

3/4 Division Practice Plan

P1	Time (min)	
Introductions	10	
Equipment Check	10	
Warm up Format (Cal)	20	Air
Water Break	5	
Introduce Tackling Progression	20	Bag
Introduce O/D Positions	20	
Team Meeting	5	
Parents Meeting		

P2	Time (min)	
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling Progression	15	Bag
Heads up tackling Circuit	10	Bag
Waterbreak	5	
Group Breakdown Line and Skill	20	Air
Conditioning FB Drills	10	
Post Practice Talk	5	

P3	Time (min)	
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling Progression	15	Bag
Heads up tackling Circuit	10	Bag
Waterbreak	5	
Group Breakdown Line and Skill	20	Bag
Conditioning FB Drills	10	
Post Practice Talk	5	

P4	Time (min)	
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling Progression	15	Bag
Heads up tackling Circuit	10	Bag
Waterbreak	5	
O/D	20	Thud
Conditioning FB Drills	10	
Post Practice Talk	5	

P5	Time (min)	
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Heads up tackling circuit	10	Bag
Indy and Breakdown	15	Control
Waterbreak	5	
O/D	20	Live
Conditioning FB Drills	10	
Post Practice Talk	5	

P6	Time (min)	
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Heads up tackling Circuit	10	Bag
Indy and Breakdown	15	Control
Waterbreak	5	
O/D	20	Live
Conditioning FB Drills	10	
Post Practice Talk	5	

Regular Season

P7	Time (min)	
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Tackling Progression	15	Bag
Heads up tackling Circuit	10	Bag
Waterbreak	5	
O/D	20	Thud
Conditioning FB Drills	10	
Post Practice Talk	5	

P8	Time (min)	
Prepractice Talk	5	
Warm up Format (Cal)	15	Air
Water Break	5	
Heads up tackling Circuit	10	Bag
Indy and Breakdown	15	Control
Waterbreak	5	
O/D	20	Live
Conditioning FB Drills	10	
Post Practice Talk	5	