Description: Students will engage in a series of drills to learn the concept of “training.”

Learning Objectives:
- Students will learn the importance of warming up their bodies.
- Students will learn the importance of training and practice to be successful in athletics.
- Students will participate in drills that teach teamwork, coordination, speed, agility and balance.

Activity Time: 30–45 minutes

Materials:
- Open space (gymnasium, field, auditorium or cafeteria)

Directions:

Warm Up:
- Students should stand at arm’s length from one another.
- Lead a gentle jog counterclockwise around the room.
- After three to four minutes, have students stand in their own space and “write” their initials by running in the pattern the letters would make.
- After warming up, explain to students that they will practice drills that football players use to train.
- Begin a discussion about training:
  - Ask: How do you train for sports, games or physical activities that you play? Why was it important to warm up?
  - Notes: Warming up prepares the muscles for activity and readies the mind for competition. Just like football players, students need to “train” every day to stay healthy and physically fit by playing at recess, going to gym class, practicing for sports teams or just playing outside.

Activity:
- Demonstrate and have students do these drills:
  - Lateral Shuffle: This drill prepares football players to move as quickly as possible in different directions. It is an important drill for linemen, linebackers, running backs and defensive backs.
• Bend at the knees and get as low as possible while shuffling sideways around the room. Move as quickly as possible without crossing feet or losing balance.

  - Run and Leap: This drill is good for all positions. It helps players get stronger, move their feet quickly and control their bodies as they move.

  - Run, and after every third stride, leap for distance. Complete one lap around the room.

  - Backpedal and Run: This drill helps players move quickly and improves their coordination. It’s especially good for players like defensive backs who need to “backpedal” or run backwards quickly to cover a wide receiver. It’s good for any sport where you need to run backwards.

  - Run backwards for half a lap, emphasizing quick feet while bending from the waist forward and using your arms to pump.

  - Halfway through the lap, turn around and run forward to finish the lap.

  - Switchback: This drill is good for all positions. It helps players get stronger, move their feet quickly and control their bodies as they move.

  - Run a lap sideways by quickly alternating each foot, crossing over from front to back.

  - Three-point stance: This drill is good for all positions. It helps players with their coordination and agility.

  - Stand with both feet on the ground, about shoulder-width apart, bend forward with one hand on the ground for balance.

  - At the call of “hike,” run forward, backwards or sideways. Repeat.

Modifications:

• Have students partner up to help each other with positioning and technique.

• Have students partner up to create their own football drill or drill sequence.

  Share with the class.

Parts of “Training Day” were adapted from “ReChargel,” a program of the NFL and Action for Healthy Kids.

Correlation to National Curriculum Standards:

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

3. Participates regularly in physical activity.

4. Achieves and maintains a health-enhancing level of physical fitness.

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