and ball awareness
Cool-Down	10 mins	

PRE SEASON PRACTICE TEMPLATE #2 (NO PADS NO CONTACT) PLAYER EVALUATION



TIME

Approx 2 hours



PRACTICE GOAL

Continuation of practice #1. Continue to evaluate natural skills and determine which players would be suited for certain positions.

TEAM NAME

DATE

HEAD COACH NAME

PRACTICE LOCATION

PRACTICE BLOCK	APPROX TIME	COACHING NOTES
Warm Up	10 mins	Agility drills followed by stretching period
Skill Evaluation		
Open Throwing Drill	15-20 mins	Make 10 throws to different locations. Evaluate natural arm strength and accuracy
Open Punting Drill	15-20 mins	Take 5 punts. Evaluate natural leg strength and accuracy.
Water Break		
Open Receiving Drill	15-20 mins	Run 4 common tight end and wide receiver routes. Evaluate natural ability.
Open Kickoff Drill	15-20 mins	Take 5 kicks. Evaluate natural leg strength and kicking skill
Water Break		
Interception Drill	15-20 mins	Evaluate natural defensive ability and ball awareness
Cool-Down	10 mins	

PRE SEASON PRACTICE TEMPLATE #3 (NO PADS NO CONTACT)



TIME

Approx 2 hours



PRACTICE GOAL

Begin assigning positions to players and teach them basic offensive, defensive and special teams concepts. Drills are performed without contact.

TEAM NAME		DATE	
HEAD COACH NAME		PRACTICE LOCATION	

PRACTICE BLOCK	APPROX TIME	COACHING NOTES
Warm Up	10 mins	Agility drills followed by stretching period
Offensive Skills Period	25-30 mins	
Water Break		
Defensive Skills Period	25-30 mins	
Special Teams Period	25-30 mins	
Water Break		
Cool-Down	10 mins	

PRE SEASON PRACTICE TEMPLATE #4 (NO PADS NO CONTACT)



TIME

Approx 2 hours



PRACTICE GOAL

Continue to refine the positions of the players and their alignments. Begin to run basic plays.

TEAM NAME

DATE

HEAD COACH NAME

PRACTICE LOCATION

PRACTICE BLOCK	APPROX TIME	COACHING NOTES
Warm Up	10 mins	Agility drills followed by stretching period
Introduction of New Plays	20-25 mins	
Offensive Skills Period	20-25 mins	
Water Break		
Defensive Skills Period	20-25 mins	
Special Teams Period	20-25 mins	
Water Break		
Cool-Down	10 mins	

PRE SEASON PRACTICE TEMPLATE #5 (PADS)



TIME

Approx 2 hours



PRACTICE GOAL

Introduce group drills where offensive players go against defensive players to simulate a game situation. Go half speed with light contact. Continue to work on plays.

TEAM NAME

DATE

HEAD COACH NAME

PRACTICE LOCATION

PRACTICE BLOCK	APPROX TIME	COACHING NOTES
Warm Up	10 mins	Agility drills followed by stretching period
Introduction of New Plays	20 mins	
Offensive Skills Period	20-25 mins	
Water Break		
Defensive Skills Period	20-25 mins	
Group Period	30 mins	
Water Break		
Cool-Down	10 mins	

PRE SEASON PRACTICE TEMPLATE #6 (PADS)



TIME

Approx 2 hours



PRACTICE GOAL

Building on practice #5, continue helping players become comfortable with contact and begin developing competition between offense and defense.

TEAM NAME

DATE

HEAD COACH NAME

PRACTICE LOCATION

PRACTICE BLOCK	APPROX TIME	COACHING NOTES
Warm Up	10 mins	Agility drills followed by stretching period
Introduction of New Plays	20 mins	
Offensive Skills Period	20-25 mins	
Water Break		
Defensive Skills Period	20-25 mins	
Group Period	30 mins	
Water Break		
Cool-Down	10 mins	

PRE SEASON PRACTICE TEMPLATE #7 (PADS) BEFORE FIRST SCRIMMAGE



TIME

Approx 2 hours



PRACTICE GOAL

Prepare for upcoming intra-squad scrimmage by reviewing pre-game warmup routine, substitutions and plays. Refine skills as needed.

TEAM NAME		DATE	
HEAD COACH NAME		PRACTICE LOCATION	

PRACTICE BLOCK	APPROX TIME	COACHING NOTES
Warm Up	10 mins	Agility drills followed by stretching period
Individual Skills	15 mins	Cover the pregame warmup that each position group will use before scrimmages and games
Water Break		
Substitution Review	20 mins	Practice all substitutions for offense, defense and special teams
Water Break		
Kicking Review	20 mins	Review all phases of the kicking game
Kicking Review	20 mins	Review the first 10 plays the offense will run
Defensive Review	20 mins	Review base fronts and pass coverages
Water Break		
Cool-Down	10 mins	

PRE SEASON PRACTICE TEMPLATE #8 (PADS) SCRIMMAGE DAY



TIME

Approx 2 hours



PRACTICE GOAL

Hold a scrimmage that's as close as possible to a real game experience. For younger players, provide on-field coaching instructions between plays if necessary. Give all players equal playing time and continue to evaluate their ability and progress.

