



## Week 6

### Pre-Practice Huddle (5 min)

Welcome

Review the previous game. Teach concepts.

Coach Talk: Give accolades from the previous game; point to the things that were executed well. Be specific: “Our ball carrying was good and on point,” “The zone was well played, very proud of you guys,” etc. Discuss and demonstrate any teaching points from the game with respect to penalties, miscues, etc. Help your players enjoy every game and practice by teaching them and sharing in the fun.

### Warm-Up (5 min)

Running:

One minute around the field. If you have limited space, run in place and change the pace.

Sprint to Backpedal:

Have players line up on one of the sidelines. On the coach’s signal, players sprint across the field and then backpedal to the starting point. As players backpedal, instruct them to lean slightly forward and land on the balls of their feet so they don’t trip and fall backward.

Trunk Twists:

From a standing position, twist back and forth slowly.

### Speed and Agility Skill Development (10 min)

Around the World

[VIDEO DEMONSTRATION - Click Here](#)

Use four cones to make a box on the field. Four different moves are performed with this drill forming a square.

Start with a 20-yard sprint up the field. Shuffle 10 yards to the right. Backpedal for 20 yards. Shuffle 10 yards to the left back to the starting point.

Relay Runs

[VIDEO DEMONSTRATION - Click Here](#)

Create two equal lines of players with a football in each line. Players keep the football tucked high and tight and race to a cone (10 yards away) and back. As they return, they hand the ball off to the next player in line. Players need to use the window technique that they just learned. After they complete the 10-yard relay race, they race again, but this time they race to mid-field and back, keeping the football secured. Repeat races as needed to ensure ball security.

### **Combo Skill Development (15 min)**

Sideline Drill

Players line up at a designated line of scrimmage in the middle of the field. At the coach's call, turn and toss the football to the running back. The toss should be underhand, using both hands and stepping toward the player who will receive the toss. The ball carrier receives the toss, tucks the ball away in their outside arm, which is closest to the sideline, accelerates to the sideline, and works the upfield. Players should secure the football and stay in bounds.

Depending on players' ability, you may need to shorten the distance of the toss and first practice catching a ball before incorporating players running up the sideline.

Distance Passing

Players will pair off and begin 5 yards from each other. Have players throw the ball back and forth. Make sure players use the appropriate touch on the pass based on their distance from one another. After a few throws, have each player take a step back.

Moving Catch

Players will line up, single file, on one side of the field. One at a time, players will begin to jog across the field, looking toward the coach. The coach will pass the ball to each player. Players should work on catching the ball away from their bodies, using their hands with proper technique. Next, use the up, slant, curl, and out routes. This is a half-speed drill to work on catching the ball while in motion.



## PRACTICE DEVOTIONS BIBLICAL VIRTUES: PRACTICE 6

Virtue | FAITH

### Scouting Report | Coaches, here's an inside look at this week's devotion

- **Background:** The story of God sending Jesus is the high point of the Bible and the greatest proof of His faithfulness. Following 400 years of silence after the Old Testament concludes, the New Testament opens with the King of Heaven being born as a tiny baby to a poor, young virgin (Mary) engaged to a craftsman (Joseph). Joseph has traditionally been known as a carpenter, but the word could also imply a stone mason, which would have been common for that time and place. Jesus would spend thirty years as a dutiful son, trained in the family trade, before starting His ministry. Then He would teach things that could turn culture upside-down and challenge the power of the legalistic religious leaders of the day. He would treat people with radical love and perform miracles that showed His authority over the natural and the spiritual. He would go to the cross and suffer a brutal death for the sins of all humanity, then defeat death by rising again three days later. Meanwhile, He would fulfill hundreds of prophecies from the Old Testament about the Messiah (Savior) that God had promised.

- **Big Picture:** For more insight, read Matthew 4:23-25; Luke 4:16-21; Acts 10:36-43.

- **Encouragement:** When you read about the radical love Jesus had for people during His time on earth and see how He treated them, know that His radical love also extends to you.

- **Question for Reflection:** Have I fully grasped that Jesus was a real person who really lived? What must He have been like to be around?

- **Virtue:** FAITH is trusting someone to keep their promises.

- **Key Verse:** "Faith shows the reality of what we hope for; it is the evidence of things we cannot see." – Hebrews 11:1 (NLT)

- **Bottom Line:** God was faithful to send Jesus, and I can have faith in Him.

Today, I want to tell you the story of Jesus' life on earth. One day, an angel appeared to a young woman named Mary. The angel told Mary she would have a baby and that she would name him Jesus. Mary was confused, but she chose to trust God and His plan. Mary and her fiancée Joseph had to travel to Bethlehem, and the time came for Jesus to be born.

Because there was no place to stay, Jesus, the one and only son of God, was born in a stable surrounded by animals. That same night, there were shepherds out in the field, watching their sheep, when an angel appeared to tell them about Jesus' birth. Then a whole crowd of angels appeared, praising God! The shepherds ran to Bethlehem and found baby

Jesus lying in the manger. They were so excited and ran to tell everyone about what they had seen!

But Jesus didn't stay a baby. He grew up just like you're growing up. As an adult, He taught others about God. He healed the sick and performed many miracles, like feeding over 5,000 people with one boy's lunch.

At the end of His time on earth, Jesus was wrongly accused and sentenced to die on the cross. He suffered and died, not because He'd done anything wrong but because He chose to take the punishment for our sin. But that wasn't the end. Because three days later, Jesus rose again! He appeared to His followers and friends to prove that nothing, not even death, could stop Him. Jesus' life, death, burial, and resurrection change everything! It means that you and I can put our faith and trust in Jesus and have a relationship with God forever.

God sending Jesus proves His faithfulness like nothing else. For hundreds of years, God promised that He would send a Messiah—a Savior—to rescue His people. In the Old Testament, we even read prophecies—predictions—about this Messiah: that He would be born in Bethlehem, that He would be a descendant of King David and many more. Jesus fulfilled these prophecies and God's promises. The story of Jesus changes EVERYTHING.

### **Discussion Questions**

(3rd Grade and Up)• What do you think it was like for Jesus' friends and family to get to know Him personally?• Why does God sending Jesus help us trust Him?• How does God sending Jesus demonstrate His faithfulness?• How does the story of Jesus impact our lives today?

### **Let's Pray**

God, thank You for sending Jesus. Thank You that He lived on earth and experienced the things that we experience in life. Thank You that, even now, He cares about our lives and wants us to have a good relationship with You. We are so thankful that You kept Your promises by sending Him to rescue us. We trust You. We believe that You are who You say You are. Amen.



### **Scrimmage or Offense/Defense Execution (15 min)**

Alternate Option: If you cannot field enough for a scrimmage, work on your offense and then give your defense work.

#### **Offense**

The offense can work without a defense and work through different progressions for each play. Rotate players in and out.

## Defense

For the defensive work, use your six defenders and any remaining number of players to run pass routes or handoffs to allow your defenders to work on your scheme. Rotate players in and out.

### **Post-Practice Huddle (5 min)**

1. Gather players.
2. Review skills learned.
3. Distribute green practice stars (if included).
4. Remind players of the next game and practice time.

End practice with a closing, such as having players circle up to name one thing they learned, and an end of practice chant, such as one, two, three, and then the team name.