

MOJO APP Week-by-Week Practice Plans Summary

Remember, your primary role as the coach is to make things super fun. It is not about winning or losing, it is the experience that matters.

Pre-K to Kinder/1st & 2nd Grade: Some players may have never played an organized sport before. Develop and practice core skills of the game and establish basic footwork and agility (i.e. handoffs, QB-Center exchange, flag pulling, catching, throwing, the art of misdirection, and basic formations).

- 1: The Handoff; Defensive Duos; Land, Air, Sea; Cover 1 Defense; Apple Sauce Left; Apple Sauce Right
- 2: Handoff Relay; Happy Trails; Snap, Toss 'n Tuck; Cover 2 Defense; Mellow Yellow Left; Mellow Yellow Right
- 3: Ready, Set, Hike; Handoff Relay; The Invisible Defender; Bull Rush; Dragon Left; Dragon Right
- 4: What Time is it, Big Bad Wolf; Handoff Relay; The Tollbooth; The Spider Web; Wizard Left; Wizard Right
- 5: Bull Rush; Handoff Relay; the Anchor; Crazy Corral; Fireside
- 6: Mascot Tag; Handoff Relay; The Chase; The Big W; Reverse; Double Reverse
- 7: The Gauntlet; Handoff Relay; The Tollbooth; Crazy Corral; Fake Double Reverse; Crossbuck

3rd & 4th Grade: Some players may have experience, but chances are many will not. At this age, it's usually 60% running plays and 40% passing plays. Passing ability at this age will vary, so adjust the level of difficulty as necessary, even saving passing for future weeks if they are still developing their skills.

- 1: Handoff Relay; Defensive Duos; Snap Attack; Cover 1 Defense; HB Dive; Hitch and Go
- 2: The Handoff; Happy Trails; The Spider Web; Cover 2 Defense; Reverse; Double Reverse
- 3: Short Pass Play; Handoff Relay; The Invisible Defender; Cover 3 Defense; Mango Left; Mango Right
- 4: What Time is it, Big Bad Wolf; The Chase; The Tollbooth; Cover 4 Defense; I Formation Play 1; I Formation Play 2
- 5: Bull Rush; Handoff Relay; The Anchor; Crazy Corral; Twins Stack Play 1; Twins Stack Play 2
- 6: Flag Attack; Handoff Relay; The Chase; Tick Tock; Spread Play 2; Spread Play 3
- 7: The Gauntlet; Handoff Relay; The Tollbooth; Zone Pass Defend; Double Back Play 1; Double Back Play 3

5th & 6th Grade: Some players may have years of experience, while others are first-timers.

- 1: The Handoff; Defensive Duos; Snap Attack; Rush Hour; Condor One; Chrome Left
- 2: Handoff Relay; Happy Trails; Cover 1 Defense; Cover 2 Defense; Reverse; Double Reverse
- 3: Short Pass Relay; Flag Attack; The Invisible Defender; Cover 3 Defense; Blizzard Left; Blizzard Right
- 4: Trust Catch; The Chase; The Tollbooth; Cover 4 Defense; Goal Posts Double Move; Hitch and Go
- 5: Handoff Relay; Bull Rush; The Anchor; Crazy Corral; Single Back Play 1; Single Back Play 2
- 6: Handoff Relay; Flag Attack; Easy Ups; The Break Up; Twins Play 3; Twins Play 2
- 7: The Gauntlet; Handoff Relay; Tick Tock; Zone Pass Defend; Twins Stack Play 1; Twins Stack Play 2

7th & 8th Grade: Expect a wide range of skills. Some players may have years of experience, while others are first-timers. At this age, it's 20% running plays and 80% passing plays. Now is the time to start setting up the deep ball.

- 1: The Handoff; Defensive Duos; Snap Attack; Rush Hour; Trips Left Falcon; Trips Left Eagle
- 2: Handoff Relay; Happy Trails; Cover 1 Defense; Cover 2 Defense; Trips Left Raptor; Trips Stack Play 2
- 3: Short Pass Relay; Flag Attack; The Invisible Defender; Cover 3 Defense; Blizzard Left; Blizzard Right
- 4: Trust Catch; The Chase; The Tollbooth; Cover 4 Defense; Goal Posts Double Move; Hitch and Go
- 5: Handoff Relay; Bull Rush; The Anchor; Crazy Corral; Single Back Play 1; Single Back Play 2
- 6: Handoff Relay; Flag Attack; Easy Ups; The Break Up; Twins Play 3; Twins Play 2
- 7: The Gauntlet; Handoff Relay; Tick Tock; Zone Pass Defend; Twins Stack Play 1; Twins Stack Play 2