

2011 Laurier Red Storm Peewee – Practice #2

Wednesday August 24, 2011

At Laurier HS

During this first week, watch and evaluate all the players in all the drills. Who will fit best into what position? Who are going to be the team leaders? Which atoms from last year look ready to contribute? Everyone must be updating their notes on their roster and learning all the player names. We will meet on or about Sept 1 to discuss positions.

600 – warm up lap, Dynamic Stretch (students)
(see list of warm up agilities – use different ones each day this week to introduce them all)

610 –Agilities

- M and W (ball handling) (name a coach or student to lead each station)
- agility ladders (coach in charge)
- Zig Zag/Skate (ball handling) (coach in charge)
- Green Bay U (coach in charge)

(about 5 minutes per station)

625 – water break

630 – stations – 12 minutes per

1. Ball handling, running back and QB steps for inside run (coach in charge)
2. Footwork and ball handling for toss and sweep (coach in charge)

655 – water break

700 - Stations - 15 minutes per

3 Cone shuttle times
Form blocking technique and 3 point stance review

730 – easy ups – spread out. Use HS students or coaches as QBs, who has hands? Co-ordination?
Review ball catching technique for all at the beginning.

750 – sprints off 3 point stances

Start with short sprints (10 yards) and progress to longer but must FINISH, stances must be correct.

800 – final talk, home

Thursday night parent meeting and hand out reminder

equipment issues – this week 3pm to 5pm reminder