

5 – TEAM HYBRID SCRIMMAGE FORMAT

Teams will work in a rotation (see diagram) alternating between areas of the field during rest periods. This rotation pattern is designed to give each team the maximum number of reps.

TEAM INSTRUCTIONS

OFFENSE

- Offense teams on both sides shall either be the teams nearest the 50-yard line.
- Offensive teams not in play shall stage off or behind their side of the field between the 45 & 50-yard lines.
- Offensive teams in the ready-for-play shall set the ball between the hashes at the 35-yard line to begin play.

OFFENSE [SIDE 1]

- Each play; offensive teams will rotate between rest/staging & ready-for-play. First downs &/or extra plays will not be rewarded.
- Each Offensive will set & use their own football.
- From the 35 going in; The offensive team on the far left will start with the first play from scrimmage. Immediately following the play & the ready of the defense, the next offensive team on the right will set and start the second offensive play. The offensive team completing a play will then return to their staging area and coaches will work to ready the next play. Repeat the scenario till time runs out.

OFFENSE [SIDE 2]

- From the 35 going in, the offensive team will utilize standard down & distance play working toward the goal-line. Extra Point attempts are acceptable if requested.

DEFENSE

- Defensive teams shall set up in the ready for play opposite the offense.
- Defense will have no more than 35 seconds to reset prior to the next offensive play.
- Fumbles &/or interceptions shall not be returned past the 35-yard line.
- Defensive personnel (with the exception of coaches) shall be off the field & on the sideline.

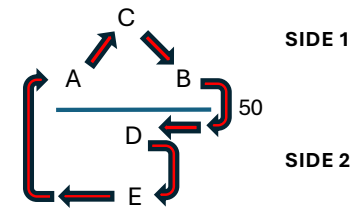
ROTATION PATTERNS

Teams will rotate from spot-to-spot beginning with your teams' assigned letters & field position. Each team shall have no less than 3 offensive sessions and 2 defensive sessions.

TIMING

Sessions will run on a standard field clock from the top of the hour. Each session will be 14-minutes in length with a 5-minute rest/rotation period between sessions. Each session will start every 19 minutes.

ROTATION PATTERN



TEAMS

A = _____

B = _____

C = _____

D = _____

E = _____

