

The Practice Principle

Practice is important! Practice makes you better! Practice works!

Hey Coach

Your job is vital! During practice coaches are responsible for:

- Instructing & providing feedback to teammates
- Monitoring individual and team performance
- Supporting, encouraging, and motivating teammates
- Ensuring the safety of teammates
- Managing time, space, and equipment

Coaching Character

Character matters! An effective coach is one who is:

- Trustworthy
- Inspiring
- Encouraging
- Responsible
- Patient
- A good listener

Coaching 101

Make practices count! Use these guidelines to maximize learning:

- Refer to Content Cards & Practice Plans for important information.
- Follow the Practice Plan tasks in order.
- Read each task aloud so teammates can get set up quickly.
- Use the 80/20 Rule – be a plumber and fix the leaks.
- Show & Tell – demonstrate to communicate.
- Look for Movement – make sure all teammates are active all the time.
- Help teammates learn rules, etiquette, & fair play.
- Use “Think Abouts” to give your team the mental edge.

Don't practice until you get it right. Practice until you can't get it wrong!

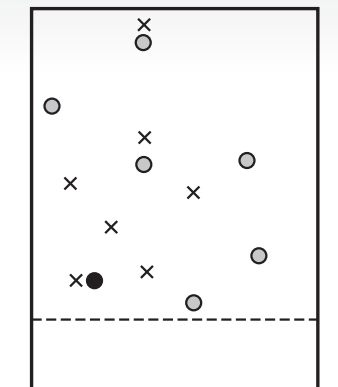
Ultimate Practice Plan

4

CUES

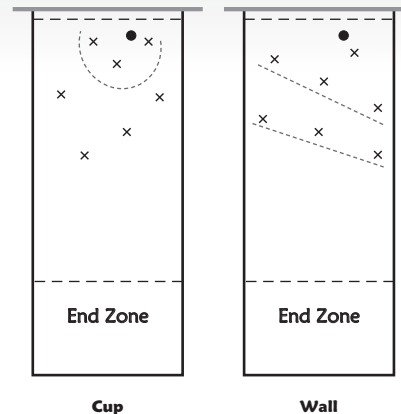
Zone Offense

- Spread out
- Exploit gaps
- Pass and flow
- Communicate



Zone Defense

- Know your zone
- Protect your zone
- Communicate



Refer to *Ultimate Playbook* for play diagrams.

Modify each task by varying speed, spacing of players, distance and types of throws.

1. Practice the CROSS play $\geq 5X$. Start with all players on the goal line. Rotate positions after each practice trial.
2. To create **flow**, perform 3 CROSS plays back-to-back without stopping. Start with all players on the goal line.
3. Repeat #2, start play with a **pull** from opposite goal line. Player executing **pull** transitions to defense and defends throwers. Extra players set-up in zone defense.
4. Repeat #1-3 using the SINGLE OUT play.
5. Repeat #1-3 using the GIVE AND GO play.
6. Create 3 **zone offense** plays. Diagram and name plays in the Ultimate Playbook.
7. Repeat #1-3 for each **zone offense** play created.
8. Scrimmage another team. Start play with a **pull**. Offense tries to score using only the 6 plays above. Offense retains possession until a goal is scored. Defense must use a zone. After each goal, play is restarted with a **pull**. Play until signal.

Think Abouts

What should you do when you locate a gap in the zone defense? Why?

Why is it important that the defense know their zone?

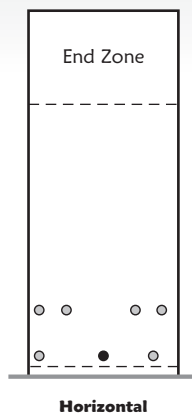
Ultimate Practice Plan

5

CUES

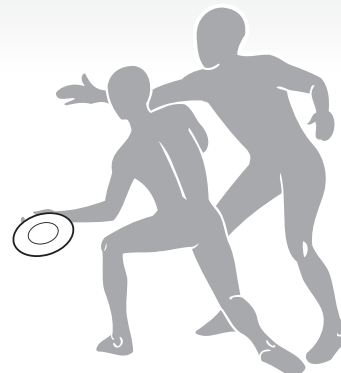
H-Stack Offense

- Stack
- Cut
- Catch or clear
- Flow



Defense

- Match up
- Mark handler
- Call the force
- Hold the force



Refer to *Ultimate Playbook* for play diagrams.

Modify each task by varying speed, spacing of players, distance and types of throws.

1. Practice the MOUNTAINEER play $\geq 5X$. Start with all players on the goal line. Rotate positions after each practice trial.
2. To create **flow**, perform 3 MOUNTAINEER plays back-to-back without stopping. Start with all players on the goal line.
3. Repeat #2, start play with a **pull** from opposite goal line. Player executing pull transitions to defense and guards throwers. Use any extra players as defenders.
4. Repeat #1-3 using the AZTEC play.
5. Repeat #1-3 using the QUICK FIRE play.
6. Create 3 **H-Stack** plays. Diagram and name plays in the Ultimate Playbook.
7. Repeat #1-3 for each **H-Stack** play created.
8. Scrimmage another team. Start play with a **pull**. Offense tries to score using only the 6 plays above. Offense retains possession until a goal is scored. Defense tries to prevent scoring using defensive cues above. After each goal, play is restarted with a **pull**. Play until signal.

Think Abouts

How do you create **flow** in the **H-Stack** offense?

What was your team's strategy for quickly transitioning into offense after the **pull**?

