

SUMMER REC. FLAG FOOTBALL

BEFORE THE PROGRAM STARTS

1. MAKE SURE YOU KNOW WHICH DRILL YOU'RE DOING FOR THE DAY AND TO LOOK OVER IT THE NIGHT BEFORE.
2. **MAKE SURE YOU'RE 15 MINUTES EARLY BEFORE EACH PROGRAM**
3. MAKE SURE FOR YOUR DRILLS YOU'RE READY WHEN THE PROGRAM STARTS. YOU MAY HAVE TO SET UP CONES BEFORE THE PROGRAM STARTS FOR YOUR STATION.
4. ONCE KIDS START TO ARRIVE MAKE SURE TELL THEM TO PUT ON A FLAG
5. HAVE ALL 3 INSTRUCTORS GO TO THEIR DRILL SPOTS. THEN HAVE THE KIDS LINE UP AND NUMBER THEM OFF. BEFORE YOU TELL THE KIDS NUMBER POINT TO WHICH NUMBER EACH INSTRUCTOR IS SO THEY KNOW WHERE TO GO, AND ALSO HAVE THE INSTRUCTORS HOLD UP WHAT NUMBER THEY ARE.

DURING THE DRILLS

1. EXPLAIN THE DRILL TO THE PARTICIPANTS. YOU MAY NEED SOME PARTICIPANTS TO BE AN EXAMPLE TO SLOWLY SHOW THEM HOW THE DRILL WORKS.
2. IF YOU SEE AN ERROR FROM A PARTICIPANT DON'T BE AFRAID STEP THEM ASIDE AND EXPLAIN TO THEM WHAT THEY'RE DOING WRONG. ALSO, YOU CAN STOP THE DRILL IF YOU SEE MULTIPLE PARTICIPANTS DOING A MISTAKE, AND EXPAIN TO THE GROUP WHAT THEY'RE DOING WRONG. IF YOU HAVE A REAL LIFE EXAMPLE FROM YOUR EXPERIENCE PLEASE FEEL FREE TO SHARE IT WITH THE GROUP.
3. ROTATE TO THE NEXT DRILL EVERY 10 MINUTES. POINT TO THE INSTRUCTOR IN WHICH YOUR GROUP WILL BE GOING TOO. RECOMMEND ROTATING DRILL CLOCKWISE.
4. AFTER 2 DRILL SESSIONS (20 MINUTES) HAVE PARTICIPANTS GET A QUICK DRINK OF WATER. THEN TELL THEM AFTER THEY GET A DRINK TO GO TO THEIR DRILL STATION.
5. IT MAY DEPEND ON THE DAY BUT IF YOU HAVE ENOUGH TIME YOU CAN DO A QUICK 5-10 MINUTE FUN GAME.

AFTER THE PROGRAM

1. MAKE SURE YOU GET THE FLAGS OR ANY OTHER EQUIPMENT BACK FROM THE PARTICIPANTS BEFORE THEY LEAVE.
2. YOU MAY HAVE KIDS GOING TO ANOTHER PROGRAM. A MAP WILL BE PROVIDED IF THEY HAVE QUESTIONS ON WHERE TO GO NEXT.
3. OTHERS WILL HAVE A RIDE OR TAKE A BIKE TO THE PROGRAM
4. IF A PARENT HASN'T COME IN 10 MINUTES TO PICK UP THEIR CHILD. YOU WILL BE PROVIDED WITH A DOCUMENT IN WHICH YOU CAN CALL THE PARENT/GUARDIAN TO NOTIFY THEM THAT THEIR CHILD IS STILL THERE WAITING TO GET PICKED UP.
5. **NEVER LEAVE A PROGRAM IF THERE'S A CHILD STILL WAITING FOR A RIDE. AT LEAST HAVE ONE INSTRUCTOR THEIR UNTIL ALL KIDS HAVE LEFT THE PROGRAM!!**

HANDOFF RELAY 1

Proper handoff technique, conditioning

TEAM



Line them up: Two sets of cones 20-30 yds apart. Two teams with half of each team facing each other behind a cone.

