

2014 Da Boom Squad Generic Practice Plan

Monday	Tuesday	Wednesday	Thursday
<i>Tackle/ Breaks</i>	<i>Tackle/ Breaks</i>	<i>Tackle/ Breaks</i>	<i>Tackle/ Breaks</i>
Downhill/Alley Shield Tackle Drill: Coverage Breaks: <ul style="list-style-type: none"> ○ BP Breaks (BP 180, 0,45(S and D), 90) – Double moves ○ Read, Alert, Cloud, Solo, Roll, Combo, Quarters 	Run Stopper Drill Coverage Breaks: <ul style="list-style-type: none"> ○ BP Breaks (BP 180, 0,45(S and D), 90) – Double moves ○ Read, Alert, Cloud, Solo, Roll, Combo, Quarters 	Downhill/Alley Shield Tackle Drill: Coverage Breaks: <ul style="list-style-type: none"> ○ BP Breaks (BP 180, 0,45(S and D), 90) – Double moves ○ Read, Alert, Cloud, Solo, Roll, Combo, Quarters 	Run Stopper Drill Coverage Breaks: <ul style="list-style-type: none"> ○ BP Breaks (BP 180, 0,45(S and D), 90) – Double moves ○ Read, Alert, Cloud, Solo, and Roll, Combo, Quarters
<i>Coverage Drills Competition</i>	<i>Coverage Drills Competition</i>	<i>Coverage Drills Competition</i>	<i>Coverage Drills Competition</i>
All Coverage Form Rec TBM, Apex, Spin in Box Competition: <ul style="list-style-type: none"> ○ Buddy Drill/Jump Ball 	All Coverage Form Rec Fill the void (Cover 3 and 2) Competition: <ul style="list-style-type: none"> ○ Odd man out 	All Coverage Form Rec Fade Drill, Trail Drill 1 on 1 (No ball) Competition: <ul style="list-style-type: none"> ○ 1 on 1's (Call out) 	All Coverage Form Rec Pick or Stick (4, Cloud, Roll) Competition: (Team) High ball low ball/scoop and score
<i>Run /Pass Read and Route Recognition</i>	<i>Run /Pass Read and Route Recognition</i>	<i>Run /Pass Read and Route Recognition</i>	<i>Run /Pass Read and Route Recognition</i>
(Line) Run/Pass Reads: <ul style="list-style-type: none"> ○ Read, Alert, Cloud, Solo, Roll, Combo, Quarters 	(Line) Run/Pass Reads: <ul style="list-style-type: none"> ○ Read, Alert, Cloud, Solo, Roll, Combo, Quarters 	(Line) Run/Pass Reads: <ul style="list-style-type: none"> ○ Read, Alert, Cloud, Solo, Roll, Combo, Quarters 	(Line) Run/Pass Reads: <ul style="list-style-type: none"> ○ Read, Alert, Cloud, Solo, and Roll, Combo, Quarters
Route Rec: <ul style="list-style-type: none"> ○ Read, Alert, Cloud, Solo, Roll, Combo, Quarters 	Route Rec: <ul style="list-style-type: none"> ○ Read, Alert, Cloud, Solo, Roll, Combo, Quarters 	Route Rec: <ul style="list-style-type: none"> ○ Read, Alert, Cloud, Solo, Roll, Combo, Quarters 	Route Rec: <ul style="list-style-type: none"> ○ Read, Alert, Cloud, Solo, and Roll, Combo, Quarters
<ul style="list-style-type: none"> ○ Two in zone ○ Two Shell Disguise 	<ul style="list-style-type: none"> ○ Two in zone ○ Two Shell Disguise 	<ul style="list-style-type: none"> ○ Two in zone ○ Two Shell Disguise 	<ul style="list-style-type: none"> ○ Two in zone ○ Two Shell Disguise
<i>Reminders:</i> All line drills, if not tackling, player must tackle air at end of drill. C S S C Players call ball when front hand comes off ball EVERYTIME.	<u>EDD's Done in Pre-Practice</u> C S S C Big Hips, Quick Hips Foot Fire, Weave, Tempo Read Pedal, "W" Drill → BP Breaks (BP 180, 0,45(S and D), 90) and Double moves	Group: <ul style="list-style-type: none"> ○ Half field pass ○ Half field run ○ Formation recognition /adjustment Reps: 1's= 5 2's= 3 3's= 2	T rustworthy P hysical T ake-away E ffort WORK SAME DRILLS IN REDZONE SITUATION (S and D) → Short and Deep