

## **Practice Organization**

**Practice organization is probably the most important aspect of creating your drills and setting an environment that has great flow. As a coach, I have too design my drills to maximize repetition and not lose focus of a whatever discipline I am trying to teach. While organizing practice plans I must take into account a variety of things. Location on the field, equipment, space to work, and I have to account for other coaches using resources as well. I have come up with some guidelines that can help with practice organization and transition to individual drills.**

### **1. Designate an area on the field**

**When players have a designated area that they know they are to report to everyday, this cuts down transition time tremendously. We always start out with the same drill every day, so they not only know where to go, but also what to do when they get there. I have found that having a designated area with the necessary equipment allows for a very smooth transition.**

### **2. Have equipment and drills ready pre-practice**

**Equipment and drill set up is extremely important if you're truly practicing up-tempo. When designing a practice plan the exact amount of equipment needs to be at your station. We work with pop-up dummies every day, so therefore the pop-ups stay with me. If another coach needs to use them, we schedule a time where he can use them or we can transition to another drill. I am always trying to find a way to practice more efficiently, whether it be using a ball bucket for drills or package two cone drills together, I am trying to find an edge to maximize reps.**

### **3. Name Drills and allow players to help with set up**

**Naming drills helps with the overall flow of the drill. The drills should have names and a clear objective so players will not only learn the construction of the drill, but also the purpose. If I am introducing a new drill I implement it on the white board in my pre-practice meeting. It is a complete waste of valuable time to explain the same drills the players are engaged in over and over again. It is important to give them ownership in naming the drills and also with the set up. When the players know we are doing double noose drill, I tell them to set the drill up. This allows me to check my time and it also helps them get organized within the drill. I think you would be surprised how much they do want to have input in practice.**

## **Everyday Musts:**

- 1. Ball Drills (It's all about the ball)**
- 2. Blocking/ Releases (Incorporate with most drills)**
- 3. Route Polish/ Footwork**
- 4. Routes With Quarterbacks**
- 5. Ball Security**

**I have these five “musts” listed, laminated, and hanging up above my desk. When I am making a practice schedule I always want to incorporate these things in as many drills as possible. The main idea is to tie these into as many drills as possible. By using the “Everyday Musts” list I can evaluate if I am covering all the necessary skills and fundamentals to better design my drills. If I only get to releases twice a week then I count that as a fail on my part. If I only spend one day working on ball security then that is definitely a coach fail. I want to engineer my individual time to maximize these skills while also tying them into group periods as well. Again, the focus is to get the most out of my practice.**