



# NCHS FRESHMAN GAME DAY PREP & PRACTICE SCHEDULE DURING SEASON

## FRESHMAN COACHING STAFF

# GAME DAY PREPERATION

## HOME

- ❖ PLAYERS ARRIVE 4:00 PM – DRESS OUT
- ❖ STRETCH & WARMUP – 4:45 PM [15 MIN]
- ❖ GROUPS – RECEIVERS & RBs PASS PLAYS; O & D LINE DRILLS; FG KICKS AND EXTRA POINTS – 5:00 PM [15 MIN]
- ❖ TEAM – PRACTICE PLAYS 5:15 PM [15 MIN]
- ❖ RETURN TO LOCKER RM. – RRM BREAK AND QUITE TIME 5:30 PM [10 MIN]
- ❖ 5:45 PM TAKE FIELD – COIN TOSS
- ❖ 6:00 PM PLAY FOOTBALL
- ❖ 1<sup>ST</sup> HALF - 12 MINUTE QUARTERS
- ❖ \*\*15 MINUTE HALF TIME [RRM BREAK AND DISCUSS PLAYS ON DEFENSE & OFFENSE
- ❖ 2<sup>ND</sup> HALF – 12 MINUTE QUARTERS [4<sup>TH</sup> QUARTER CONTINUE TO POUND REGARDLESS OF SCORE]

## AWAY

- ❖ ARRIVAL TIME TO BE DETERMINED DEPENDING ON DISTANCE TO VISITING SCHOOL – WILL SCHEDULE ARRIVAL SO ABLE TO START STRETCH & WARMUP TIME UNDER HOME GAMES
- ❖ SEQUENCE SAME AS HOME GAMES

\*\* HALF TIME CAN BE ANYWHERE FROM 10 TO 20 MINUTES DEPENDING ON REFEREES AND HOME TEAM

NOTE: MAY DRESS OUT PRIOR TO DEPARTURE TO VISITING SCHOOL

## PREPARING FOR GAME

- ❖ PLENTY OF REST THE NIGHT BEFORE
- ❖ HYDRATE – WATER & GATORADE [NO SODAS]
- ❖ EAT EARLY – BEFORE 2:00 PM [LIGHT NON-SPICY FOOD & WOULD REFRAIN FROM DAIRY PRODUCTS] HAVING SOME KIND OF ENERGY BAR LATER BEFORE GAME AND HALF TIME
- ❖ BE READY TO PLAY HARD AND FAST – COME SELF-MOTIVATED
- ❖ MAKE SURE EQUIPMENT IS IN ORDER THE DAY BEFORE
- ❖ IF AWAY GAME PACK NIGHT BEFORE – CHECKING TWICE TO MAKE SURE HAVE ALL YOUR EQUIPMENT
- ❖ POSSIBLE MAY DRESS OUT AT OUR FACILITIES BEFORE BOARDING BUSES TO AWAY GAMES

# PRACTICES

## BEFORE SEASON

- PRACTICES WILL BE FROM 5:00 PM UNTIL 8:30 PM MONDAY THROUGH FRIDAY – PLAYERS SHOULD BE OUT ON PRACTICE FIELD NO LATER THAN 10 MINUTES PRIOR TO START – LENGTH AND TIME FOR EACH SESSION IS FLEXIBLE
  - CHALK TALK 5 TO 5:40PM
  - BE ON FIELD NLT 5:55
  - JOG 1 LAP AROUND FIELD
  - STRETCHING & WARM-UP
  - INDIVIDUAL
  - 1 ON 1
  - GROUP
  - TEAM

## DURING SEASON

- GAME DAYS OR WEDNESDAY EXCEPT FOR TWO TUESDAY GAMES [SEE GAME DAY PREPERATION]
- MONDAYS – FULL PRACTICE & WITH FULL GEAR [3 HRS IN LENGTH]
  - FILM/CHALK BOARD SESSION 5:00 PM TO 5:45 PM
  - PRACTICE FIELD 6 TO 8:30 PM
- DAY PRIOR TO GAME WILL CONSIST OF [MON OR TUE]:
  - CHALK BOARD – 5 TO 5:45 PM
  - JOG 1 LAP
  - STRETCHING & WARMUP
  - INDIVIDUAL AND/OR 1 ON 1
  - PRACTICE PLAYS AND SCHEMES
  - DRESS OUT IN HELMETS, JERSEY AND SHORTS ONLY
  - PRACTICE TIME – 6:00 PM TO 8:00 PM
- DAY AFTER GAME [THURS OR WED] – IMMEDIATELY FOLLOWING SCHOOL MEET IN LOCKER ROOM @2:15 PM [THIS MAY BE ON YOUR OWN]
  1. JOG 1 LAP AROUND TRACK
  2. STRETCHING [10 TO 20 MIN] AND WARMUPS [10 TO 20 MIN]
  3. IF JV HOME GAME – AS TIME ALLOWS COACHES&FRESHMAN PLAYERS MAY PROCEED WITH NO. 4 THROUGH 6 OTHERWISE PLAYERS WILL JUMP TO #7
  4. REVIEW PREVIOUS GAME FILM [IF AVAILABLE] – 30 MIN +/-
  5. CHALK TALK – 20 MIN +/-
  6. MISCELLANEOUS – 10 MIN +/-
  7. SEE TRAINER IF NECESSARY
  8. HAVE EQUIPMENT CHANGED OUT OR REPAIRED AS REQUIRED
- THURSDAYS & FRIDAYS – ATTEND JV & VARSITY GAMES AS A TEAM [SIT TOGETHER AND OBSERVE PLAYS AND POSITIONS]
- SATURDAYS – PRACTICE 8:00 AM TO 10:00 AM – SAME SEQUENCE AS PRIOR TO SEASON