

Bomber Flag Football 2020

Goals

1. To develop and maintain an in-house flag football program at the 1st through 4th grade level.
2. To teach football skills with an emphasis on fundamentals, having fun and learning the game.
3. To develop and encourage leadership, teamwork, giving our best effort.
4. To increase participation numbers in flag football.
5. To allow 3rd and 4th graders the opportunity to observe our Rookie Tackle program

How are we going to accomplish this?

1. Create a fun atmosphere while learning the game of football. Structure practice and games in a way we work hard, get better and have fun.
2. 5 man formation creates opportunities for more players to touch the ball and be part of the action.
3. Teams of mixed 1st and 2nd graders or 3rd and 4th graders will be split as evenly as possible to ensure a competitive atmosphere.
4. Make the barriers of entry lower for families. Ways we can do this:
 - a. Less travel time
 - b. Focus on developing skills, fundamentals and having fun.
 - c. Keep fees as low as possible.
 - d. Make families aware of scholarship opportunities
5. Make football a positive experience so the kids are excited to be part of the Bomber football program.

3rd and 4th grade Flag Football

Expectations (what you will receive from us and what we will expect from you)

- You will receive our best effort as coaches
 - o We are not professional or paid to be here. We are here to make this a good experience for your child and help develop them as football players and people.
 - o We hope to put your child in a position to succeed. We will praise them on things they do well and give constructive criticism on things to work on.
 - o We will hold your child accountable for their actions, teach them sportsmanship and teach them fundamentals of football.
 - o We will expect your child's best effort.
- What we expect from you
 - o Proper behavior
 - o Missing practice.
 - First of all I want to say it is ok to miss practice or games. This is 1st through 4th grade football. Since we are teaching accountability we will be asking the kids to run if they are late or if they miss practice. It is a simple way for us to introduce accountability.
 - Late to practice. One lap
 - Miss practice: two laps
 - o Stepping up to help out where needed
 - o Helping your child get better at home
 - o Having a conversation with your child
 - o We will do our best to have conversations with your child about their comfort level with different positions and what they expect from the season. Before coming to us with a problem please ask your child for their point of view. Not every kid is comfortable playing quarterback.
 - o Most of the kids are there to have fun and because their friends are there.
 - o SUPPORT THE COACH
 - If you have an issue with the coach please do not ever bad mouth a coach in front of your child. It severely hurts your child's view of the coach and the chances your child will listen to the coach.

Parental Encouragement (proper behavior and sportsmanship)

- o Shout praise, whisper criticism
- o Parents are discouraged from coaching from the stands. It confuses your child and distracts them from the game. If you would like to coach, this is your time to volunteer. If you are not going to be a volunteer coach then we expect you to encourage your child and ask him or her to listen to their coach. Players need to hear one message so they are not confused.
- o If fan's show poor sportsmanship or improper behavior towards players, coaches or fans any coach has the right to warn you. Upon the second warning you will be asked to leave and will be suspended from attending your child's games for the rest of the year.
- o Give your child and yourself a cooling off period after the game before talking about what they could improve upon. After the game just ask them if they had fun and stress that you are proud of them. Here is a good blog from USA Football about kids and youth sports; <https://blogs.usafootball.com/blog/3532/10-reasons-kids-quit-sports>
- o Youth Football Parents Information: https://lms.usafootball.com/course_creation/course_taking/courses/841529
- o

Volunteering (many hands make light work)

- o We understand not all parents are able to teach the game of football. There are other opportunities to help. Such as: down and distance chains, assisting another coach with a drill during practice, or even just organizing the kids on the sideline.
- o Even if you can't be there every practice or game - any help would be appreciated.

League Philosophy (competition, playing time, positions)

- o At the 3rd and 4th grade level we will be keeping score. Winning will not be the primary objective but every game will have a winner. At 1st and 2nd grade we will not be keeping score.
- o While playing time will not be exactly equal we will do our best to make it as equitable as possible. There will not be huge disparities in playing time and no kid will sit out a full half or two series in a row unless it's for behavior issues, injury or choice.
- o Not everyone will play every position in games. Your child will practice at every position and learn all of them. If a kid struggles to throw we will work with them to get better but won't put them in at quarterback until there is a chance to succeed there.

