

8 – 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. Please have your teams ready.

TEAM INSTRUCTIONS

OFFENSE

- Offensive teams shall be the teams nearest the 50-yard line.
- Offensive teams not running a play shall huddle at hash or the middle of the field on the 45-yard line.
- Offensive teams in the ready-for-play shall set the ball between the hashes at the 35-yard line to begin play.
- Each play; offenses will rotate between huddle & ready-for-play starting w/ the far-left team first. 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; Offenses on the far left (ref. station 1) A & F will start the first scrimmage play. Immediately following the play & the ready of the defense, the next B & E offenses to the right will set and start the second offensive play, then following the defense being set, the third offensive. The offensive just completing a play will then return to their huddle while coaches ready the next offensive play call.

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 4-minute rest/rotation period between sessions. Each session will start every 12 minutes.



SESSION TIME:

_____ AM/PM

TEAMS

A = _____

B = _____

C = _____

D = _____

E = _____

F = _____

G = _____

H = _____



TIME _____

STATION - 1

	G	
A	B	C
D	E	F
	H	

TIME _____

STATION - 2

	C	
H	A	B
E	F	G
	D	

TIME _____

STATION - 3

	B	
D	H	A
F	G	C
	E	

TIME _____

STATION - 4

	A	
E	D	H
G	C	B
	F	

TIME _____

STATION - 5

	G	
E	D	F
A	C	B
	H	

TIME _____

STATION - 6

	F	
H	E	D
C	B	G
	A	

TIME _____

STATION - 7

	D	
A	H	E
B	G	F
	C	

TIME _____

STATION - 8

	E	
C	A	H
G	F	D
	B	

Green line between letters represents the 50-yard line. Teams should huddle at the center & on the hash behind the play and at the 45-yard line.