

GOROUT YOUTH PRACTICE PLAN

Date:	Start Time:	Attire:	Emphasis of the Week:
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PERIOD	TIME	SCHEDULE
1	10	
2	20	
3	20	
4	20	
5	20	
6	10	

OFFENSIVE PLAYS			
Play	Formation	Play Call	Emphasis/Coaching Points
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

PRACTICE NOTES:



GO ROLIT[®] DRILL MENU

(ADVANCED) QUARTERBACK

- [LSU QB Drills](#)
- [Washington Footwork and Ball Security Drills](#)
- [Throwing Mechanics Drills](#)
- [QB Drills w/ Game Application](#)
- [Washington State Air Raid QB Drills](#)
- [Comprehensive QB Drills](#)

(ADVANCED) RUNNINGBACK

- [Pass Pro Drill](#)
- [Vanderbilt Ball Security Drills](#)
- [Miami Balance Drill](#)
- [Maine Scheme Specific RB Drills](#)
- [Oregon State RB Pass Catching Drills](#)
- [Comprehensive RB Drills](#)

(ADVANCED) WIDE RECEIVER/TIGHT END

- [Release Drill](#)
- [Alabama WR Drills](#)
- [WR Blocking Drills](#)
- [George Kittle's TE Drills](#)
- [UT Martin TE Individual Blocking Drills](#)
- [Comprehensive WR Drills](#)

(ADVANCED) OFFENSIVE LINE

- [Flat Pull Technique Drill](#)
- [Skip Pull Technique Drill](#)
- [IZ/OZ Drills](#)
- [Combo Block Drills](#)
- [Pass Pro Drills](#)
- [Comprehensive OL Drills](#)

(ADVANCED) DEFENSIVE TACKLING/TURNOVER DRILLS

- [Closing Space Tackling Drills](#)
- [USF 1on1 Tackling Drill](#)
- [Georgia Buddy Tackling](#)
- [Wisconsin Open Field Tackling Drills](#)
- [Alabama Turnover Circuit](#)
- [Georgia Ball Disruption and Competition Circuit](#)

(ADVANCED) DEFENSIVE BACKS

- [Stalk Block Shedding Drill](#)
- [Defensive Back Strike n' Shred Drill](#)
- [Ohio State Safeties Drills](#)
- [Eastern Michigan Off-Man Drills](#)
- [Michigan State Man Drills](#)
- [Miami Everyday DB Drills](#)

(ADVANCED) LINEBACKERS

- [Michigan LB Drills](#)
- [LB Progression Drills](#)
- [Miami LB Jam and Reroute Drill](#)
- [Miami LB Stance and Start Drills](#)
- [Notre Dame LB Zone Drop Drills](#)
- [NY Jets LB Block Destruction Drills](#)

(ADVANCED) DEFENSIVE LINE

- [North Dakota State DT Run Drills](#)
- [North Dakota State DT Pass Drills](#)
- [Basic DL Skillset Drills](#)
- [Kansas Attacking Double Team Drill](#)
- [DL Pass Rushing/Block Shedding](#)
- [Comprehensive DL Drills](#)

GO ROLIT[®] DRILL MENU

(YOUTH) OFFENSIVE DRILLS

- [OL Drills](#)
- [QB Drills](#)
- [RB Drills](#)
- [WR Drills](#)
- [Ball Carrier Find the Hole Drill](#)
- [QB/RB Under Center Mesh Drill](#)
- [QB/RB Shotgun Mesh Drill](#)

(YOUTH/ADVANCED) COMPETITION DRILLS

- [Big Oklahoma Drill](#)
- [Navy Ring Drill \(Can Use Small Cones\)](#)
- [LSU Goal Line Drill](#)
- [LSU Tiger Attack Drill](#)

(YOUTH) DEFENSIVE DRILLS

- [DL Drills](#)
- [DL Stance and Start](#)
- [LB Drills](#)
- [LB Stance and Start](#)
- [DB Drills](#)
- [DB Stance and Start](#)
- [Pursuit Drill](#)

(YOUTH) DEFENSIVE TACKLING/TURNOVER DRILLS

- [Heads Up Tackling](#)
- [Form Tackling](#)
- [Superman Tackling](#)
- [Turnover Drills](#)