Things you can do at home (giving your child tools to succeed)

- o Play catch, Have them run a route and throw it to them. (we can provide copies of playbooks)
- o Observe a practice and get ideas of things you could do at home.
- o Make football fun.

How to voice your concerns (when, where and what is appropriate)

- o After practice is a good time to have a conversation with a coach. Before or during games or practice the coach is focused on the team. If you want to have a conversation, after practice is an appropriate time.

Emergency Contact information and Medical Conditions we should be aware of.

- o Please provide coach with emergency contact info and medical conditions we should be aware of.

2020 Schedule

1st – 2nd Grade Information and Schedule (Saturday mornings behind the high school.)

Saturday, September 12th – 8:30 - 9:45– (Practice on field behind the high school- Coaches will work with the kids on some of the skills of football.

Saturday, September 19th – 8:30 - 9:45– – pre-game practice for 30 minutes-

Saturday, September 26th pre-game practice for 30 minutes-

Saturday, October 3rd 8:30 - 9:45– – Fun Day!

3rd and 4th Grade Information and Schedule

Saturday, September 12th – 9:30 Skills Camp and First Practice at the high school.

Tuesday, September 15th – 5:45 – 7:15 practice behind the elementary school. Team stretch is at 5:45. Finish time will be adjusted as we lose daylight.

Saturday, September 19th – 9:30 – 10:40 (Warm up and game- meet at the practice field by the tennis courts and move to the field after 1-2nd grade is done with practice.) game starts at 9:45.

Tuesday, September 22nd - 5:45 – 7:15 practice behind the elementary school. Team stretch is at 5:45. Finish time will be adjusted as we lose daylight.

Saturday, September 26th – 9:30 – 10:40 (Warm up and game- meet at the practice field by the tennis courts and move to the field after 1-2nd grade is done with practice.) game starts at 9:45.

Tuesday, September 29th - 5:45 – 7:15 practice behind the elementary school. Team stretch is at 5:45. Finish time will be adjusted as we lose daylight.

Saturday, October 3rd 9:30 – 10:40 (Warm up and game- meet at the practice field by the tennis courts and move to the field after 1-2nd grade is done with practice.) game starts at 9:45.

Tuesday, October 6th - 5:45 – 7:15 practice behind the elementary school. Team stretch is at 5:45. Finish time will be adjusted as we lose daylight.

Saturday October, 10th - 9:30 – 10:40 (Warm up and game- meet at the practice field by the tennis courts and move to the field after 1-2nd grade is done with practice.) game starts at 9:45.

PLEASE WRITE TEAM NAME ON BELT and CHILD FIRST NAME ON FLAGS

2020 Cannon Falls Youth NFL Flag Football Rules

Sportsmanship

Referees and coaches are volunteer please do not verbally or physically abuse them. There is line between being competitive and looking to hurt someone. Keep in mind this is to develop children to learn the game of football, have fun and learn how to compete in a sportsmanlike way. Unsportsmanlike activities will not be tolerated and we reserve the right to remove players, parents, coaches or fans from the site.

Rules

Each team will be allowed five (5) players on the field at a time. Possession is determined by a coin toss to begin the game and the team starting on defense in the first half will be on offense in the second half. The offense must start with one (1) linemen. The ball does need to be hiked between the center's legs. All players are eligible to catch passes.

The game will consist of two (2)- 22 minute halves. We will play with running time during the entire game. The ball must be snapped within 40 seconds after the ball is set to avoid a delay of game penalty.

Offense will start at the 45 yard line and have four (4) downs to reach the 30 yard line to get a first down. They then have four (4) downs to reach the 15 yard line and four (4) downs to score a touch down. Cones will be placed on each field to indicate each marker.

Running plays are not permitted within five (5) yards after the 45 yard starting line or within five (5) yards of each first down and end zone. Players must complete a pass when the line of scrimmage is in any of these areas.

A ball that hits the ground on the snap may be picked up by the quarterback and play can continue.

An interception may NOT be returned and play will be called dead. The intercepting team will start their offensive series at the 45 yard line. Other than a botched snap, the ball cannot be advanced on a fumble and is dead once it hits the ground and offensive team retains possession.

Pass rushers must start from at least (10) yards from the line of scrimmage if rushing the passer. There is no "bull rushing" the blockers, you must try to evade the block, not go through it. The quarterback IS NOT ALLOWED to rush past the line of scrimmage.

