

Quick Read

WarBall First Player Orientation and Five Week Practice Plan

Adults 18+ | Santa Rosa Junior College | Two practices per week

A separate 90-minute orientation introduces game concepts, weapons and devices, engagement rules, emergency procedures and player responsibilities. Ten two-hour practices then develop individual skills, coordinated team play and controlled contact over five weeks.

Progression at a glance

Week / practices	Training focus	Full-contact ceiling*
1 / 1-2	Devices only, then prearranged upright control; basic inside/sweep runs and short passes. No tackles or ground finishes.	0 minutes
2 / 3-4	Conditional first live situations in Practice 3; return to technique, zone coverage and passing outlets in Practice 4.	6 minutes in Practice 3
3 / 5-6	Counter-step run, sideline passing reads and controlled situational scrimmage.	8 minutes in Practice 6
4 / 7-8	Pre-snap direction calls, passing progressions, red-zone and sideline situations.	10 minutes in Practice 8
5 / 9-10	Complete rehearsal, then final controlled assessment using the best two runs and two passes.	12 minutes in Practice 10

*Full contact includes competitive thud and live action. These are maximum designated windows, not required exposure or guarantees of safety. Devices, upright control and controlled ground skills have separate limits in the practice sheets. Practice 2 uses prearranged upright control, not competitive thud.

How each practice is organized

Every 120-minute session includes readiness checks, warm-up, instruction, position groups, small-group drills, recovery and a closing check. **Special teams receive 15 minutes and team execution receives 15 minutes every practice.** Team rehearsal occurs each session; live-contact team work occurs no more than once weekly, only after clearance.

Line group: centers, guards and defensive linemen develop snaps, footwork, engagement and protection.

Offensive skills: quarterbacks, running backs and receivers practice exchanges, routes and catching.

Defensive coverage: linebackers and defensive backs work run fits, receiver cues, zones and communication. Two-way players rotate through offense and defense instruction.

Safety governs advancement

Practice 3 is a readiness assessment, not automatic permission for full contact. Require approved equipment, acclimatization, skill checks, matched partners and medical readiness. Engagement precedes permitted body contact; activation and whistle signals require immediate compliance. Quarterbacks stay protected. Special teams use simulated restarts without live kickoff collisions or launcher operation.

Resolve EMS access and AED location before on-field contact. Stop for symptoms, unsafe technique or equipment failure; follow the Emergency Action Plan and medical return-to-play requirements. Record individual readiness and contact exposure. The detailed plan governs all drills and limits.

Navigation: the following pages retain their printed numbers 1-20; all existing page references use those numbers.

WarBall First Player Orientation and Five Week Practice Plan

WarBall LARP / WAFL+ | Santa Rosa Junior College
1501 Mendocino Avenue, Santa Rosa, CA 95401

Proposed program for insurance and facility review | September 12, 2026

One separate orientation followed by ten two-hour sessions, twice weekly over five weeks. The program teaches **devices first, then limited uprigh ("thud") body contact, then selected live-contact work** only after individual readiness is established. It includes positional instruction, running and passing, special teams, and controlled team periods.

Scope and decisions requiring confirmation

This draft concerns adults age 18 or older, novice players, a minimum of 14 players for opposed 7-on-7, and trained supervision.

The exact EMS entrance and AED location remain unconfirmed in the Emergency Action Plan. These issues will be resolved before on-field contact.

Recommended weekly rhythm

Use **two nonconsecutive sessions, for example Tuesday and Thursday**. Teach new concepts early in the week; rehearse and assess them later. Include a team period every session, **but allow no more than one live-contact team scrimmage per week**. Complexity can increase without increasing collision exposure. **Do not increase contact at every practice simply because the calendar advances.**

Practice 3 is a conditional assessment opportunity, not guaranteed clearance for full contact. A new or unacclimatized player stays in the lower-contact track until the medical lead and coaches confirm readiness. Two practices do not by themselves establish heat acclimatization or competence.

How to use this packet

Pages 2-5 define orientation, contact controls, grouping and practice rules. Pages 6-15 provide a complete timed sheet for each practice. Pages 16-18 contain the proposed 7-on-7 lineup and play assignments. Page 19 provides the adoption and session record; page 20 lists sources.

The football structure is adapted from public USA Football guidance [1-4]. WarBall engagement rules come from the supplied rulebook [7]. This is an original WarBall proposal, not a USA Football curriculum or evidence of USA Football endorsement.

Orientation before Practice 1

Separate 90-minute meeting | no player-to-player contact

If orientation must occur during the first booked two-hour slot, use 0-90 for this meeting and 90-120 for walkthrough only. Shift the numbered practices forward; do not compress orientation and Practice 1 into one contact session.

Minutes	Subject and activity
0-10	Welcome, attendance, emergency contacts and symptom reporting. Explain the right to stop or decline contact without penalty.
10-25	Game concepts: possession, downs, scoring, running versus passing, offense/defense roles and dead-ball signals. Walk through one run and one pass with cones.
25-40	Approved weapons, ball attachments, armor and devices. Demonstrate fit and function on a stand or pad; identify targets and prohibited areas. No striking a worn helmet in orientation.
40-55	Engagement before body contact; device activation on ball carrier versus non-carrier; stop and re-engagement decisions. Demonstrate errors slowly without contact.
55-65	Emergency stop, 911 roles, AED retrieval route once verified, concussion reporting, heat and smoke procedures. Rehearse the stop signal.
65-75	Position explanation and provisional groups. Review special teams and protected receivers. Demonstrate run/pass hand cues from the rulebook.
75-85	Teach-back: each participant identifies targets, explains device outcomes and demonstrates stopping with a practice prop.
85-90	Questions, individual restrictions, coach checkoff and next-session instructions.

