

# Kamiak Football Practice Plan

Date:	Time:	Field:
Equipment:	Emphasis:	Inserts:
Pre-practice:	Notes:	

1	<b>Dynamic warmup</b> <b>Fightin Knight Jacks and Quick Counts</b> <b>PERFECT PLAYS (OFFENSE)</b> <b>MESH (OFFENSE)</b> <b>2 MIN COMPETITION (TEAM)</b> <b>TACKLING CIRCUIT (TEAM)</b> <b>TURNOVER CIRCUIT (DEFENSE)</b> <b>PURSUIT (DEFENSE)</b>
2	
3	
4	
5	
6	

<b>Special Teams</b>
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7	
8	

<b>Individual Fundamentals</b>
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	OL/DL	LB's/RB's	TE's	QB's/SS's	WR's/CB's
9					
10					
11					
12					

<b>Special Teams</b>
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13	
14	

	<u>Lineman</u>	<u>Group Work</u>	<u>Skills</u>
15		<b>SELLY (15 MINS)</b>	
16		<b>INSIDE RUN (15 MINS)</b>	
17			
18			
19			
20			

21	<b>Team Script on back</b>
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25	
26	

27	<b>Opposite Team Review</b>
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29	
30	

<b>Fightin Knight Time</b>
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