- On "Go," first player in line from each team races with ball to opposite cone where teammate awaits. After crossing cone, handoff to teammate who runs back to starting cone. Continue until final player crosses finish line.

- Ball dropped, pick up and keep going.

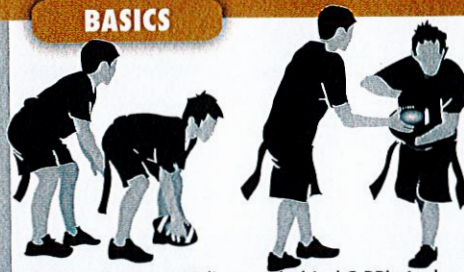
Key Point: Show ball early before handing off. Accept ball properly.

Make it a Game: Relay race. If few players, each can go twice.

SNAP DRILL 2

Taking snaps and hand-offs

BASICS



Where they go: QB lines up behind C, RB's 4 yds back. QB calls cadence, C snaps to QB, who hands off either right or left to RB. QB should vary cadence to prepare team for games.

- If two centers and QB's, line up in opposing directions. RB's get hand-off, run across line of scrimmage, give ball to other center - rotate. Centers switch halfway through drill so QB's practice with both.

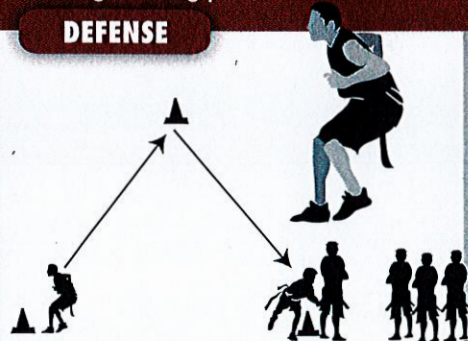
Key Point: QB's put pressure upward with top (throwing hand); RB's take hand-offs with left arm up when going right and vice versa. RB's eyes on where they're going, not ball.

Make it a game: First QB with 10 good snaps and hand-offs (no bobbles) wins.

STOP N GO 3

Tackling, rushing passer

DEFENSE



Line them up: 3 cones, 5 ft apart from one another. Player starts at 1st cone.

- Defender backpedals toward cone behind them, then sprints and pulls flag of player standing at last cone.

- Defender becomes player at last cone, player at last cone goes to end of defender line.

Key Point: Backpedal with knees bent, chest over feet, body low.

Make it a Game: Fastest time wins.

SOFT HANDS 4

Catching the ball away from body

OFFENSE



Where they go: Receivers line-up to coach's right, 5 yds away on LOS.

- Player runs straight out, half speed, looking at coach who throws an easy ball to catch. Catch with RT hand only, using fingertips. Secure next to body.

- After catching with one hand, use two hands, again using fingertips to catch it softly (no noise). Secure with claw grip, high and tight. Switch to left side.

Key Point: Catch ball with thumbs together when facing coach if ball is above waist. Pinkies together when facing away, (over the shoulder catch) or if ball is below waist.

Make it a game: Drop 1-handed catch, out. Catch it, back in line. Last man standing.

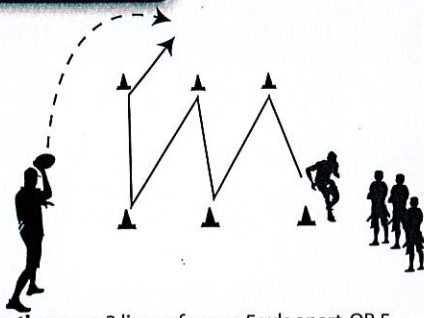
WEEK 1

ROLL AND GO

Backpedaling to cover receiver

1

TEAM



Line them up: 3 lines of cones 5 yds apart. QB 5 yds from last cone and defender at 1st cone.

- Defender will backpedal to cone behind him/her then run up to the next cone, repeating until they arrive at 3rd cone, then roll over and catch lob coach throws downfield.

Key Point: Teach defenders to not allow WR to pass them in game.