First-time player training "Devices only"

WarBall combines possession football with approved LARP weapon/device engagement. A missed device attempt is not permission for excessive force. **The practice contact level remains the limit even when the game rules would allow more.**

On device activation against the ball carrier, stop the play at the activation spot., no take downs allowed. A non-carrier whose device activates is out of that play; cease participation and follow the official's safe reset direction. If device missed or thought to be missed, no contact (blocking) with an disengaging participant.]

Required teach-back

Before progressing, each player must correctly explain: approved targets; minimum activation force; engagement-first; immediate stop; ball-carrier versus non-carrier activation; when re-engagement is required; and how to report symptoms. Re-teach any missed safety item.

Contact levels and progression gates

WarBall LARP distinguishes noncompetitive control from competitive thud; thud is full contact even when players remain on their feet. [1] The categories below are proposed WarBall practice restrictions and do not reclassify device strikes as noncontact.

Code	Permitted work
N - no person contact	Air, cones, bags and detached devices on a stand. No player strikes or collisions.
D - devices only	Approved target interaction at the lowest reliable activation force, after equipment approval and skill check. No body checking, blocking, tackling or takedowns. Device contact with worn equipment is still contact and must be logged.
C - upright control	Provisional interpretation of thumping: a noncompetitive, prearranged upright fit after engagement; no run-up, drive, strike, displacement or ground finish. Use pads instead until exact method, target and equipment are approved.
G - controlled ground skill	Noncompetitive, predetermined partner exercise, only with a qualified takedown instructor, suitable surface and a documented approved technique. No live resistance. Omit if these conditions are missing.
F - full contact	Competitive thud or selected live action under WarBall rules, with close supervision, quick whistle and explicit exposure limits. No unrestricted scrimmage.

Individual gates

Before D: approved gear, acclimatization plan, emergency coverage, **demonstrated target accuracy on detached devices, stop response and** voluntary participation. Stop the drill if activation needs excessive force; remove the device for inspection.

Before C: pass D, maintain balance and separation, show engagement first and upright controlled fit on a pad. **Coach observes three consecutive technically correct repetitions; this is an administrative check, not proof of medical safety.**

Before G or F: medical readiness and acclimatization reviewed; complete lower-level skills without unsafe actions; **demonstrate receiving and releasing contact; match partners by size, strength, experience and readiness.** Ground work requires separate skill approval. New arrivals and missed sessions restart at their demonstrated level.

Exposure limits and stop rules

The practice sheets set **proposed maximum minutes for F**, including all competitive thud and live work across every drill. Count the full designated F period, including pauses; **never add unused time to another day**. Log D, C and G separately and record each player's contact repetitions. Caps are administrative ceilings, not validated safe doses for WarBall.

Stop immediately for head/neck contact outside an expressly approved device target, pain, dizziness, loss of balance, fatigue-related technique failure, uncontrolled force, equipment failure or refusal. Follow the EAP for injury. Suspected concussion means removal and no same-day return; medical clearance governs return. [5]

Position groups and staffing

A conventional practice commonly **moves from individual skills to small-group combinations** and team execution. [4] For a small WarBall roster, teach both sides of the ball without assigning a player to simultaneous stations.

Group	Work and coaching responsibility
Line group	Centers and guards with defensive linemen: snap timing, balanced two-point stance, footwork, spacing, device/weapon engagement, legal release and short pass protection. No head-led drive blocks.
Offensive skills	Quarterbacks, running backs and receivers: snap/hand-off security, routes, catching the ball itself, run/pass hand cues, device-state awareness and decisions. QB and RB work exchanges while receivers work routes, then combine.
Defensive coverage	Linebackers and defensive backs: read keys, controlled approach, outside leverage, zone spacing and communication. LB emphasis: run fit and underneath zones. DB emphasis: receiver hand cues, turns and pass tracking. No collision at the catch point.

With 14 players who play both ways

Make two balanced seven-player squads. During the **20-minute individual period**, use the first 10 minutes for **offense: six centers/guards together and eight QBs/RBs/receivers together**. Use the second 10 minutes for **defense: four designated defensive linemen together and ten LBs/DBs together**. Reassign by defensive role; an offensive lineman need not be a defensive lineman. Do not double-book players.

During group work, run one supervised opposed station at a time and keep the remaining players on air assignments, observing or recovering. Rotate squads and roles every short set. If fewer than 14 attend, use half-line, 3-on-3 or 4-on-4 drills plus 7-on-air with available players; do not label it an opposed 7-on-7 scrimmage.

With a larger roster

With dedicated personnel, the three groups can operate simultaneously under separate coaches. Divide coverage into LB and DB stations only if each can be supervised. During run combinations, bring line and LBs together; during pass combinations, bring QB/receivers and DBs together. Rotate others through recovery and technique work.

Proposed staffing standard

Name an event lead, line coach, skills coach and coverage coach; **identify a first-aid/CPR/AED responder and the EAP caller/runner/EMS guide**. Some nonconflicting duties may be combined. If there are not enough coaches to see every contact pair, reduce to one contact station. Use a qualified instructor for ground techniques and a separate official/safety observer for F periods; otherwise downgrade the activity.

Keep waiting players outside marked weapon-swing and runout areas. **Match partners individually rather than by position name alone**. Give noncontact alternatives and equal teaching time to players not cleared for contact.

Session controls and special teams

Two-hour booking is not two hours of exertion

Every sheet totals 120 minutes, including instruction, equipment checks, hydration and recovery. Practices 1-2 have at most 80 minutes of field skill work; use their **20-minute safety block in shade/classroom**. Extend breaks or shorten work for conditions. Never remove water breaks to complete a drill list. No punitive conditioning or contact after fatigue.

The medical lead must set equipment acclimatization, local heat/WBGT actions and recovery requirements before contact. Where appropriate acclimatization has not occurred, replace scheduled contact with N work; the calendar does not override this.

Practice restrictions for this novice cycle

No head-on collision lines, Oklahoma/bull-in-the-ring drills, blindside/crackback blocks, cut blocks, gang tackling, high-speed pursuit collisions, live QB hits, pileups or contested diving recoveries. No elbow strikes, lifts, slams, in this introductory plan. These training restrictions are intentionally narrower than the rulebook; advanced techniques require a separate reviewed curriculum.

Most device repetitions use detached targets, not repeated impacts to worn headgear. **Person-mounted target work occurs only in designated D windows, after equipment and medical review.** All other periods use coach-called simulated activations. Do not prescribe a "safe" number of helmet impacts or use force percentages as a safety guarantee.

Special teams every practice

Reserve 15 minutes each session for restart/return organization, fourth-down decisions, scoring tries or punt roles. Use coach-tossed balls or stationary placement to teach kickoff/safety-restart spacing. No compressed-air launcher operation, live kickoff collisions or live rush into a kicker/holder in this five-week plan. This follows the rulebook's distinction between developmental restart devices and scrimmage scoring situations without authorizing experimental devices. [7]

Rotate snapper, holder, thrower/kicker role, returner and coverage/escort assignments. Teach ball ownership calls, fair-catch protection, boundaries and dead-ball response before adding movement. Any kicking demonstration is isolated from others with a clear flight area; if the current WarBall format excludes that action, use placement and decision rehearsal.

Team rehearsal and live scrimmage

Each practice includes 15 minutes of team execution. Scripted rehearsals stop at a simulated activation, completion, handoff landmark or whistle. **F windows occur only in Practices 3, 6, 8 and 10, subject to gates. Practice 3 uses short selected situations, not an open game. Practice 4 deliberately returns to technique work. Keep nonqualified players in parallel N/D work with supervision.**

For an F rep, name the permitted contact and finish before the snap. Until separately qualified for ground work, stop upright. QB remains protected in all sessions; whistle at a controlled pressure landmark. Stop a broken play rather than allowing improvisational collisions.

Practice 1 Devices and basic possession

Week 1 | 120 minutes | D only; no body contact

Maximum designated exposure windows: D 6 min; C 0 min; G 0 min; F 0 min. All other work N. Replace unavailable/uncleared contact with N; never make up omitted contact.

Minutes	Period	Assignment
0-10	Arrival / readiness	Symptoms, attendance, equipment and EAP readiness.
10-20	Warm-up	Low-intensity movement, balance and controlled deceleration; no collisions.
20-40	Safety teaching	Classroom/shade: review targets, device outcomes and stop signal; demonstrate on detached devices.
40-60	Position groups	10 min offense, 10 min defense; assignments below.
60-65	Water / recovery	Shade, gear comfort and symptom check.
65-80	Group work	Three short D windows of 2 minutes across supervised matched pairs; remaining time on detached targets. Stop on activation; no body contact.
80-85	Water / recovery	Recheck fatigue and equipment.
85-100	Special teams	5 min returner calls; 5 min coach-toss catch/fair-catch; 5 min restart alignment and protected catch zone. N only.
100-115	Team rehearsal	7-on-air then scripted shadow defense: alternate R1 and P1, 6-8 reps total. Simulate activations; no blocking/tackling.
115-120	Cool-down / check	Walk, symptoms, coach checkoff and next-session instructions.

Line: Snap to target, two-point stance, mirror steps and target accuracy on a stand. No blocking contact.

Offensive skills: QB/RB secure exchanges; WR catch the ball, not rods alone, and rehearse hands-forward pass cue.

LB / DB: LB walk to assigned gap; DB mirror from separation and read receiver hands. All learn stop/reset.

Plays: R1 Inside Right; P1 Double Hitch. Assignments on pages 16-18.

Progression check: Everyone identifies ball-carrier versus non-carrier activation and stops immediately. Re-teach errors; attendance is not clearance.

Practice 2 Upright control and outside spacing

Week 1 | 120 minutes | D plus provisional C; no tackles or ground finishes

Maximum designated exposure windows: D 4 min; C 6 min; G 0 min; F 0 min. All other work N. Replace unavailable/uncleared contact with N; never make up omitted contact.

Minutes	Period	Assignment
0-10	Arrival / readiness	Symptoms, attendance, equipment and EAP readiness.
10-20	Warm-up	Low-intensity movement, balance and controlled deceleration; no collisions.
20-40	Safety teaching	Classroom/shade: define C thumping; coach demonstrates approved upright fit on pad. If method is unapproved, N only.
40-60	Position groups	10 min offense, 10 min defense; assignments below.
60-65	Water / recovery	Shade, gear comfort and symptom check.
65-80	Group work	4 min D, then up to 6 min C in matched pairs; 5 min feedback/air. Engagement, fit, immediate whistle. No competitive winner.
80-85	Water / recovery	Recheck fatigue and equipment.
85-100	Special teams	5 min snap/hold or placement; 5 min escort/coverage lanes at walk; 5 min fair-catch and dead-ball response. N only.
100-115	Team rehearsal	Script R1/R2 and P1/P2; defenders shadow. End at handoff landmark, simulated device or completed pass. No C/F here.
115-120	Cool-down / check	Walk, symptoms, coach checkoff and next-session instructions.

Line: Repeat snap and steps; rehearse engagement then prearranged fit on pads. No drive or displacement.

Offensive skills: QB/RB handoff to outside landmark; WR run cue and clear route spacing; introduce short slant/flat timing.

LB / DB: LB shuffle/contain to outside cone; DB hands cue and no-contact angle to receiver. Brake before any encounter.

Plays: R2 Sweep Right; P2 Slant Flat. Assignments on pages 16-18.

Progression check: Three correct controlled pad/partner fits plus stop response, safe balance and engagement decision. Anyone uncertain repeats Practice 1 skills.

Practice 3 Conditional first live situations

Week 2 | 120 minutes | D/C; G/F only after individual clearance

Maximum designated exposure windows: D 2 min; C 3 min; G 4 min; F 6 min. All other work N. Replace unavailable/uncleared contact with N; never make up omitted contact.

Minutes	Period	Assignment
0-10	Arrival / readiness	Symptoms, attendance, equipment and EAP readiness.
10-20	Warm-up	Movement, balance and controlled deceleration; no collisions.
20-30	Safety / technique	Readiness check; optional 4 min G under qualified instructor on suitable surface. Remaining time is N rehearsal.
30-50	Position groups	10 min offense, 10 min defense; assignments below.
50-55	Water / recovery	Shade, equipment and symptom check.
55-70	Group work	2 min D + 3 min C; use the remaining 10 min on air decisions and matching. No F in this block.
70-75	Water / recovery	Stop contact if fatigue or control worsens.
75-90	Special teams	Restart unit substitutions and coach-toss returns; freeze to inspect spacing. No live coverage.
90-95	Water / readiness	Reconfirm matchups and mode before team period.
95-110	Team period	If gates pass: up to 6 min total F in selected short situations, with instruction/recovery in the other 9 min. No unrestricted game. Otherwise N/D simulation.
110-115	Cool-down	Easy walking and recovery; no contact conditioning.
115-120	Individual check	Symptoms, exposure log, restrictions and teach-back.

Line: Engagement then brief upright protection; release on whistle. Review no head-led contact or re-contact after activation.

Offensive skills: QB protected pocket; RB decisive inside landmark; WR hitch spacing. No new deception.

LB / DB: LB fill then brake; DB track hips and device state. Do not finish on a receiver fielding a pass.

Plays: R1 Inside Right; mirror Left; P1 Double Hitch. Assignments on pages 16-18.

Progression check: Assess controlled force, legal engagement, stopping and fatigue. A technique error ends that player's F work. No unqualified ground finishes.

Practice 4 Consolidation and defensive zones

Week 2 | 120 minutes | D/C only; no F

Maximum designated exposure windows: D 3 min; C 5 min; G 0 min; F 0 min. All other work N. Replace unavailable/uncleared contact with N; never make up omitted contact.

Minutes	Period	Assignment
0-10	Arrival / readiness	Symptoms, attendance, equipment and EAP readiness.
10-20	Warm-up	Movement, balance and controlled deceleration; no collisions.
20-30	Safety / technique	Correct findings from Practice 3; detached-target accuracy and reset decisions.
30-50	Position groups	10 min offense, 10 min defense; assignments below.
50-55	Water / recovery	Shade, equipment and symptom check.
55-70	Group work	3 min D + 5 min C; remaining 7 min on air or pad work. Teach run-fit versus pass-drop call.
70-75	Water / recovery	Stop contact if fatigue or control worsens.
75-90	Special teams	5 min punt/placement decision; 5 min returner call; 5 min coverage lane walkthrough. No rush/return collisions.
90-95	Water / readiness	Reconfirm matchups and mode before team period.
95-110	Team period	Two scripted possessions at shadow tempo. Include one fair catch and one fourth-down decision. No live scrimmage.
110-115	Cool-down	Easy walking and recovery; no contact conditioning.
115-120	Individual check	Symptoms, exposure log, restrictions and teach-back.

Line: Inside versus edge footwork on bags; snap consistency; hands/weapon separation from head/neck.

Offensive skills: Add RB swing outlet; QB reads short middle then swing; receivers maintain width.

LB / DB: Install two underneath LB zones, two outside CB zones and deep safety. Communicate pass-offs without collision.

Plays: R2 Sweep Right; mirror Left; P3 Spacing Swing. Assignments on pages 16-18.

Progression check: Players know their zone/landmark and stop when a teammate becomes ineligible. Correct spacing before adding speed.

Practice 5 Run direction and passing reads

Week 3 | 120 minutes | D/C and optional G; no F

Maximum designated exposure windows: D 3 min; C 5 min; G 4 min; F 0 min. All other work N. Replace unavailable/uncleared contact with N; never make up omitted contact.

Minutes	Period	Assignment
0-10	Arrival / readiness	Symptoms, attendance, equipment and EAP readiness.
10-20	Warm-up	Movement, balance and controlled deceleration; no collisions.
20-30	Safety / technique	Optional 4 min G recheck for cleared players; others bags and movement. No new advanced takedown.
30-50	Position groups	10 min offense, 10 min defense; assignments below.
50-55	Water / recovery	Shade, equipment and symptom check.
55-70	Group work	3 min D + 5 min C; 7 min N half-line fits and half-field passing. Winner predetermined in C.
70-75	Water / recovery	Stop contact if fatigue or control worsens.
75-90	Special teams	5 min scoring-try alignment; 5 min snap/hold or placement; 5 min protected reset after score. N only.
90-95	Water / readiness	Reconfirm matchups and mode before team period.
95-110	Team period	Alternate R3 and P4 with coach-called defense. Freeze at first decision, reset and rerun cleanly. No F.
110-115	Cool-down	Easy walking and recovery; no contact conditioning.
115-120	Individual check	Symptoms, exposure log, restrictions and teach-back.

Line: Same inside footwork both directions; keep snap and protection unchanged when call is mirrored.

Offensive skills: Install preset counter step by RB; QB completes secure exchange. Introduce two-level passing to one sideline.

LB / DB: LB stay disciplined through first step; DB protect deep area and communicate flat route.

Plays: R3 Counter Step Left; P4 Flood Right. Assignments on pages 16-18.

Progression check: QB explains read order; RB secures exchange before moving; defenders do not overrun encounter space.

Practice 6 Controlled situational scrimmage

Week 3 | 120 minutes | D/C with capped F if cleared

Maximum designated exposure windows: D 2 min; C 4 min; G 0 min; F 8 min. All other work N. Replace unavailable/uncleared contact with N; never make up omitted contact.

Minutes	Period	Assignment
0-10	Arrival / readiness	Symptoms, attendance, equipment and EAP readiness.
10-20	Warm-up	Movement, balance and controlled deceleration; no collisions.
20-30	Safety / technique	Whistle and activation review; all work on detached targets until assigned windows.
30-50	Position groups	10 min offense, 10 min defense; assignments below.
50-55	Water / recovery	Shade, equipment and symptom check.
55-70	Group work	2 min D + 4 min C, then 9 min N alignment and situation rehearsal.
70-75	Water / recovery	Stop contact if fatigue or control worsens.
75-90	Special teams	Alternate return and coverage units; coach toss; return path and protected catch. Add substitutions, no collisions.
90-95	Water / readiness	Reconfirm matchups and mode before team period.
95-110	Team period	Up to 8 min F within 15-min team block. Two short scripted possessions; remainder feedback and recovery. Stop before fatigue; no additional F.
110-115	Cool-down	Easy walking and recovery; no contact conditioning.
115-120	Individual check	Symptoms, exposure log, restrictions and teach-back.

Line: Protection calls versus two down defenders; no pulling or double-team drives.

Offensive skills: Review R1-R3 and P1-P4. Call two-play series with no new technique.

LB / DB: Run/pass recognition in base 2-2-3; maintain leverage and protect catch space.

Plays: R1 Inside / R2 Sweep / R3 Counter review; P2 Slant Flat / P3 Spacing / P4 Flood review. Assignments on pages 16-18.

Progression check: Record legal engagement and early stops, not just yards. If control deteriorates, finish in shadow mode.

Practice 7 Audibles without deception

Week 4 | 120 minutes | D/C; no F

Maximum designated exposure windows: D 3 min; C 5 min; G 0 min; F 0 min. All other work N. Replace unavailable/uncleared contact with N; never make up omitted contact.

Minutes	Period	Assignment
0-10	Arrival / readiness	Symptoms, attendance, equipment and EAP readiness.
10-20	Warm-up	Movement, balance and controlled deceleration; no collisions.
20-30	Safety / technique	Run/pass hand-cue accuracy; do not use a hidden or contradictory weapon cue.
30-50	Position groups	10 min offense, 10 min defense; assignments below.
50-55	Water / recovery	Shade, equipment and symptom check.
55-70	Group work	3 min D + 5 min C; 7 min N change-call communication. Freeze if any player misses the call.
70-75	Water / recovery	Stop contact if fatigue or control worsens.
75-90	Special teams	Safety-restart and boundary scenarios using placement/toss; maintain lanes and legal dead-ball actions.
90-95	Water / readiness	Reconfirm matchups and mode before team period.
95-110	Team period	Coach changes defensive alignment before snap; QB confirms one allowed call. Rehearse 6-8 clean reps, no hurry-up contact.
110-115	Cool-down	Easy walking and recovery; no contact conditioning.
115-120	Individual check	Symptoms, exposure log, restrictions and teach-back.

Line: Hear and repeat left/right call; hold assigned protection on pass.

Offensive skills: Install pre-snap inside-run direction check; add hitch-to-out progression with safe route spacing.

LB / DB: LB communicate strength and reset; DB hold zones through audible; no late rush surprises.

Plays: R4 Inside Check; P5 Hitch Out. Assignments on pages 16-18.

Progression check: All seven acknowledge the call; if not, reset. Do not add a live read-option or improvised lateral.

Practice 8 Red zone and sideline decisions

Week 4 | 120 minutes | D/C with capped F if cleared

Maximum designated exposure windows: D 2 min; C 4 min; G 0 min; F 10 min. All other work N. Replace unavailable/uncleared contact with N; never make up omitted contact.

Minutes	Period	Assignment
0-10	Arrival / readiness	Symptoms, attendance, equipment and EAP readiness.
10-20	Warm-up	Movement, balance and controlled deceleration; no collisions.
20-30	Safety / technique	Boundary stop, protected QB, ball-carrier activation and no second effort after whistle.
30-50	Position groups	10 min offense, 10 min defense; assignments below.
50-55	Water / recovery	Shade, equipment and symptom check.
55-70	Group work	2 min D + 4 min C; remaining 9 min N short-field run and pass fits.
70-75	Water / recovery	Stop contact if fatigue or control worsens.
75-90	Special teams	Scoring try then restart substitutions; coach-toss reception. No live rush at holder/kicker.
90-95	Water / readiness	Reconfirm matchups and mode before team period.
95-110	Team period	Up to 10 min F within 15 min: red-zone, sideline and fourth-down situations. Remaining time instruction/recovery. Protected QB; no live special teams.
110-115	Cool-down	Easy walking and recovery; no contact conditioning.
115-120	Individual check	Symptoms, exposure log, restrictions and teach-back.

Line: Compact spacing without crowding; preserve weapon clearance and assigned opponent.

Offensive skills: Review inside check and outside run; adapt flood depth to available space. Avoid converging routes.

LB / DB: LB underneath communication; DB/safety protect goal line without contact at catch point.

Plays: R4 Inside Check / R2 Sweep; P4 Flood at reduced depth / P5 Hitch Out. Assignments on pages 16-18.

Progression check: Confirm situational decisions do not override force limits. Log each participant's F reps and remove players with deteriorating control.

Practice 9 Complete game rehearsal

Week 5 | 120 minutes | D/C; no F

Maximum designated exposure windows: D 2 min; C 4 min; G 0 min; F 0 min. All other work N. Replace unavailable/uncleared contact with N; never make up omitted contact.

Minutes	Period	Assignment
0-10	Arrival / readiness	Symptoms, attendance, equipment and EAP readiness.
10-20	Warm-up	Movement, balance and controlled deceleration; no collisions.
20-30	Safety / technique	Player-led safety teach-back and equipment check; coach corrects any omitted item.
30-50	Position groups	10 min offense, 10 min defense; assignments below.
50-55	Water / recovery	Shade, equipment and symptom check.
55-70	Group work	2 min D + 4 min C; remaining 9 min N execution and contingency review.
70-75	Water / recovery	Stop contact if fatigue or control worsens.
75-90	Special teams	Complete sequence: opening restart, fair catch, fourth down, scoring try and safety restart. All simulated.
90-95	Water / readiness	Reconfirm matchups and mode before team period.
95-110	Team period	15-min officiated dress rehearsal in shadow mode. Include clock/down communication and substitutions. Stop every safety error.
110-115	Cool-down	Easy walking and recovery; no contact conditioning.
115-120	Individual check	Symptoms, exposure log, restrictions and teach-back.

Line: Snap, call, engagement simulation, protection and release sequence without reminders.

Offensive skills: Select best two runs and two passes; use agreed names, no new plays.

LB / DB: Call base defense, substitutions, zone handoffs and response after turnover.

Plays: R1 + R2, or R3 if mastered; P1 + P2, or P4 if mastered. Assignments on pages 16-18.

Progression check: Require consistent legal decisions before final assessment. Delete unmastered concepts from the final script.

Practice 10 Final controlled assessment

Week 5 | 120 minutes | D/C with capped F if cleared

Maximum designated exposure windows: D 2 min; C 3 min; G 0 min; F 12 min. All other work N. Replace unavailable/uncleared contact with N; never make up omitted contact.

Minutes	Period	Assignment
0-10	Arrival / readiness	Symptoms, attendance, equipment and EAP readiness.
10-20	Warm-up	Movement, balance and controlled deceleration; no collisions.
20-30	Safety / technique	Reconfirm individual clearance, symptoms, equipment, contact mode and stop signal.
30-50	Position groups	10 min offense, 10 min defense; assignments below.
50-55	Water / recovery	Shade, equipment and symptom check.
55-70	Group work	2 min D + 3 min C; 10 min N warm rehearsal and match checks.
70-75	Water / recovery	Stop contact if fatigue or control worsens.
75-90	Special teams	All units rehearse in N mode; assess return call, alignment, protection and restart organization.
90-95	Water / readiness	Reconfirm matchups and mode before team period.
95-110	Team period	Up to 12 min F inside 15-min block, split into three short series with instruction between. End sooner for symptoms or unsafe technique; remainder N.
110-115	Cool-down	Easy walking and recovery; no contact conditioning.
115-120	Individual check	Symptoms, exposure log, restrictions and teach-back.

Line: Brief best-technique tune-up on bags; no new contact methods.

Offensive skills: Execute selected run/pass package accurately at rehearsal tempo.

LB / DB: Review base 2-2-3 and best communication cues; no new blitzes.

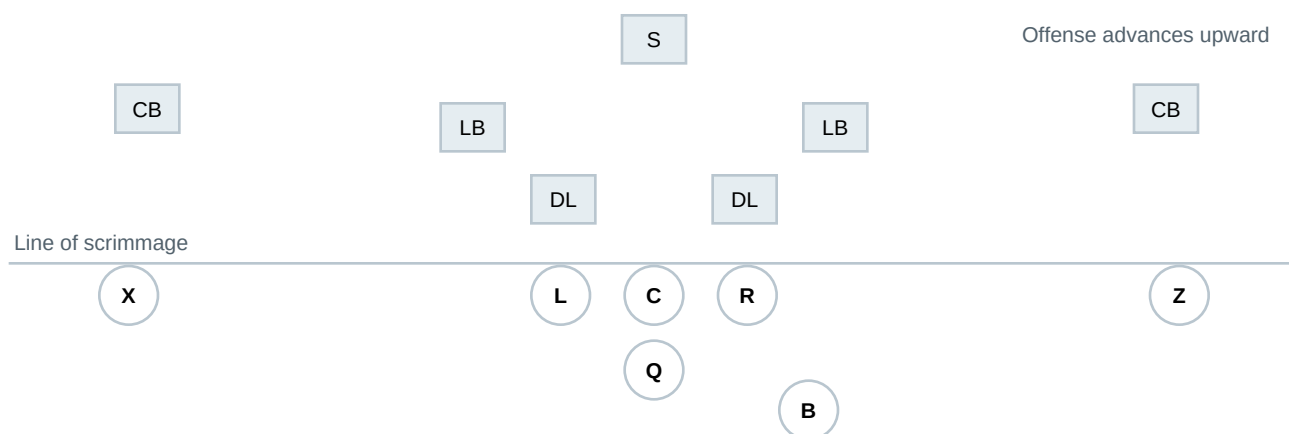
Plays: Two mastered runs from R1-R4; Two mastered passes from P1-P5. Assignments on pages 16-18.

Progression check: Record individual status: ready for next stage, repeat stage, or medical review. Five weeks does not automatically authorize competition.

WarBall 7 on 7 formation

Proposed practice adaptation for approval

Conventional USA Football 7-on-7 is a passing format without running plays. [6] The following is a small-sided WarBall training format that includes runs and line play. The supplied rulebook retains 11-player formation provisions, so adopt a written practice exception before treating these sets as legal WarBall competition formations.



Offense: Q quarterback, B running back, C center, L/R guards, X/Z receivers = seven. **Defense:** two DL, two LB, two CB and one deep safety = seven (2-2-3). The diagram shows positions, not fixed yard spacing; provide room for equipment and safe stopping.

Proposed formation and eligibility rules

Use X-L-C-R-Z on the line, with Q and B behind. Only X, Z and B are intended receiving targets; C/L/R remain protection players and do not release downfield on passes. Q is protected from contact. Use a consistent shotgun snap distance the players can control. Declare all practice eligibility exceptions before the session.

Keep one base formation through five weeks. Start with wide separation and short routes; do not add motion, pulling guards, blitzes, screens through traffic, laterals or trick passes in this introductory cycle. Defenders begin with assigned lanes/zones, not surprise rush packages.

Common assignments on every play

C snaps and handles the middle responsibility; L/R use their assigned lane/opponent. During N or D work, line play is footwork and simulated engagement, not a body block. In C/F, any permitted block still requires qualifying engagement first. X/Z use the required run/pass hand and weapon cue; no illegal pick or downfield body contact. [7]

On run calls, X/Z deploy the approved weapon as required before leaving the line; practice with props in N work. On pure pass calls, hands remain forward and available to catch. Because the rulebook adds a separate weapon-deployment requirement for play action, play-action passes are deferred from this beginner playbook. [7]

A successful device activation always overrides a blocking or takedown opportunity. Re-engagement is required at the rulebook's stated separation thresholds. Stop and ask the official rather than guessing. Every play uses the day's contact restrictions, regardless of its football name.

Running play assignments

Four original teaching calls build from one handoff to one pre-snap choice. Start at walking pace, then increase decision speed only when spacing and control remain reliable. Mirror right/left only after the original is understood.

Call / first use	Ball and line assignments	Receiver / defensive teaching
R1 Inside Right Practice 1	Q receives snap and hands to B; B goes toward the lane just outside R, with no lowering into contact. C/L/R stay in assigned lanes; no pulling or double-team drive. Stop at the marked landmark in N work.	X/Z give run cue and maintain width. DL hold inside lanes; near LB fills under control; CB contain; S remains last support. No converging gang tackle.
R2 Sweep Right Practice 2	Same secure handoff; B follows a wide cone landmark outside R. Q stops after exchange. C/L/R mirror laterally without chasing a defender. Do not use a pitch or moving collision block.	X/Z give run cue and preserve outside spacing. Near LB shuffles to lane; CB maintains outside leverage; S tracks from depth. Stop before sideline contact.
R3 Counter Step Left Practice 5	B takes one small right setup step, then receives a normal handoff left. Q controls the exchange; no reverse, spin, crossing handoff or lateral. L/C/R maintain simple assigned responsibility; no pulling guard.	X/Z give run cue. LB reads the secured ball rather than lunging at the first step; backside CB stays home. Use air reps until the exchange is reliable.
R4 Inside Check Practice 7	Q chooses R1 right or mirrored left before the snap based on coach-presented numbers. Q calls direction; all repeat it, then snap. No post-snap read option or keeper into pressure.	X/Z use correct run cue after call. Defense communicates strength without changing into an unannounced blitz. If anyone misses the call, reset rather than improvise.

Running drill sequence

Show the path with cones; walk it on air; repeat with a shadow defender; add only the contact mode specifically scheduled. Grade secure possession, legal engagement decision, spacing and stop response before judging yards gained. A player must not use a play call as permission to bulldoze or charge into a defender.

Practice repetitions

Use short sets of two or three reps, switch roles, then coach one correction. In team periods, aim for roughly 6-8 organized reps early and 8-12 later only if quality and recovery allow. These are teaching targets, not contact quotas. Contact caps, symptoms and safe control always end work first.

Passing play assignments

Use short landmarks suited to the field: a hitch is about 4-5 yards then turn; a slant breaks inside after about 3 yards; a flat runs to the near sideline at 1-3 yards. Keep routes separated and end contested catches with a whistle. No contact with an airborne or defenseless receiver.

Call / first use	Routes and quarterback read
P1 Double Hitch Practice 1	X and Z run 4-5-yard hitches; B settles as a short outlet away from the throwing lane. Q chooses the coach-designated side, sets and throws to a clear target. C/L/R hold protection on air. Begin without pass rush.
P2 Slant Flat Practice 2	Z runs a short inside slant; B releases to the right flat; X hitches on the left. Q reads the right underneath defender: open slant, then flat. If neither is clear, whistle/reset; no forced throw into traffic.
P3 Spacing Swing Practice 4	X and Z hitch with wide separation; B swings to one called side. Q reads the called hitch, then B. Keep B below the hitch depth to avoid crossing paths. Introduce decisions against stationary zone defenders before moving ones.
P4 Flood Right Practice 5	Z runs a controlled 8-10-yard out; B runs a 1-3-yard right flat; X stays on a backside hitch. Q reads out then flat without rolling into pressure. Reduce depths together in the red zone while preserving separation. No crossing screen or pick.
P5 Hitch Out Practice 7	Z runs a 5-yard out, X a backside hitch, B a short middle outlet. Q reads Z, then B, then resets if closed. This adds a progression without a new formation or play-action weapon cue. Line remains in protection.

Defense and protected pressure

Use the base 2-2-3: LBs take underneath inside areas, CBs protect outside areas, S provides deep help. Teach recognition and communication before switches. DL work a controlled approach and stop at the coach's pressure landmark; Q is never hit. Pressure timing and limits must be declared before each rep, not invented by the defense.

Five-week play menu

Week 1: R1/P1 then R2/P2. **Week 2:** review R1/P1 under the conditional contact assessment; then mirror R2 and add P3. **Week 3:** add R3/P4, then rehearse. **Week 4:** add R4/P5, then situational execution. **Week 5:** retain the best two runs and two passes; remove any concept players have not mastered.

The playbook supplies practice concepts, not a new official scoring or eligibility code. Facility, club and officiating staff must agree on the small-sided rules, field boundaries, snap method and dead-ball procedure before use.

Session record and adoption

Complete before implementation

Confirm participant ages; define thumping with the actual method and target; approve the seven-player practice exception; confirm EAP field/gate/AED; identify trained coaches and medical cover; establish heat/equipment acclimatization; approve contact limits and the narrow list of permitted ground techniques. Obtain the insurer's requested review without representing this proposal as accepted coverage.

Review responsibility	Name / date / decision
Club program lead	_____
Facility representative	_____
Qualified medical reviewer	_____
Equipment / takedown instructor	_____
Insurer review status	_____

Copy this record for each practice

Field	Record
Practice / date / actual field	_____
Present staff / roles	_____
Weather / WBGT / AQI / modifications	_____
AED checked / EMS gate ready	_____
Actual D / C / G / F minutes	_____
Players held at lower level	_____
Injuries / equipment defects / action	_____
Next-session changes / lead signature	_____

Keep a separate private roster log for each participant: attendance, individual gate status, D/C/G/F repetitions, symptoms, medical restrictions and follow-up. Never publish personal medical information in the public website packet.

Weekly F ceilings in this proposal

Week 1: 0 minutes. Week 2: up to 6 minutes. Week 3: up to 8 minutes. Week 4: up to 10 minutes. Week 5: up to 12 minutes. These are team-designated F windows, with no extra F in position or special-teams periods. Ground-skill and device exposure remain separately recorded; lower levels are not risk-free.

Sources and review basis

Public guidance checked September 12, 2026. Numeric limits, drills, formations, plays and readiness checkoffs in this packet are proposed WarBall program choices unless expressly identified as source guidance. They have not been validated as a safe dose of contact for this sport.

1 USA Football Levels of Contact

Definitions distinguishing control, control-to-ground, thud and live contact.

[Open source](#)

2 USA Football Practice Guidelines

Gradual acclimatization, contact management and avoidance of high-risk drills; youth scope must not be confused with adult WarBall approval.

[Open source](#)

3 USA Football Heat Preparedness and Hydration

Gradual equipment/intensity introduction, hydration and heat planning.

[Open source](#)

4 USA Football Building a Program by Design

Practice organization using individual, small-group and team learning.

[Open source](#)

5 CDC Responding to a Sports-related Concussion

Immediate removal, no same-day return and healthcare-provider clearance.

[Open source](#)

6 Official USA Football 7on7 Rules

Passing-format comparison; the document prohibits running plays.

[Open source](#)

7 WarBall rulebook supplied by the club

Rule 3 receiver cues and eligibility; Rule 7 engagement, activation and force limits; restart and scoring provisions. Practice restrictions are narrower than the game rules.

[Open source](#)

8 WarBall Emergency Action Plan review copy

Venue response plan; AED, exact field and EMS access still require confirmation.

[Open source](#)