



# Youth Football Practice Schedule

**Practice Period:** Every Tuesday and Thursday from 4:00 PM to 7:00 PM

Time	Activity	Objective
4:00 - 4:15 PM	Warm-up exercises	Prepare the body for intense activities and prevent injuries
4:15 - 4:45 PM	Skill-based drills	Improve ball control and passing skills
4:45 - 5:15 PM	Team strategy drills	Enhance understanding of game tactics
5:15 - 5:45 PM	Position-specific drills	Master skills required for specific positions
5:45 - 6:15 PM	Scrimmage sessions	Apply learned skills in a game scenario