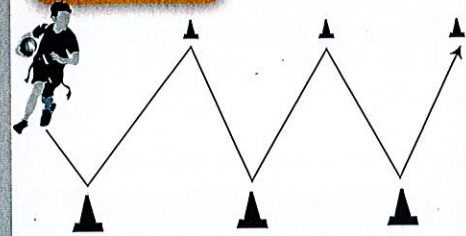
Make it a Game: Make catch, go again. See who is last player standing.

CUTBACK DRILL

Cutting to the right or left while switching hands

2

BASICS



Where they go: Cones in 10 yd zig-zag pattern. RB's correctly holding football at first cone.

On whistle, RB runs to next cone. Carry ball (high and tight) in right arm when going right, switch to left when going left. Make juke move just beyond cone and cutback toward next one. Finish cones, line up to come back other way.

Key Point: Players make speed cuts, keep moving vertically. No dancing.

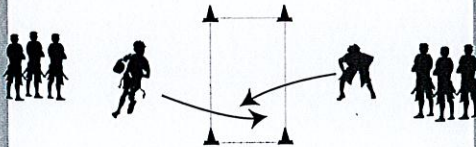
Make it a game: Two teams of RB's - relay race. First player races to end, taps teammate who comes back, etc. See which team is fastest. Penalty for holding ball with wrong arm, not high and tight, cutting off, wrong foot, or hitting cone.

ZONE PULL

Aggressive tackling

3

DEFENSE



Line them up: Create "Tackle Zone" with four cones in 3 yd x 6 yd rectangle. Two teams - Offense and Defense. Each team lines up 10 yds behind their side of rectangle.

- On whistle, first player from each team runs toward each other.
- Offensive ball carrier tries to get past defender.

Key Point: Defender must run in with speed but control.

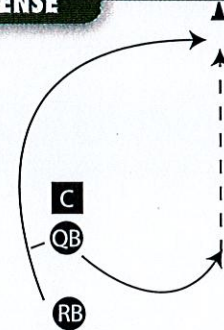
Make it a Game: Flag pulled before runner reaches zone = 5 pts. Flag pulled in zone = 3 pts. Flag pulled after zone = 1 pt. Runner gets by defender = 5 pts. Each team takes turn on offense and defense. Most points wins.

ROLLOUT TO RB

QB passing while rolling, RB catching

4

OFFENSE



Line them up: RB 5-7 yds behind QB. Cone 15 yds in front of QB.

- Ball is snapped to QB who fakes to RB. RB runs to cone. QB rolls out opposite direction of fake and throws to RB.

Key Point: Allow RB to be comfortable becoming a WR from backfield and QB to be comfortable running out of pocket.

Make it a Game: Every drop = 5 pushups for both QB and RB.

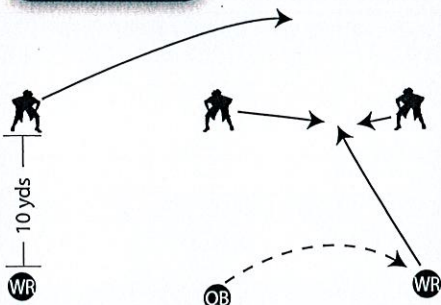
WEEK 2

THREE ON THREE

1

Help defense

TEAM



Line them up: QB at LOS with WR left and WR right. Each with defender lined up ten yds back.

- QB throws to either WR, who tries to run upfield.
- Defender from that side and middle converge and try to make tackle.

Key Point: Defender on side not thrown to should run back as safety valve.

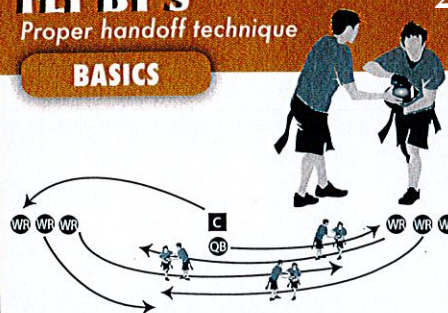
Make it a Game: Defenders allow a TD, they go again until they make tackle.