Once forward progress is stopped the player is down. No holding up players to strip the ball. Player is also down once their knee touches the ground, even if his flag is still attached.

In the event the ball is passed or lateraled then the flag is removed immediately following that throw and the ball is then lateraled back to the player who's flag is removed the ball will be dead.

If the referee feels the flag was removed from that player illegally the result will be a dead ball at the spot the ball was lateraled, a first down and replay of the down.

Points

Touchdown- 6 points
NO EXTRA POINTS

If the game is tied each team gets a chance to score from the 5 yard line. After two rounds if it is still tied the game ends in a tie.

Penalties

Holding- 10 yards

Removing players flag(s) who do not have the ball will be a penalty at the referees discretion.

Offensive Procedure/Delay of Game- 5 yards

Pass interference- spot of foul (no more than 15 yards)

Illegal forward pass- 5 yards and loss of down

Roughing; see unsportsmanlike conduct

Unsportsmanlike Conduct- 15 yards

Two by one player in a game is an automatic ejection and that player must sit out the first half of the following game.

Overtime

Coin flip determines offense at the beginning of each overtime.

Offense starts at the 15 yard line and has four downs to score. Upon scoring a touchdown the team MUST go for two points on the extra point.

Coaches Philosophy and Practice Planning

Skills and knowledge of the game

We want to focus on developing the skills of football, focusing on being a good teammate and increasing the boys knowledge of the game of football.

THE IMPORTANCE OF PRACTICE • Practicing is an important piece to developing these skills. Designing quality practice is the most basic of all coaching activities and essential for optimal learning of skills and game tactics along with physical and mental conditioning. A quality practice nurtures athlete motivation and maximizes skill development. Some athletes are not motivated by practice and will complain about it and give poor effort during practice thinking they should save energy for competition. • One of the primary reasons athletes think this way and devalue practice is because they have experienced poorly designed practice sessions.

COACH JOHN WOODEN'S EIGHT PRINCIPLES OF PRACTICE PLAN DESIGN

1. Fundamentals before creativity
2. Use variety
3. Teach new material at start of practice
4. Quick transitions between activities
5. Increase complexity from practice to practice
6. Conditioning for learning
7. End on a positive note
8. Avoid altering the plan during the lesson

PRACTICE GUIDELINES: Football players between the ages of 8-10 years old should practice 1- 2 days per week with each session being 60-75 minutes.

“Long practices are neither desirable nor particularly beneficial.” - NFL championship coach Tom Coughlan. One of the most common errors is practice sessions run too long. This leads to a

loss of focus. Replace “How will I fill the practice time?” with “How can I use the least amount of practice time in the most efficient way?”

FOOTBALL SKILLS

QUARTERBACK • Stance • Receiving an under-center snap • Receiving a shotgun snap • Making a handoff • Throwing mechanics • 3-step drop • 5 step drop • Play-action fakes and passing • carrying out fakes in the run game

RUNNING BACK • Stance • Directional steps • Taking a handoff • Evasive running • Run blocking • Carrying out fakes in the run game

RECEIVER • Stance • Route running • Catching a football • Above number • Below number • In front • Behind • Over the shoulder • Stalk blocking (Rookie and 11-player Tackle)

OFFENSIVE LINE • Stance • Blocking fundamentals

DEFENSIVE BACKS • Stance • Shoulder tackling or Flag pulling • Backpedal • Backpedal transitions • Zone drop principles • Man-to-man principles • Defeating a block

LINEBACKERS • Stance • Shoulder tackling or Flag pulling • Defeating a block • Lateral and downhill shuffle • Zone drop principles • Man-to-man principles

DEFENSIVE LINE • Stance • Shoulder tackling or Flag pulling • 2-point stance • 3 and/or 4-point stance • Defeating a block • Rushing the passer • Block recognition

GENERAL TEMPLATE EXAMPLE FOR PRACTICE

Overview, Introduction to New Skills being taught and life skill – 2 to 7 minutes

Warm up/athletic development – 10-12 minutes

Water break - 2 minutes (small groups)

Individual skill period (station rotation)– 20 minutes

Water break - 2 minutes (small groups)

Team period – 20 minutes

Competition – 10 minutes

Review and life skill – 5 minutes

Drills and Practice Plans

Quarterback Skills

#1 Stance

Coach lines all players up facing him. Calls out cadence and instructs as needed.

