

A clear plan for practice

A 60-minute teaching-session example. Adapt the duration and activities to your team.

5 MIN **Arrival & today's objective**

Check attendance, review the plan, and name one teaching objective.

10 MIN **Preparation & movement**

Use your team's approved preparation routine.

15 MIN **Position groups**

Split into groups. Give each coach one teaching point and a defined space.

5 MIN **Water & transition**

Regroup and explain the next activity; allow water throughout practice.

10 MIN **Assignment walkthrough**

Review alignment and assignments at a teaching pace, without contact.

10 MIN **Team review**

Revisit the day's objective and check players' understanding.

5 MIN **Recap & dismissal**

Summarize the lesson and confirm the next team event.

PLANNING NOTE

This example organizes coaching work; it does not prescribe contact, conditioning, or practice length. Use your league's requirements and current USA Football youth practice guidance. Water should remain available throughout practice.

Guidance: usafootball.com/coaches-organizations/practice-guidelines

Your practice worksheet

Team: _____ Date: _____ Start / finish: _____

Teaching objective: _____

Minutes	Activity / drill	Teaching point / location	Coach

Family event details: time, location, arrival instructions, equipment

Groups can run activities at the same time. Include transitions; adapt activities to team and league guidance.