FLY BY'S

2

Proper handoff technique

BASICS



Line them up: C in front of QB and a line of wideouts on both sides of ball.

- Ball snapped to QB who runs towards receiver on right of the ball.
- He/she attempts a handoff to receiver coming towards QB.
- As ball is snapped, C runs to left side of ball with that line of receivers.
- Handoffs between receivers will continue until coach blows whistle.

Key Point: Always handoff with ball away from defense.

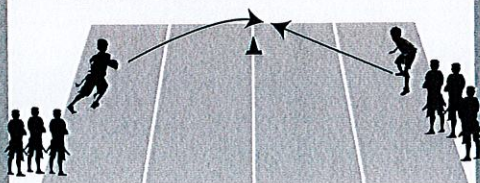
Make it a Game: Count successful consecutive handoffs.

CORNERS

3

Defending with sideline

DEFENSE



Line them up: Line of defenders, line of runners 15-20 yds apart from each other. Place cone halfway between, two yds from sideline.

- On "go," runner tries to get through defender between cone and sideline. Defender tries to either tackle or force runner out of bounds.
- Offense goes to defense line, defense goes to offense.

Key Point: Teach players to use sideline as extra defender

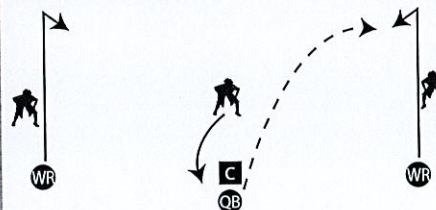
Make it a Game: Runner gets past defender, gets to stay on offense.

HELP

4

Receivers running a help pattern for QB under duress

OFFENSE



Line them up: One WR on each side of ball. Defender on each WR.

- Ball snapped to QB. WRs run 8-10 yds before coming back to catch ball.
- LB in middle rushes QB, tries to pull flag. Remaining 2 defenders must try to cover receivers.
- QB throws to first open receiver.

Key Point: Get WRs comfortable with quick passes and short routes.

Make it a Game: Completion = 5 pts for offense. Incompletion = 5 pts for defense. Sack or INT = 10 pts for defense. First to 50 pts.

WEEK 3

ROULETTE

Flag pulling, gap running

1

BASICS



Line them up: Big circle of players with one player in middle.

- Coach throws ball to player in middle and calls out name of player who tries to take flag of player with ball.
- Player with ball tries to run through gap without getting flag pulled.
- Player who loses goes in middle. Change player if in middle 3 times.

Key Point: Be alert to different angles of defenders' approach.

Make it a Game: Every player's name called 3 times, undefeated players go to championship round.

ONE-ON-ONE

Running routes and catching against man coverage

2

TEAM



Where they go: Two QB's line up at midfield. Four receiver lines, two on each side. Defender assigned to each line. Each WR runs route against defender.

- Rotate defenders and receivers as needed. Two-way players do drill both O and D.

Key Point: Run only one receiver at a time. Allow quick coaching for both O and D before next route run. Mix up the man techniques (backpedal, press and bail).

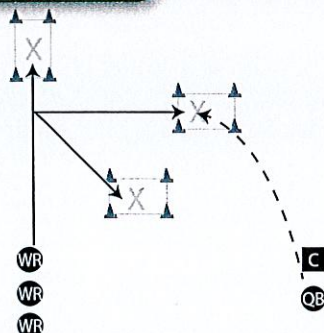
Make it a game: Offense: Completion + 10 yds = 6 pts. Completion, less than 10 yds = 1 pt. Dropped pass = minus 1. Defense: Ball knocked down or stripped = 3 pts. Interception = 6 pts

X MARKS THE SPOT

Seam, cross and comeback routes

3

OFFENSE



Line them up: QB under C. Line of WRs. Boxes set up where coach would like receivers to catch ball.

- QB and WR decide route. QB tries to complete pass to WR in a box.

Key Point: QB's learn to lead receivers by throwing to box before WR there.

