

Pointers

Stretching exercises.

Stretching is done at the start of practice in order to avoid injuries

While the team is stretching, you can discuss your plans for the day, or explain what things need to be worked on, use the time to praise good things that have happened.

Selecting drills.

Select drills that help teach individual and team fundamental skills, as well as teaching what you are trying to accomplish, or trying to correct.

You might have a "core" of selected drills that you use all the time. But you can throw in other drills from time-to-time to teach a specific skill, or just to avoid boredom and spice things up a bit.

Move quickly from one drill to another.

Don't spend half of your practice time on one drill. The kids will get bored and won't learn much after the first 5-10 minutes into the drill. If they mess up, they will get another chance to run that drill another time. Make drills competitive and fun.

Budget your time for each drill.

If you are introducing a new drill, play, offense, defense, etc, you will have to allow more time the first time. If you are reviewing something, like a set of plays or your out-of-bounds plays (that they should already know), move quickly through these... you are reinforcing their memory (a brief repetitive exercise that can be done each day).