

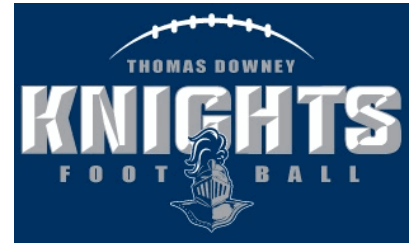
# How-To Up-Tempo Your Practice Plan

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## How We Practice

- 140 kids in the program, most kids go 1-way only
- 15 coaches for V-JV-Frosh, coaches coach 1-way plus special teams
- Practice FAST philosophy: Stuff a 3-hour practice into 2-hours.
  - From Oregon: "Pack the suitcase tightly---Do it right, do it light; do it wrong, do it long."
  - Google Docs for online practice planning; script everything.
  - Use loud MUSIC for mood, tempo, and distraction.
  - No conditioning; its built into the tempo of practice
  - Blue OPS: On-Field Personnel staff (fancy term for managers). Recruit the correct kids.

## What Slows Down Practice?

- Installing drills & plays.
  - Install in spring & summer, or during camp; including special teams.
  - Design group drills to show up on game film.
  - Incorporate competition/scoring into drills.
- Getting out of the locker room; late players.
  - Makeup work/tests, must pre-notify coach.
  - Stay on top of grades with weekly checks.
  - Getting taped: Use managers to help & invest in laced ankle braces.
  - Getting dressed: 20 minutes to field, stuff practice clothing before school, PIE wheel for late
- Watching film
  - Use Hudl to do the bulk of film watching as homework.
  - Monday: Homework is due before practice starts, to position coach.
  - Tue, Wed, Thur: Check board for name, and watch film with coach on iPad, individually by clip
- Practice field setup; equipment setup
  - Each player is on a "duty team"; chosen by "pride point" rank. ([tdfootball.com/pride\\_points](http://tdfootball.com/pride_points))
  - Design field layout so drills happen in a specific place; to speed up transitions.
  - Video from middle of field, so you can video as much/little as you want.
  - Place water carts in places that players can hydrate between reps; walking woulded with water bottles.
- Stretching & Weight Training
  - Warmup by position over static stretching. Playground example.
  - SAQ, 15 minutes, twice a week: Cleans, kettles, jump rope, core, footwork
- "Too much" coaching
  - Shorten your message, kids have very short attention span
  - Transition quickly between segments; lots of time lost here
  - Post-practice: Quick announcements, PIE, Reward effort with stickers, short positive message

## Practice Plan

- Zero Period: Indy time by coaches; work on "first things first, fundamentals, or flex."
- Periods 1-4: Everyone together. "O": 200 TD's in 20 minutes. OL: Mass Run steps. "D": Pursuit, TNT
- Periods 5-6: Frosh/soph leave. Offense & Defense still separate, various group/indy work.
- Periods 7-9: Group work LIVE, scored. Inside run, pass pro/rush, skelly/screen
- Period 10: The JOUST. 3 on 3 w/ball carrier & QB. Keep score, one rep per player- no where to hide.
- Periods 11-13: Special Forces. Indy first, KO vs KOR LIVE, then split between Punt & Points
- Period 14: Stopwatch period: How fast can we run 15 scripted plays?
- Period 15-16: Offense: Run game vs Self-serve, Landmines/Ones. Defense: Indy/Group, fix period
- Period 17: Rapid Fire. Two scout offenses vs Defense, two reps per minute minimum
- Period 18: Clutch Period: 1's vs 1's. Work all clutch situations.
- Period 19: Final Score; who won? Coaches announce practice players, PIE wheel, etc.
  - Same plan is followed weekly, day before a game: eliminate team drills, run Kamikaze drill.