Use the template below to plan and track your first 10 offensive plays. Note skill gaps or execution issues as you see them.

TEAM NAME

DATE

HEAD COACH NAME

PRACTICE LOCATION

PLAY	FORMATION	PLAY	RESULT	NOTES

REGULAR SEASON PRACTICE STRUCTURE

The core practices in your regular season will be broken down into 7 key training blocks:

1. Warm-up & Stretching
2. Introduction of New Plays
3. Individual Skills
4. Special Teams
5. Group Work
6. Game Preparation and Team Drills
7. Cool-Down

We'll go through each block one by one and I'll suggest some specific drills and activities you can use in each one...

▶ **Training Block #1: Warm-Up & Conditioning (10-15 minutes)**

Begin practice by having one coach or a team captain lead the team in some dynamic warm-up activities, like carioca, high knees, butt-kickers, A-skips, lunges, and lateral shuffles.

The goal here is to warm up your athlete's muscles, increase blood flow and raise the heart rate in preparation for more strenuous activities.

As your kids get warmed up, you can move into some more challenging, football specific conditioning activities, like agility ladder work, 40, 60, and 100 yard sprints, hurdle drills, foot-fire drills, and cone drills.

While this is going on, you can take attendance, correct technique, and outline the goals of the day's practice. While some coaches like to schedule their conditioning block for the end of practice, I much prefer the beginning.

This way the kids get tuckered out early, and have to dig deep and focus to perform well in the rest of practice - great preparation for the second half of games.

▶ **Block #2: Introduction of New Plays (5-10 minutes)**

This period can be used to introduce new offenses or defenses as needed. Have your players walk through the execution of each new play at half speed.

➤ **Block #3: Individual Skills (15-25 minutes)**

In this practice segment, we'll divide the team up into positional groups and rotate them through a number of position specific drills. Each assistant coach would be responsible for a group.

This is your primary technical coaching period; where the nitty-gritty mechanics and fundamentals of each position really need to be taught.

Use this block as an opportunity to get players excited about their position, and make sure they clearly understand their responsibilities and role on the team.

➤ **Block #4: Special Teams (10-15 minutes)**

Plan to cover two elements of the kicking game during each practice.

For example, Punt and punt return on one day, Field goal and field goal block on the next, Kickoff and kickoff return on the next.

➤ **Block #5: Group Work (15-25 minutes)**

This block of practice is devoted to playing segments of the offense against segments of the defense using small groups. For example:

- Quarterback and receivers vs. defensive backs
- Offensive linemen vs. defensive linemen
- Running backs vs. linebackers
- Half offenses vs. half defenses

This is a time to get reps in. To avoid injury, begin by running drills at half speed.

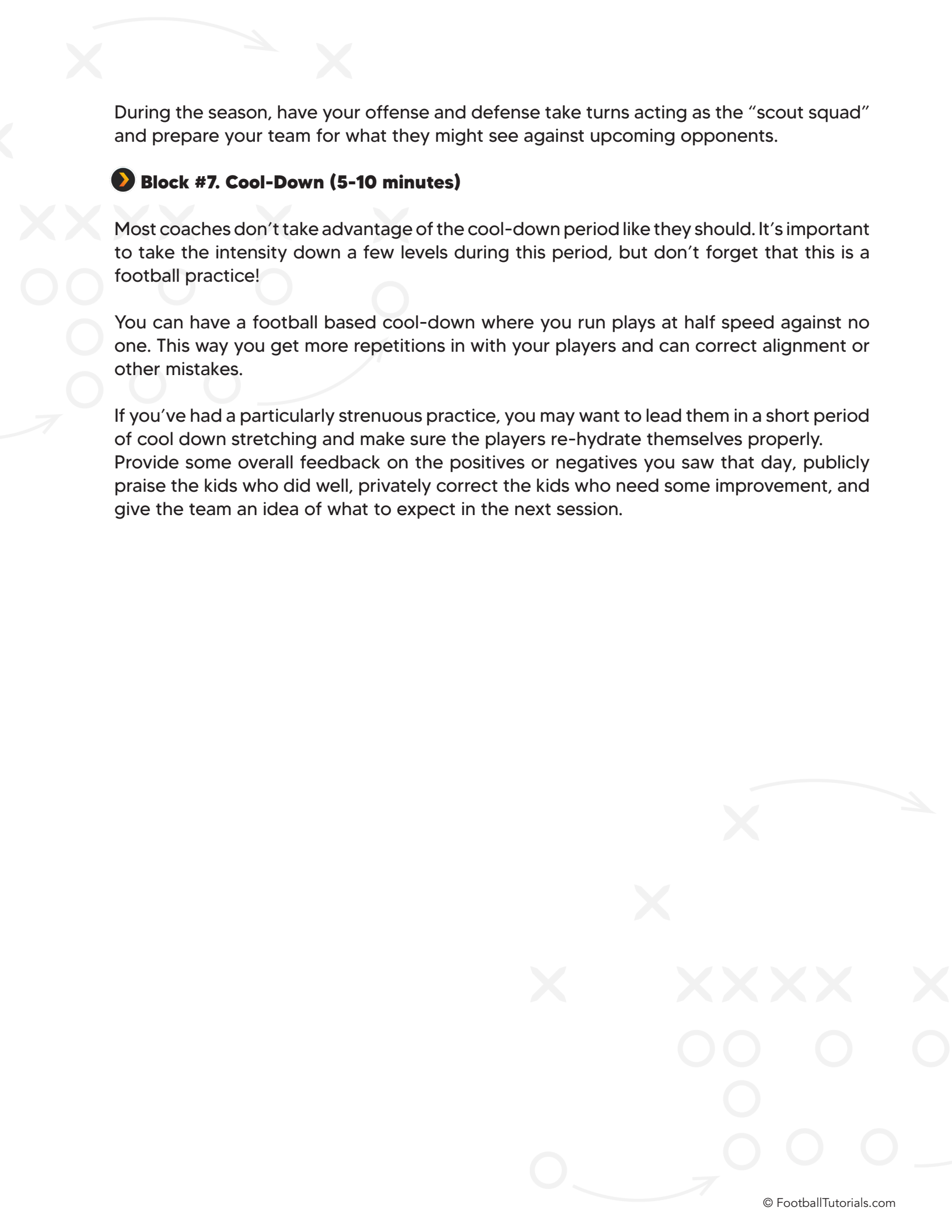
Later in the season, as your players have mastered their fundamentals, you can run these drills full speed with light tackling.

