<u>STEP 3A</u> – PRACTICE INSTALL WORKSHEET

GOALS

#1 - The goal of this worksheet is for you to dissect your teaching concepts and then incorporate your game plan (game coaching) into your teaching or practice install plan.
(make sure you work on what you really do in a game – games approach)

#2 – Next, you want to look at matching both run and pass blocking schemes, as well as pass concepts so that you minimize techniques-concepts while maximizing repetitions.
(make sure you keep learning simple and sound – maximize learning)

#3 – Last, use pass **formula** to better target pass actions and concept goals per game to better design your practice install plus monitor practice reps **(Quality Control).**
<u>*note</u> – examples (Ex) in red to help use worksheet for your own program

QUESTIONS – FORMULA - WORKSHEET

Q1 - What is your Run to Pass Game Ratio (see questions and formula)

1. How many plays on average do you run per game? _____ Ex 60
2. Run play count goal? _____ Ex 36
3. Pass play count goal? _____ Ex 24

Step 1 - Total play # _____ Ex 60
Step 2 – Run goal # _____ Ex 36   percentage of total plays _____ Ex 60%
Step 3 – Pass goal # _____ Ex 24   percentage of total plays _____ Ex 40%
*run and pass should add up to Total play # and percentages add up to 100%

Q2 - What concepts will you use to teach Run and Pass game?

Step 5 – Use Run count to help determine # of Run concepts you will use
Step 6 – Use Pass count to determine # of Pass actions you will use
Step 7 – Use Pass count and actions to determine # of pass concepts to use
Step 8 – Use Pass count / actions / concepts to determine # of Blitz Beaters to use
Step 9 – Use pass count / actions / concepts / blitz beaters to determine # for each
*complete following worksheet and then see example practice (install) plan

Q3 - What is your practice (installation) teaching plan?

Step 10 – Use percentages for practice install-teaching (time / reps for each)
*see examples to develop your own practice (install) plan

EXAMPLES and WORKSHEET

*Example of Run Concepts - Multiple Slot Spread

Outside Run Concepts	Inside Run Concepts
1. Jet Sweep (stretch) *core1	1. Blast *core1
2. Sweep (pin and pull)	2. Veer
3. OZ	3. IZ

*Example of Pass Actions – Concepts – Blitz Beaters

Pass Actions	Pass Concepts	Blitz Beaters
1. Sprint – 4 step *core3	1. Floods *core3	1. Sprint – 4 step *core3
2. Screens	2. Screens	2. Screens
3. PAP	3. Four Verticals	3. PAP
4. Quick – 3 step	4. Base	4. Quick – 3 step
5. Pro–5 step	5. Crossers	5. Hot–5man pro

*Ex of Pass Actions – Concepts – Blitz Beaters – Concept for each action

Pass Action	Pass Concept	Blitz Beater	Concept # for each
1. Sprint – 4 step	1. Floods	1. Sprint – 4 step	1. Floods (2)
2. Screens	2. Screens	2. Screens	2. Screens (3in1)
3. PAP	3. Four Verticals	3. PAP	3. PAP (2)
4. Quick – 3 step	4. Base	4. Quick – 3 step	4. Quick (3)
5. Pro – 5 step	5. Crossers	5. Hot–5man pro	5. Pro (3)

FORMULA i.e. - **24** passes per game, divided by **3 core** actions+**2 other** (**5** total) **=**
plan on averaging **6 reps per core actions** (sprint / screens / PAP) and **3 reps per others**
(quick / pro) game. **(use to design practice install plus monitor practice reps)**

Pick Run Concepts you want to use?

Outside Run Concepts	List your picks – by priority
OZ – outside zone (stretch)	1.
Jet Sweep (stretch)	2.
Sweep (pin and pull)	3.
Sweep (wing T – guard pull)	4.
Outside Veer (triple option)	5.
Inverted Veer (gun)	6.
Counters AND Other?	7.

Inside Run Concepts	List your picks – by priority
IZ – inside zone (dive)	1.
Cross blocking + traps	2.
Blast (Iso – lead blocker)	3.
Power (kick out and BSG pull-lead)	4.
Veer – inside veer (triple option)	5.

Midline (triple option) Counters AND Other?	6. 7.

Pick Pass Actions you want to use?

Pass Actions	List your picks – by priority
3 step drop back	1.
4 step sprint	2.
7 step roll out	3.
5 step drop back	4.
Play action Pass	5.
Screens	6.
Delays AND Other?	7.

Pick Pass Concepts you need?

