

NCYG SAMPLE PRACTICE PLAN

NCYG U16 Girls Flag						
Location:	NCYG Home Field	Time	11:00 am to 1:00 pm	Date		
Pre-Practice and Warm-Up						
Start	Stop	Activity	Time (min)	QB	WR/RB	DB/LB
11:00	11:05	Pre-Practice	5	All Players - Light jogging and skipping		
11:05	11:15	Pre-Practice	10	All Players - Dynamic Neuromuscular Training (NMT) Warm UP		
Indy						
Start	Stop	Activity	Time (min)	QB/RB	WR	DB/LB
11:10	11:17	Indy (Teach)	2	Coach Young	Coach Johnson	Coach Williams
11:17	11:27	Indy Drill	15	QB READS	WR Footwork	DB/LB Footwork
11:27	11:30	Water	3			
11:30	11:32	Indy (Teach)	2	Coach Young	Coach Johnson	Coach Williams
11:32	11:47	Indy Drill	15	MESH/PA	STEMMING DRILLS	DB DRILLS
11:47	11:50	Water	3	All Players		
Schemes						
Start	Stop	Activity	Time (min)	Offense	Defense	
11:50	11:52	Scheme (Teach)	2	Coach Young	Coach Johnson	
11:52	12:07	Scheme Drill	15	Off Schemes	Def Schemes	
12:07	12:10	Water	3			
12:10	12:12	Scheme (Teach)	2	Coach Young	Coach Johnson	
12:12	12:27	Scheme Drill	15	Off Schemes	Def Schemes	
12:27	12:30	Water	3	All Players		
Cool Down and End of Practice						
Start	Stop	Activity	Time (min)	QBs	WR/RB	DB/LB
12:30	12:45	Post Cool Down	20	All Players Static Stretching Cooldown Post Activity		
12:45	12:55	Practice Review	5	All Players		
Player Groups						
	QB		WR/RB		DB/LB	