➤ **Block #6. Game Preparation and Team Drills (10-20 minutes)**

During this training block we'll focus on preparing your team for game situations. The entire offensive team will work against the entire defense.

This block should be used to:

- Fine-tune the timing of your offensive and defensive plays
- Ensure players understand and can execute their assignments
- And prepare your team for game speed play.



During the season, have your offense and defense take turns acting as the “scout squad” and prepare your team for what they might see against upcoming opponents.

Block #7. Cool-Down (5-10 minutes)

Most coaches don’t take advantage of the cool-down period like they should. It’s important to take the intensity down a few levels during this period, but don’t forget that this is a football practice!

You can have a football based cool-down where you run plays at half speed against no one. This way you get more repetitions in with your players and can correct alignment or other mistakes.

If you’ve had a particularly strenuous practice, you may want to lead them in a short period of cool down stretching and make sure the players re-hydrate themselves properly. Provide some overall feedback on the positives or negatives you saw that day, publicly praise the kids who did well, privately correct the kids who need some improvement, and give the team an idea of what to expect in the next session.

REGULAR SEASON PRACTICE TEMPLATE (PADS)



TIME

Approx 2 hours



PRACTICE GOAL

For the core part of your season, practice will be split into 7 training blocks: Warm-up & Stretching, Introduction of New Team, Individual Skills, Special Teams, Group Work, Game Preparation and Team Drills, Cool-Down. Focus on skill development and preparation for game situations.

TEAM NAME		DATE	
HEAD COACH NAME		PRACTICE LOCATION	

PRACTICE BLOCK	APPROX TIME	COACHING NOTES
Warm Up	10 mins	Agility drills followed by stretching period
Introduction of New Plays	5 mins	
Individual Skills Period	20-25 mins	Split team into position groups
Water Break		
Special Teams	15-20 mins	
Group Period	30 mins	
Water Break		
Game Prep and Team Drills	20-25 mins	
Cool-Down	10 mins	

REGULAR SEASON PRACTICE TEMPLATE (PADS) BEFORE GAME DAY



TIME

Approx 2 hours



PRACTICE GOAL

Before game days, practice should be less strenuous than usual, and focus on tactical preparation for game day. If you've had the chance to scout your opponent, practice your offense and defense against the formations and plays you are most likely to see.

TEAM NAME		DATE
HEAD COACH NAME		PRACTICE LOCATION

PRACTICE BLOCK	APPROX TIME	COACHING NOTES
Warm Up	5 mins	Agility drills followed by stretching period
Introduction of New Plays	5 mins	
Individual Skills Period	10 mins	Split team into position groups
Individual Skills Period	10 mins	
Water Break		
Sideline Substitution Review	10 mins	
Kicking Review	15-20 mins	
Water Break		
Offensive Review	20-25 mins	
Defensive Review	20-25 mins	
Cool-Down	10 mins	

RECOMMENDED RESOURCES

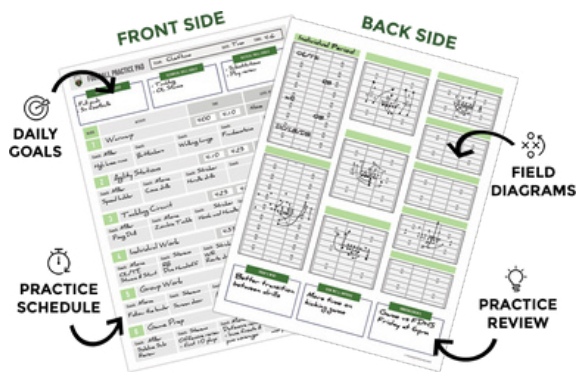


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