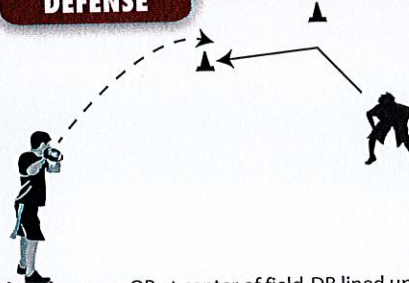
Make it a Game: Catch in seam box = 5 pts. Cross box = 3 pts. Comeback box = 1. Team gets 30 pts in 20 passes, no conditioning.

ROUTE JUMP

Teaching defenders how to break in and intercept

4

DEFENSE



Line them up: QB at center of field. DB lined up as if covering WR near sideline. Cones placed 10 yds downfield, one 5 yds from sideline, the other 7 yds.

- On whistle, DB runs back to far cone. When DB reaches cone, QB throws pass to near cone. DB tries to intercept.

Key Point: DB's learn to cut off routes and intercept passes.

Variation: Same drill but QB throws deep sideline ball

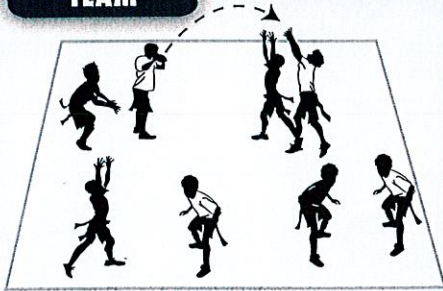
Make it a Game: If QB can hit cone with ball, DB must sit out. DB knocks pass down = 5 pts. INT = 10 pts. First DB to 30 pts wins.

WEEK 4

KEEP THE BALL

Evasive running, tackling, passing, catching

TEAM



Line them up: Mark off section of field large enough for entire team. Should be tight, but not too narrow.

- Divide full squad into Team A and Team B. One team should have jerseys or something else to differentiate.
- First team starts with ball while coach begins counting out loud. Other team attempts to tackle player or intercept/knock down pass. Team with ball can run, or pitch or pass to each other.

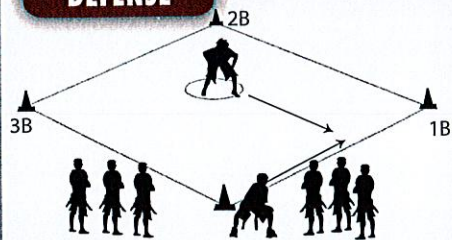
Key Point: If ball intercepted, dropped or hits ground, other team picks up and coach begins counting again.

Make it a Game: Team possessing ball longest wins.

BASEBALL

Angle and open field tackling

DEFENSE



Where they go: Make a "baseball field" with cones 10 yds apart. RB starts at home plate, runs toward first base. Defender starts in middle (pitcher's mound), attempts to tackle RB.

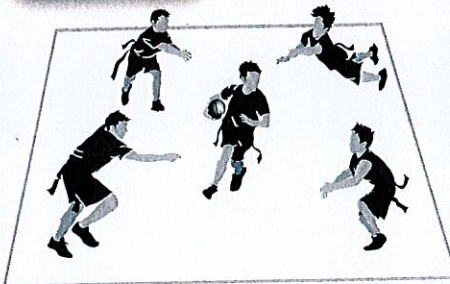
- RB can avoid tackle, but must stay in "baseline." RB safe if he gets to first base before being tackled. He may stay there or keep running to next base. Defender continues attempting tackle. When lead runner stays at base, new RB starts at home and new defender in middle. RB tackled between bases = 1 out and all other RB's go back to previous base.

Make it a game: Divide into two teams. Three outs (tackles), runners go to tacklers and vice versa. Play 5-inning game, see who scores most runs.

THE SWAMP

Flag pulling, evasive running

BASICS



Line them up: Set up grid large enough to surround entire team. One player in the middle has ball and is surrounded by teammates.

- Player with ball runs within boundaries as long as he/she can until flag is pulled or out of bounds.
- Once player's flag is pulled, next player gets ball with 3s head start.

Key Point: Defenders learn to work together to trap runner.

Make it a Game: Who has longest time with ball?

FUN GAME IDEAS