



FOOTBALL PRACTICE PAD

TEAM:

DATE:

TIME:

EQUIPMENT NEEDED

TECHNICAL SKILL GOALS

TACTICAL SKILL GOALS

BLOCK	ACTIVITY	TIME	LEVEL OF CONTACT
1			
Coach:	Coach:	Coach:	Coach:
2			
Coach:	Coach:	Coach:	Coach:
3			
Coach:	Coach:	Coach:	Coach:
4			
Coach:	Coach:	Coach:	Coach:
5			
Coach:	Coach:	Coach:	Coach:
6			
Coach:	Coach:	Coach:	Coach:

01	02	03	07	05	07	03	02	01
10	20	30	40	50	40	30	20	10

01	02	03	07	05	07	03	02	01
10	20	30	40	50	40	30	20	10

TODAY'S WINS

A 10x10 grid of squares. The top row is a solid green header. The grid is divided into four 5x5 quadrants by dashed vertical lines. The top-left and bottom-right quadrants are shaded light gray, while the top-right and bottom-left quadrants are white. Each square contains a small black square in its center, except for the squares in the top-right and bottom-left quadrants which are empty.

[illegible]

1 dot	2 dots	
3 dots	4 dots	
5 dots	6 dots	

HOW WE'LL IMPROVE

[illegible]

A diagram of a 10x10 grid. The top-left 2x2 subgrid is highlighted with a thicker border and labeled '2x2'. The remaining 8x8 area is labeled '8x8'.

ANNOUNCEMENTS