

 USAFOOTBALL<sup>®</sup>

# RETURN TO YOUTH FOOTBALL 2020

ACTIVITY OPTIONS



## PHASE ONE - ACTIVITY OPTIONS

THEME	ACTIVITY	
<b>CHARACTER DEVELOPMENT/ATHLETE WELLNESS</b>	<ul style="list-style-type: none"> <li>› Teamwork, Sportsmanship, Leadership, Hydration, Nutrition, Recovery</li> </ul>	
<b>DYNAMIC WARM-UP</b>	<ul style="list-style-type: none"> <li>› Straight Leg March</li> <li>› High Skips</li> <li>› Single Leg Quad Stretch and Reach</li> <li>› Butt Kicks</li> <li>› High Knees</li> <li>› Carioca</li> </ul>	<ul style="list-style-type: none"> <li>› Balance Strides</li> <li>› Jumping Jacks</li> <li>› Lunges</li> <li>› Bounds</li> <li>› Hip Flips Back Pedal</li> <li>› Lateral Shuffle</li> </ul>
<b>ATHLETIC FOUNDATIONS</b>	<ul style="list-style-type: none"> <li>› Gear Runs</li> <li>› 180 Jump Squats</li> <li>› Multi-Directional Get Up and Go</li> <li>› Agility Ladder Series</li> <li>› Partner Mirror Drill - Lateral Shuffle</li> <li>› Quick Feet Reaction</li> </ul>	<ul style="list-style-type: none"> <li>› Run-Shuffle-Run W-Drill</li> <li>› 5-10-5 Touch the Line Burpees</li> <li>› Flying 20 or 30 Army-Navy Game</li> <li>› Scatter Run Angle of Pursuit Drill</li> <li>› Get Up Chop and Go X-Drill</li> <li>› T-Drill L-Drill</li> </ul>
<b>BUILDING SKILLS</b>	<ul style="list-style-type: none"> <li>› <b>PASSING</b></li> <li>› Arm Flaps/Arm Circles/Arm Slaps Thumb to Pocket Drill</li> <li>› Meet in the Middle Grip Drill Hip Flips</li> <li>› Horizontal "L" to Vertical "L" Drill Lunge with a Twist 1-step Drop Drill 3-Step Drop and Throw Mechanics</li> <li>› <b>RUNNING &amp; RECEIVING</b></li> <li>› Snake Run Stair Step Drill</li> <li>› Stance, Start and Go</li> <li>› Top of the Route Drill Zig-Zag Pathway</li> <li>› Agility Ladder Turn and Sprint</li> <li>› Agility Ladder Lateral Route Running Mechanics</li> <li>› <b>KICKING &amp; PUNTING (Retrieve your own ball)</b></li> <li>› Balance Kicks Straight Line Approach Drill</li> <li>› Catch and Mold Directional Kicking</li> <li>› Directional Punting Leg Swing Line Drill</li> <li>› <b>PREP FOR CONTACT</b></li> <li>› Crab Walk</li> <li>› Push-up and Roll</li> <li>› Lateral Shuffle and Roll</li> <li>› Hollow Rolls</li> <li>› Forward Roll to Sprint</li> <li>› Log Rolls</li> <li>› Surfer</li> <li>› Bear Crawl</li> <li>› Shoulder Rolls Forward/Back</li> <li>› Bird Dog</li> <li>› 4-Way Balance</li> <li>› Seal Crawl</li> <li>› Somersault to Sprint</li> <li>› <b>CONTACT DRILLS</b></li> <li>› For these drills, please refer to USA Football's Levels of Contact and perform these at the "AIR" intensity level. Learn more at: <a href="https://usafootball.com/levels-of-contact">usafootball.com/levels-of-contact</a></li> <li>› Fire Drill Teeter Long Jump</li> <li>› Swoop to Near Foot</li> <li>› Near Foot Position Coil Posture</li> </ul>	



