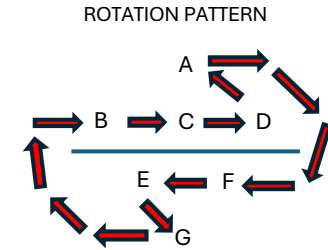


7 – TEAM ROUND ROBIN SCRIMMAGE FORMAT

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 shall be the two or three 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.
- 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.

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.

ROTATION PATTERNS

Teams will rotate using the following rotation patterns:

From the 50 going in; The offensive teams 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, then repeated by the third offensive team if existing. The offensive team completing a play will then return to their staging area and coaches will work to ready the next play.

TIMING

Sessions will run on a standard field clock from the top of the hour. Each session will be 8-minutes in length with a 5-minute rest/rotation period between sessions. Each session will start every 13 minutes.

TEAMS

A = _____

B = _____

C = _____

D = _____

E = _____

F = _____

G = _____