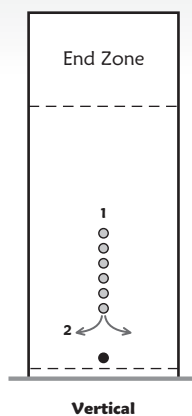
Ultimate Practice Plan

6

CUES

V-Stack Offense

- Stack
- Cut
- Catch or clear
- Flow



Defense

- Match up
- Mark handler
- Call the force
- Hold the force



Refer to *Ultimate Playbook* for play diagrams.

Modify each task by varying speed, spacing of players, distance and types of throws.

1. Practice the DUMP play $\geq 5X$. Start with all players on the goal line. Rotate positions after each practice trial.
2. To create **flow**, perform 3 DUMP plays back-to-back without stopping. Start with all players on the goal line.
3. Repeat #2, start play with a **pull** from opposite goal line. Player executing pull transitions to defense and guards throwers. Use any extra players as defenders.
4. Repeat #1-3 using the ALL STAR play.
5. Repeat #1-3 using the V-HUCK play.
6. Create 3 **V-Stack** plays. Diagram and name plays in the *Ultimate Playbook*.
7. Repeat #1-3 for each **V-Stack** play created.
8. Scrimmage another team. Start play with a **pull**. Offense tries to score using only the 6 plays above. Offense retains possession until a goal is scored. Defense tries to prevent scoring using defensive cues above. After each goal, play is restarted with a **pull**. Play until signal.

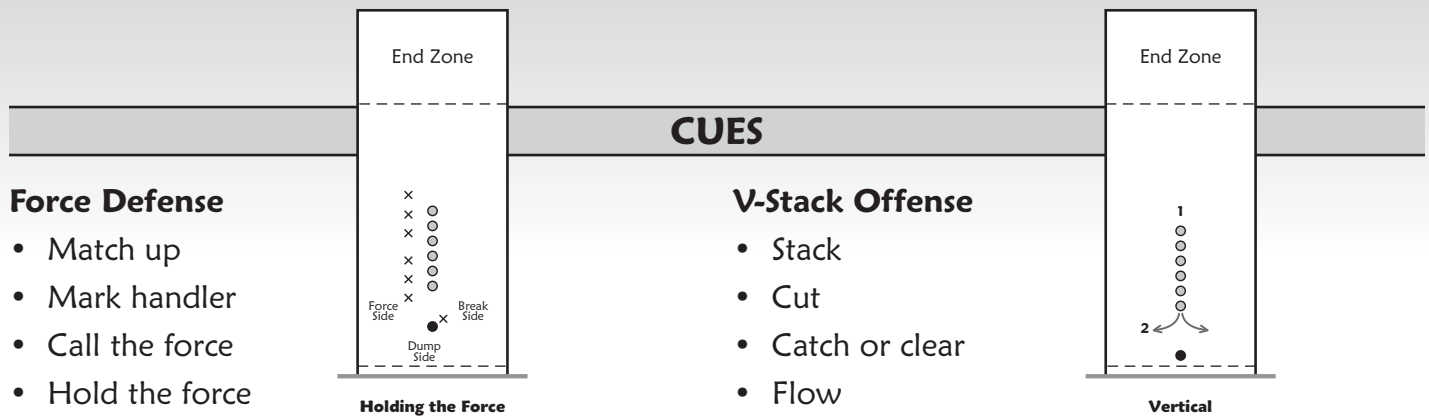
Think Abouts

What is the purpose of the **V-Stack** offensive formation?

Which play is designed to reset the offense when all down field receivers are covered?

Ultimate Practice Plan

7



Refer to *Ultimate Playbook* for play diagrams.

Modify each task by varying speed, spacing of players, distance and types of throws.

1. In your team, determine Home and Away sidelines. Home sideline = your team's sideline. Away sideline = your opponent's sideline.
2. Practice 4 ON 1 – FORCE HOME defense \geq 5X. Defender marks the thrower and calls the force side as **Force Home**. The defender attempts to limit passes to the force side, while the offense tries to complete a pass to the break side within 10 seconds. Rotate positions after each practice trial.
3. On the *Ultimate Playbook*, label the following parts of the 4 ON 1 – FORCE AWAY defense diagram: Force Side, Break Side, Home and Away.
4. Repeat #2 using 4 ON 1 – FORCE AWAY defense.
5. On the *Ultimate Playbook*, label the following parts of the 3 ON 2 – FORCE HOME & AWAY defense diagrams: Force Side, Break Side, Home and Away.
6. Repeat #2 using 3 ON 2 – FORCE HOME defense.
7. Repeat #2 using 3 ON 2 – FORCE AWAY defense.
8. On the *Ultimate Playbook*, label the following parts of the 5 ON 5 – FORCE HOME & AWAY defense diagrams: Force Side, Break Side, Home and Away. Add to the diagram the 5 defensive players in the appropriate positions.
9. Repeat #2 using 5 ON 5 – FORCE HOME defense. Offense must run plays from their V-Stack playbook. After 5 practice trials, rotate offense to defense and repeat.
10. Repeat #2 using 5 ON 5 – FORCE AWAY defense. Offense must run plays from their V-Stack playbook. After 5 practice trials, rotate offense to defense and repeat.
11. Play 5 on 5. Start play with a **pull**. Offense tries to score running plays from their V-Stack playbook. Offense retains possession until a goal is scored. Defense tries to prevent scoring using hold the force defense. After each goal, play is restarted with a **pull**. Play until signal.

Think Abouts

Why is calling the force important?

A defender guarding the thrower should limit passes to which side of the field?