



PARKER HAWKS

PRACTICE PLAN TEMPLATE

DATE _____

TIME _____

LOCATION _____

RUN INSTALL: _____

PASS INSTALL: _____

FOCUS / THEME: _____

COACHING NOTES: _____

TIME	SEGMENT	QB	RB	WR / TE	OL	DL / LB / DB	NOTES	
DYNAMIC WARM-UP — FULL TEAM								
5 Min	Full Team Movement Prep	Knee Pull (every other step) · A-Skip · High Knees · Bear Hug · Low Shuffle · Carioca · Back Pedal · Run Backs · Low Sweep · Toe Touch · Leg Sweep · Quad Stretch						
OFFENSE POSITION INDYS — SIMULTANEOUS GROUPS								
15 Min	Drill 1	QB _____	RB _____	WR _____	OL _____	DEF _____		
	Drill 2	_____	_____	_____	_____	_____		
	Drill 3	_____	_____	_____	_____	_____		
OFFENSE GROUP INDYS — PAIRED GROUPS								
10 Min	QB + WRs	ROUTES / CONCEPTS _____			OL + RB _____			
	Rep 2	_____			_____			
OFFENSE LOOK 11 — STARTING 11 TEAM PERIOD								
20 Min	Controlled Run of:	IZ + FLOOD (OR TODAY'S INSTALL) _____						
	Situational Reps	_____						
	Back Up Reps	_____						
	Special Teams	Punt			Field Goal			
WATER BREAK								
5 Min	— Water / Rest —							
DEFENSE POSITION INDYS — SIMULTANEOUS GROUPS								
15 Min	Drill 1	DL _____		LB _____		DB _____		
	Drill 2	_____		_____		_____		
	Tackle Drill	DL Tackle Drill · LB Tackle Drill · DB Tackle Drill						
DEFENSE LOOK 11 — STARTING 11 TEAM PERIOD								

TIME	SEGMENT	QB	RB	WR / TE	OL	DL / LB / DB	NOTES
15 Min	Formation Review						
	Assignment + Fits						
	Opponent Prep						
	Alignment Check						