## PHASE TWO - ACTIVITY OPTIONS

THEME	ACTIVITY	
<b>CHARACTER DEVELOPMENT/ATHLETE WELLNESS</b>	<ul style="list-style-type: none"> <li>Teamwork, Sportsmanship, Leadership, Hydration, Nutrition, Recovery</li> </ul>	
<b>DYNAMIC WARM-UP</b>	<ul style="list-style-type: none"> <li>Straight Leg March Balance Strides</li> <li>High Skips Jumping Jacks</li> <li>Single Leg Quad Stretch and Reach Lunges</li> <li>Butt Kicks Bounds</li> <li>High Knees Hip Flips Back Pedal</li> <li>Carioca Lateral Shuffle</li> </ul>	
<b>ATHLETIC FOUNDATIONS</b>	<ul style="list-style-type: none"> <li>Gear Runs</li> <li>180 Jump Squats</li> <li>Multi-Directional Get Up and Go</li> <li>Agility Ladder Series</li> <li>Partner Mirror Drill - Lateral Shuffle</li> <li>Quick Feet Reaction</li> </ul>	<ul style="list-style-type: none"> <li>Run-Shuffle-Run W-Drill</li> <li>5-10-5 Touch the Line Burpees</li> <li>Flying 20 or 30 Army-Navy Game</li> <li>Scatter Run Angle of Pursuit Drill</li> <li>Get Up Chop and Go X-Drill</li> <li>T-Drill L-Drill</li> </ul>
<b>BUILDING SKILLS</b>	<ul style="list-style-type: none"> <li><b>PASSING</b></li> <li>Cross, Plant and Throw Snap, Catch and Throw 4-Cone Position Throws Straddle the Line Drill</li> <li>Lateral Partner Throws Throw 5-10 yard Routes</li> <li>Mirror Drill Trajectory Throws</li> <li>Vary Drop Throws</li> <li><b>RUNNING &amp; RECEIVING</b></li> <li>Acceleration Drills</li> <li>Dual Leg Dominance</li> <li>Top of the Route Drill</li> <li>Globetrotter</li> <li>QB/RB Toss Drill</li> <li>Stair Step Drill</li> <li>Deceleration Drills</li> <li>Pat-and-Go</li> <li>5-yard Quick Game</li> <li>High Ball Drill</li> <li>Over the Shoulder Catches</li> <li>10-yard Intermediate Game</li> <li><b>KICKING &amp; PUNTING</b></li> <li>Partner Kicks</li> <li>Partner Punts</li> <li>Straight Line Approach Drill (Punting)</li> <li>Directional Kicking</li> <li>One-Step Kicks</li> <li>Field Goal Multi-Angle</li> <li>Directional Punting</li> <li><b>PREP FOR CONTACT</b></li> <li>Crab Walk</li> <li>Push-up and Roll</li> <li>Lateral Shuffle and Roll</li> <li>Hollow Rolls</li> <li>Forward Roll to Sprint</li> <li>Log Rolls</li> <li>Surfer</li> <li>Bear Crawl</li> <li>Shoulder Rolls Forward/Back</li> <li>Bird Dog</li> <li>4-Way Balance</li> <li>Seal Crawl</li> <li>Somersault to Sprint</li> <li><b>CONTACT DRILLS</b></li> <li>For these drills, please refer to USA Football's Levels of Contact and perform these at the "AIR" and "BAGS" intensity levels. Learn more at: <a href="https://usafootball.com/levels-of-contact">usafootball.com/levels-of-contact</a></li> <li>Swoop to Near Foot</li> <li>2-Step Roll *</li> <li>Tight Angle Tackle**</li> <li>Swoop Drive</li> <li>2-Step Drive*</li> <li>2-Step Thigh &amp; Drive*</li> <li>Kneeling Drive*</li> <li>Regain Your Feet</li> </ul>	

\* Would require bag that can stand up on its own. Partner holding bag would violate six-foot rule  
 \*\* Form Tackle drills are best done on sled

