

Junior High Football practice

1. Verb - Present Ends In Ing
2. Noun
3. Noun
4. Verb - Present Ends In S
5. Noun - Plural
6. Verb - Base Form
7. Proper Noun
8. Verb - Present Ends In Ing
9. Proper Noun - Plural
10. Noun - Plural

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In the _____ Verb - Present ends in ING _____ of practice the six captains get in the lines and the rest of the players fill in.

Then we do our stretches we stretch our legs, arms, and necks. Then after we do all of our stretches we do one lap around the field then we go to the hill. When we get to the hill we get back into our six lines with captains in the front of the line. What we do at the hill is that we do different things up the hill some of the things that we do is straight sprint, _____ Noun _____ hops, _____ Noun _____ crawl, army _____ Verb - Present ends in S _____, and then we go up the hill back wards and we do those a couple times then we do another lap around the field. Next we take a water break and then we meet in the middle of the field and then we talk about what we are going to do that practice.

Then after the _____ Noun - Plural _____ are done talking we break into individuals that means that the linemen go together and the running backs go together. And when you get to your stations and you work on different drills.

Then we take another water break then we meet back in the middle of the field and then we _____ Verb - Base _____ Form _____ our starting O vs a defense. We run plays so that in the game we know what to do. Then when we are done with running plays we go down to the goal line and we do sprints. First we start out short then _____ Proper Noun _____ gets longer. Then when we are done _____ Verb - Present ends in ING _____ we get in a big circle and the coaches tell us what we did good at practice and what we need to improve on. Then when _____ Proper _____ Noun - Plural _____ are done talking we take our _____ Noun - Plural _____ and we put them in the middle and we break it down. That is Junior High Football practice