Feet – players stomp feet with high knees – shoulder width apart

Squeeze – players squeeze shoulder blades back and down to spread the chest

Sink – players bend their knees to sink their hips- head and eyes stay up and looking ahead.

Hands – players keep their posture – hands together with the heels of both hands touching. Passing hand on top.

Extend – players extend arms as if setting up under center.

#2 QB Receiving Snap

-Line up as many QBs as you have footballs

- center or coach as center

- one QB calls cadence

- all QBs start in perfect stances (see stance drill)

- hands go under centers backside (or coach holds his hand where centers backside would be)

- receive snap

-immediately secure ball at chest before dropping back

#3 QB Handoff

-3 running backs in single file line. 5-8 yards from QB.

- RB tosses ball to QB

-QB secures ball in a position to make hand off

-QB keeps body parallel to RB.

-RB approaches QB with smelly armpit open and forming a pocket to receive football.

-Extend arms fully forward and into the pocket of the RB.

- hands slide down to end of ball.

-RB receives ball in belly.

- QB rides RB keeping pressure on the ball as RB covers football with both arms.

-RB covers football with both arms and hands covering each tip of the ball.

-RB does not open the present until Christmas.

#4 QB Directional Steps with Running back

-line up multiple footballs on the line. Need one Center, QB and RB per football

- coach calls running play (run right, run left, midline right, midline left, midline option right, midline option left, toss sweep right, toss sweep left)

- push off opposite foot in which QB intends to go

Technique 1 – direct handoff - open at 45 degree angle and get depth to meet RB where they need to go. Hold ball with 2 hands, extend arms toward RB and RB let it hit their belly. Cover with both arms and run hard. Smelly armpit to QB.

Technique 2 – midline - receive snap and stay parallel to line of scrimmage and hand off ball near LOS. Hold ball with 2 hands, extend arms toward RB and RB let it hit their belly. Cover with both arms and run hard. Smelly armpit to QB.

Technique 3 – option - receive snap and stay parallel to line of scrimmage, stick foot closest to line of scrimmage in ground and pitch ball to RB when reach defensive end. (cone)

Technique 4 – toss - open opposite of where RB is running and toss ball to RB. Lead RB and aim for the middle of their chest.

#5QB Passing Mechanics

-Group of two. Line up 5 yards across from each other.

- Grip – two fingers over the laces. Thumb wrapped around football for control.

- Ball can be thrown from a C or U cup hand position.

- start with ball at height where you'd receive a snap. Then drop back with ball at chest height with both hands controlling football. (you can use QB stance cadence

- second hand is for ball security and guidance

-bend knees to form a powerful base.

- stand tall in the upper body.

- step back at a distance that mimics our playbook. (1 step drop at 5 yards, 3 step drop at 8 yards, 5 step drop at 10 yards).

- drive off back leg and step to target with front foot.
- set up with a firm back leg. As back leg plants the ball comes to ear quickly from chest.
- throw ball to target. Hand rotates inward with palm and thumb leading.
- follow through with throwing hand finishing at opposite hip pocket.

Running Backs

#1 Ball Security Drill

- Use all footballs available and start each player with ball
- coach shows player how to hold the ball
- fingers – spread fingers wide while covering the tip of the ball.
- wrist – cock wrist so ball is firmly against forearm
- back tip – is tucked tightly inside elbow joint and against body.
- ball is held in the natural opening between 2nd and 3rd fingers.
- coach tries to take the ball and makes sure it is secure

#2 RB receiving a handoff

- two lines of players facing each other
- run to opposite line
- hand ball off to front player in opposite line (and then proceed to the back of the line)
- inside arm is an open window (smelly armpit to the QB)
- top arm – thumb is pointed down and fingers are spread
- bottom arm – is across lower abdomen with palm up and fingers spread
- running back must not reach for the ball. Allow the ball to be placed in the window (hit belly)
- once the ball is placed in the window (hits belly) the running back clamps down on ball and covers with both arms.

#3 RB - two – point stance

- line up multiple running backs in straight line facing coach.
- coach gives commands
- feet – stomp feet shoulder width apart
- bend– players simultaneously give slight bend to both knees
- slide – players hinge hips and slide palms to thighs above knee. Backs stay straight and eyes look forward

#4 RB Directional Steps

- line up running backs facing coach
- all players run same play
- focus on the steps running backs need for each play.
- dive, off tackle run, toss, pitch
- attack the line of scrimmage
- present a pocket to receive ball from QB -start with coach as QB and integrate player QB as player skills increase.