Pass Concepts	List your picks – by priority
4 verticals	1.
All Curl or Delta (flat-curl)	2.
Floods (3 and 2 level)	3.
All out	4.
Smash	5.
Drive	6.
Levels	7.
Shallow Crosser	8.
Mesh AND Other?	9.

Pick Blitz Beaters – Types and Protections (number of blockers)

Blitz Beaters	List your picks – by priority
*pick pro type for each	1.
- 5man pro	2.
- 6man pro	3.
- 7man pro	4.
Quicks – 3 step	5.
Quick Sprint Out – 4 step	6.
Roll out – 7 step	7.
Pro 5 step	8.
Play Action Pass	9.
Screens – Delays AND Other?	

Pick Action / Concept / Blitz Beater - Concept # for each

Pass Concepts for Each Action (blitz B)	List your picks – by priority
Quicks – 3 step	1.
Quick Sprint Out – 4 step	2.
Roll out – 7 step	3.
Pro 5 step	4.
Play Action Pass	5.
Screens – Delays AND Other?	6.

FORMULA - *Pass # _____(divided by) core actions____ +others____ (total_____) =*
*# of reps per action / per game   *CORE_____ *OTHER_____*

***(use to design practice install plus monitor practice reps – SEE TEMPLATE)*

PRACTICE INSTALL PLAN - WORKSHEET
EXAMPLE – 2 hour practice (Games approach practice structure)

Game Run% Goal - __60__   **Game Pass % Goal -** __40__

PRACTICE SET UP   *by game quarters with halftime and overtime (OT)*

Pre Min- 20	Position Team	*Pre Practice by position (walk thru) *Active and/or passive warm up
1st Qtr 25% Min- 20	Run% - 20 Pass%- 5	Run In / Out (A&C) – *spread blast and jet stretch* *Actions & Concepts* Pass (A&C) – *spread bubble screen*
2nd Qtr 25% Min- 20	Run% - 25 Pass%- 0	Run In / Out (A&C) – *spread blast and jet stretch* Pass (A&C) – *ball catching + security fundamentals*
1st Half **Review** *Halftime* Min - 10	**Run% - 45** **Pass%- 5** *should total 50%*	*hydrate and relax *coaches reflect 1st half – review and prep for 2nd *captains prep team for 2nd half *(mentally + physically with active stretch warm up)*
3rd Qtr 25% Min- 20	Run% - 0 Pass%- 25	Run In / Out (A&C) – *sprint pass protection* Pass (A&C) – *spread sprint pass / 2&3 level flood*
4th Qtr 25% Min- 20	Run% - 15 Pass%- 10	Run In / Out (A&C) – *spread blast and jet stretch* Pass (A&C) – *spread sprint pass & bubble screen*
OT Min- 5	*Critical + Core review*	Critcal – *spread silent sneak* Core – *spread blast and sprint pass (3 level flood)*
2nd Half **Review** *Post* Min - 5	**Run% - 15** **Pass%- 35** *should total 50%*	*player with positions coaches (small groups) *passive stretch – led by players *coach reflects practice *coach gets feedback from players - review

should add up to 100%

Review Goals **Min- 120** **Reflect**	**Run% - 60** **Pass%- 40**	*Staff reflects on practice *review – needs assessment *renew – adjustments (stay course – core)

INSTALL PLAN - WORKSHEET
*Template

Game Run% Goal - _____   **Game Pass % Goal -**   _____

PRACTICE SET UP   *by game quarters with halftime and overtime (OT)*

Pre Min-	Position Team	*Pre Practice by position (walk thru) *Active and/or passive warm up
1st Qtr 25% Min-	Run% - Pass%-	Run In / Out (A&C) – *Actions & Concepts* Pass (A&C) –
2nd Qtr 25% Min-	Run% - Pass%-	Run In / Out (A&C) – Pass (A&C) –
1st Half Review *Halftime* Min -	**Run% - Pass%-** *should total 50%*	*hydrate and relax *coaches reflect 1st half – review and prep for 2nd *captains prep team for 2nd half *(mentally + physically with active stretch warm up)*
3rd Qtr 25% Min-	Run% - Pass%-	Run In / Out (A&C) – Pass (A&C) –
4th Qtr 25% Min-	Run% - Pass%-	Run In / Out (A&C) – Pass (A&C) –
OT Min-	*Critical + Core review*	Critcal – Core –
2nd Half Review *Post* Min -	**Run% - Pass%-** *should total 50%*	*player with positions coaches (small groups) *passive stretch – led by players *coach reflects practice *coach gets feedback from players - review

should add up to 100%

Review Goals **Min- Reflect**	**Run% -** **Pass%-**	*Staff reflects on practice *review – needs assessment *renew – adjustments (stay course – core)