American Football Practice Plan

Team: _____

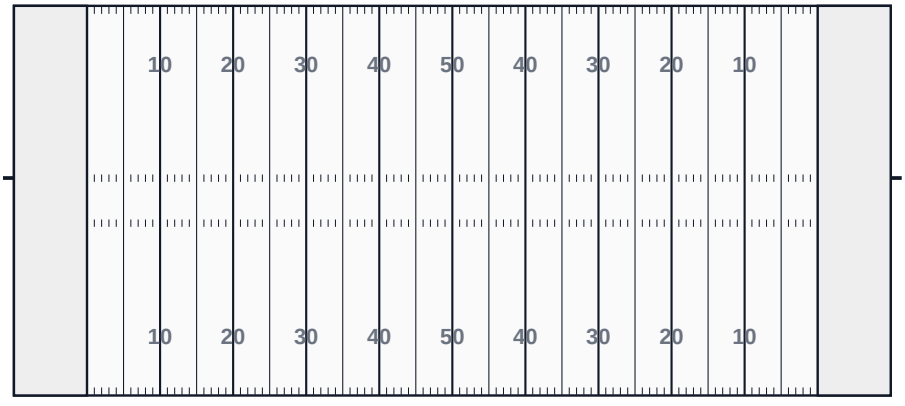
Date: _____

Time: _____ **Location:** _____ **Coach:** _____ **Players:** _____

SESSION FOCUS / OBJECTIVES	EQUIPMENT

START	MINS	DRILL / ACTIVITY	COACHING POINTS	GROUP
		Warm-up		
		Cool-down / team talk		

KEY DRILL DIAGRAM



ATTENDANCE

NOTES FOR NEXT SESSION