

## Individual Team Practice Plan

- 1.) Break the huddle correctly (5 minutes)
- 2.) Running routes (Add defenders)
- 3.) Defensive Drills
  - a. Read and React
  - b. Post Corner
  - c. Flag Pull Drill
  - d. Tip Drill
- 4.) Offensive plays from playbook
  - a. Number players for easier substitutions
  - b. Players should keep their numbers in games