



PRACTICE PLAN

Southport NFL Flag League



LINEUP CHART

Date:

vs

#	PERIOD	NOTES
1	DRILLS	
2	DRILLS	
3	DRILLS	
4	DEFENSE	
5	DEFENSE	
6	DEFENSE	
7	WATER	
8	OFFENSE	
9	OFFENSE	
10	OFFENSE	
11	GAME PLAN	
12	GAME PLAN	

Position	Quarter			
	1	2	3	4

NOTES: