**K-Grade Flag Coaches: Study Materials**

Handoff Drill 1 – Basic straight Line handoff demonstrated this weekend

Handoff Drill 2 - <https://www.youtube.com/watch?v=-M05PJ9MqqE>

Three Drill Stations;

* <https://www.youtube.com/watch?v=VNGedpcjMU0>
* <https://www.youtube.com/watch?v=k2Tve1kpxug>
* <https://www.youtube.com/watch?v=t_f4zhcKKXg>
* Blocking - <https://www.youtube.com/watch?v=xJiGxK7Ck3I>
* Handoff Drill 1 – Basic straight Line handoff demonstrated this weekend
* Handoff Drill 2 <https://www.youtube.com/watch?v=-M05PJ9MqqE>

Playbook;

<https://www.youtube.com/watch?v=pZSNqN37rPA>

Sharks & Minnows

<https://www.youtube.com/watch?v=cOugKJxp-hc>

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| **Practice Plan** | **Activity** |
| 5:45 PM | Basic Handoff Drills as Kids arrive (make to lines when needed) |
| 6:00 PM | Warmups - Light jog, Big Skips, Frog Jump, Carioca, Shuffle, High Knee |
| 6:10 PM | Water Break |
| 6:15 PM | Drill Stations - Gauntlet, One on One flag pulling, Blocking with the shields |
|  | Rotate every 5 min, separate stations so kids have to run far to the next station |
| 6:35 PM | Water Break |
| 6:40 PM | Sharks & Minnows |
| 6:55 PM | Positive Reinforcement, team breakdown |
| 7:00 PM | Pack up cones & ball (Done) |