

Created by Adam Sweeney- Ohio State University P.E. student
Based on the Play Practice book by Alan Launder, Human Kinetics
20 tasks and progressions to teach beginning- Football

Football Middle/High School

Task 1. Ball Handling

Simply run down field 20 yards with ball in proper position. On the way back switch hands and work on holding ball in both hands.

Task 2. Ball handling with cones

The player will line up on the given line. There will be cones straight ahead for 15 yards that will be spaced 3 yards apart and staggered left and right. When the player gets to a cone you will need to cut to the next cone.

Task 3. Ball handling with cold defense

A defender will line up across from the ball carrier. The ball carrier will need to jog 15 yards with a defender playing cold defense. The defender will make the runner cut left and right.

Task 4. Ball handling with warm defense

A defender will line up across from the ball carrier. The carrier will need to run 15 yards. The defender will play tight on the runner and try to strip the ball and steal the ball.

Receiving

Task 5. Head on passes

Standing 15 yards from the person with the ball run at jogging speed directing to the ball which will be throwing at you when you are approximately 5 yards away.

Task 6. Turn passes

With your back facing the person with the ball you will stand 15 yards from the ball. When you hear the “passer” yell TURN you will turn around and look for the ball which will be thrown to you. The ball will be thrown with plenty of time to react

Task 7. 1 on 1 routes with cold defense

You will line on up the line of scrimmage with a defender across from you. When the quarterback yells GO you will release off the line of scrimmage and run a specific route (hitch, fade, out, slant).

Task 8. 1 on 1 routes with warm defense

You will line on up the line of scrimmage with a defender across from you. When the quarterback yells GO you will release off the line of scrimmage and run a specific route (hitch, fade, out, slant). The defense will be a little tighter and it will be more difficult to get open

Passing

Task 9. 5 yard standing passes

You will stand 5 yards from a teammate and pass the ball back and forth. You will not be moving, neither will your teammate. We will work on the mechanics of passing.

Task 10. 10 yard passes

Standing 10 yards from a teammate you will pass the ball back and forth with neither person moving. We are working on the mechanics while increasing the distance.

Task 11. Crossing passes

With a partner 10 yards to either side, and 10 yards in front of you the teammate will run across your face, crossing directly in front of you. You want to pass the ball to your teammate while he/she is in front of you and hitting them in stride.

Task 12. Routes from line of scrimmage

With a teammate lined up on the line of scrimmage split wide you will throw routes to your teammate. It is crucial to hit your teammate in stride, and in the correct area the ball should be thrown.

Task 13. Throwing with a defender

With a teammate on the line of scrimmage and a defender across from them we will throw them routes. The receiver will break off the line of scrimmage and run the specific route given. Hit them at the correct time and when they are open.

Playing Defense against a pass

Task 14. Footwork

Footwork is the most important key to defense. We will work on backpedaling and breaking left, right and directly ahead. This will quicken our reaction time during a pass.

Task 15. Catching balls with no receiver

We will continue task 11 but when we break left, right, or ahead a ball will be thrown and we need to intercept the pass.

Task 16. Defending a receiver with cold defense

We will line up directly across from a receiver, when the ball is snapped we will need to follow the receiver. As the ball is thrown we should break on the ball and react for an interception.

Task 17. Defending a receiver with warm defense

We will line up from a receiver. When the ball is snapped we will stay with the receiver. As the ball is thrown we should react and receive the interception.

Blocking

Task 18. Learning the stance

We will line up in proper position on the line of scrimmage. There will be no defender across from us. When the command is given we will assume the blocking position with our legs bent, back straight, head up and arms out.

Task 19. Blocking against a pad

When the ball is snapped we will enter the blocking position. We will be the blocking pad that is in front of us. We want to reach our hands out and punch the pad so we can keep a distance between us and the pad

Task 20. Blocking against an opponent

When the ball is snapped we will look for our opponent. We will be in the proper stance and we want to engage our opponent when they get within distance. We do not want to reach for our opponent. Make them come to us.