

2-Sep-15



JETS



NO.	ACTIVITY NAME	TIME	NOTES
1	WARM UP / ADMIN	10 MIN	TALK WITH KIDS, PARENTS COMPLETE PAPERWORK, GET READY TO GET BETTER
			COACH ANDRE - BALLISTIC STRETCHING THEN MOTION WARMUPS
2	AGILITY DRILLS / THROWING / CATCHING EVALS	10 MIN	SLALOM COURSE, M for MICHIGAN
3	CENTER - QB EXCHANGE	5 MIN	NO FUMBLES, QB HEAD UP, CENTER RUN
4	QB - RB EXCHANGE	5 MIN	NO FUMBLES, RB HANDS CORRECT, RB FAST, QB PUTS BALL IN THE BELLY BUTTON (WATCH FOR TOO LOW AND TOO HIGH)
5	WATER BREAK	2 MIN	HYDRATION FOR DOMINATION
6	FLAG PULLING (BREAKDOWN)	5 MIN	FOOTWORK, BREAKDOWN POSITION, WHERE TO GRAB THE FLAG, FOOTBALL SHUFFLE - BREAK DOWN AND PULL DRILL (HOT FEET)
7	DEFENSE DRILLS	18 MIN	SWEEP DRILL SINGLE DEFENDER, SWEEP DRILL 2 DEFENDERS (ASSIGN RESPONSIBILITIES)
8	CLOSE OUT	5 MIN	NEXT PRACTICE 9 SEP 15, 6-7 PM, TEAM MOM, PHOTOS, FACEBOOK, HASHTAG "MiniMightJETS"

HAVE FUN
BE POSITIVE, AVOID NEGATIVITY
TEAM CONCEPT
ALWAYS DO YOUR BEST
SHOW GOOD SPORTSMANSHIP

LEARN THE GAME
STUDY THE PLAYBOOK (HAND SIGNALS)
KEEP GOING UNTIL YOU HEAR THE WHISTLE
PAY ATTENTION TO THE PLAY
ALWAYS KNOW WHERE THE BALL IS