## PHASE THREE - ACTIVITY OPTIONS

THEME	ACTIVITY	
<b>CHARACTER DEVELOPMENT/ATHLETE WELLNESS</b>	<ul style="list-style-type: none"> <li>Teamwork, Sportsmanship, Leadership, Hydration, Nutrition, Recovery</li> </ul>	
<b>DYNAMIC WARM-UP</b>	<ul style="list-style-type: none"> <li>Straight Leg March</li> <li>High Skips</li> <li>Single Leg Quad Stretch and Reach</li> <li>Butt Kicks</li> <li>High Knees</li> <li>Carioca</li> </ul>	<ul style="list-style-type: none"> <li>Balance Strides</li> <li>Jumping Jacks</li> <li>Lunges</li> <li>Bounds</li> <li>Hip Flips Back Pedal</li> <li>Lateral Shuffle</li> </ul>
<b>ATHLETIC FOUNDATIONS</b>	<ul style="list-style-type: none"> <li>Gear Runs</li> <li>180 Jump Squats</li> <li>Multi-Directional Get Up and Go</li> <li>Agility Ladder Series</li> <li>Partner Mirror Drill - Lateral Shuffle</li> <li>Quick Feet Reaction</li> </ul>	<ul style="list-style-type: none"> <li>Run-Shuffle-Run W-Drill</li> <li>5-10-5 Touch the Line Burpees</li> <li>Flying 20 or 30 Army-Navy Game</li> <li>Scatter Run Angle of Pursuit Drill</li> <li>Get Up Chop and Go X-Drill</li> <li>T-Drill L-Drill</li> </ul>
<b>BUILDING SKILLS</b>	<ul style="list-style-type: none"> <li><b>PASSING</b></li> <li>Cross, Plant and Throw Snap</li> <li>Catch and Throw</li> <li>4-Cone Position Throws</li> <li>Lateral Partner Throws</li> <li>Contested Receiver Drill</li> <li>5-yard Quick Game</li> <li>10-yard Intermediate Game</li> <li>Off-Set Throws</li> <li>4-To Score (3 vs. 3)</li> <li>Ultimate Football</li> <li><b>RUNNING &amp; RECEIVING</b></li> <li>Acceleration Drills</li> <li>Mesh Distraction Drill</li> <li>10-yard Intermediate Game</li> <li>4-To Score (3 vs. 3)</li> <li>Ultimate Football</li> <li>Deceleration Drills</li> <li>5-yard Quick Game</li> <li>Stop and Go Flow</li> <li>QB/RB Toss Drill</li> <li>Long Arm Drill</li> <li><b>KICKING &amp; PUNTING</b></li> <li>Partner Kicks</li> <li>Partner Punts</li> <li>Field Goal Multi-Angle</li> <li>Directional Punting</li> <li>Punt Return Tag</li> <li>One-Step Kicks</li> <li>Straight Line Approach Drill (Punting)</li> <li>Directional Kicking</li> <li>Kick Return Tag</li> <li><b>PREP FOR CONTACT</b></li> <li>Crab Walk</li> <li>Push-up and Roll</li> <li>Lateral Shuffle and Roll</li> <li>Hollow Rolls</li> <li>Forward Roll to Sprint</li> <li>Log Rolls</li> <li>Surfer</li> <li>Bear Crawl</li> <li>Shoulder Rolls Forward/Back</li> <li>Bird Dog</li> <li>4-Way Balance</li> <li>Seal Crawl</li> <li>Somersault to Sprint</li> <li>Helicopters</li> <li>Animal Crawl Relay</li> </ul>	
	<b>Examples of Phase III Player-to-Player Drills</b> Hand Fighting The Bear Pummeling	



# RUNNING A TEAM JUST GOT EASIER

## PHASE THREE - ACTIVITY OPTIONS (CONTINUED)

THEME	ACTIVITY
BUILDING SKILLS	<b>CONTACT DRILLS for AIR-BAGS-CONTROL (Small Group Activities)</b> For these drills, please refer to USA Football's Levels of Contact and perform these at the "AIR", "BAGS" and "CONTROL" intensity levels. Learn more at: <a href="http://usafootball.com/levels-of-contact">usafootball.com/levels-of-contact</a> <i>*Players may now hold bags for teammates with no six-foot restriction</i>
	> Swoop to Near Foot > 2-Step Drive
	> 2-Step Thigh & Drive > Tight Angle Tackle
	> Swoop Drive > Regain Your Feet
	> Near Foot/Near Shoulder > 2-Point Coil to Fit
<b>Examples of Phase III Player-to-Player Drills</b> Kneeling Drive Pong Zombie Tackle Near Hip Come to Balance Fit Fit to Finish	



**NOW AVAILABLE**

**Youth Coaches: Find all the descriptions for the drills for the Activity Options in the Coach Planner app. Here's what else you can do:**



- Create and Add Your Team
- Invite Coaches and Parents
- Find Drills Filtered by Skill, Age and Game Type
- Fill Out Your Team's Schedule
- Share Pre-made Practice Plans

**Learn More at [usafootball.com/coach-planner](http://usafootball.com/coach-planner)**





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