Receiving

#1 Catching

Line up players across from each other with a football for each group of two.

Catch ball with thumbs together if the ball is above the belly button.

Pinkies together if below the belly button

Tuck ball properly after each catch.

- fingers – spread fingers wide while covering the tip of the ball.
- wrist – cock wrist so ball is firmly against forearm
- back tip – is tucked tightly inside elbow joint and against body.
- ball is held in the natural opening between 2nd and 3rd fingers.

Receiving player becomes quarterback and throws to partner.

#2 Stance

-All receivers line up across one line facing coach.

-coach gives instruction

- FEET – start even and shoulder width apart

-SLIDE – slide inside foot (foot closest to ball) back 4-6 inches behind front foot.

- player hinges at hips and bends knee

- shoulder should be in front of feet and hips

- ARMS relaxed as side or raised if defense is in press coverage

- HEAD- looks to inside to see ball being snapped.

#3 Running Routes

-one line of receivers single file

- 2 cones

- break cone (where receiver breaks in route)

- Aim cone (the direction the receiver heads after break)

Routes used based on playbook (in, out, go, flag, post, power pass (from RB position))

Progression

-w/o QB

- with coach as QB

- with teammate as QB

Sharp and quick step at break cone - Drive inside foot with sharp shin angle

Defensive Drills

#1 Backpedal drill

Defensive players line up as a group facing coach.

As coach gives command players back pedal as if covering a receiver.

- Stay low in hips
- Chest over toes
- Lean forward (not back)
- Head forward
- Pump arms to increase foot speed
- As players advance, integrate ball and point directions for defensive back to open up hips.

#2 Flag pulling

Start cone and target cone. Player with ball starts at cone and runs toward target cone.

Defender starts 8 yards from start cone and closes space to runner

As defender approaches ball carrier he swoops to low athletic position and aims for inside hip...maintaining leverage on ball carrier.

Reduce stride and takes short aggressive steps toward ball carrier

Defender reaches for flag while staying balanced. Pulls flag and goes in line to become ball carrier.

#3 Man to man coverage

Align defensive back 4 yards from receiver

Have receiver run one of three routes. Put cones out for routes if necessary (ex. In, out, fly, corner, post)

Defender focuses on receiver only

Backpedal on first movement

Keep 2-3 yard cushion on receiver

Defensive back sees receiver drop at hips and plants back foot toward receivers upfield shoulder

If ball is in front of you break toward ball

If downfield and trailing only look for ball when receiver brings hands up.

When cushion is broken dback opens hips and runs with receiver. In this case - Number one objective is to catch up.

Work drill without ball and then integrate a pass as players become more comfortable.

#4 Zone coverage

Align two players across from coach. On coaches command players drop into their respective zone. Players move feet fast with coaches movement as quarterback. Coach moves football side to side and players move with ball. Fast feet.

Players open hips at snap and get width and depth at 45 degree angle. Once at depth player turn hips toward QB. Eyes are active looking between QB and receivers entering their zones. Defensive players float toward direction coach looks and leans. When ball is thrown defense drives toward the receiver in that direction.

#5 Rushing the passer

Three cones 7 yards from Line of scrimmage.

Four cones in box to mimic a pass drop.

On coaches command defensive player rushes passer in box.

QB tries to escape while staying in four cone box. Defender closes space as quickly as possible.

As defender nears ball carrier he swoops to a low athletic position.. Reducing stride length and taking short aggressive steps. This brings defender to balance.

Track and attack near hip of qb and limit movement. Apply pressure so QB makes a poor throw.

Week 1 Practice Plan #1 Camp

Camp Week

Introduction to flag football and coaches – 5 minutes

Coach – name, son's name

Warmup and stretch – 10 minutes

How we line up

Static stretches

Basket/ballistic stretches

Getting off ball

Water 2 minutes

Introduction to drills and skills- 10 minutes

Drills and skills 5 minute rotations

Station #1 QB Drill #1 (stance) and #2 (Receiving the snap)

Station #2 RB Drill #1 (ball secure) and #2 (receiving a handoff)

Station #3 Receiver Drill #1 (catching) and #2 (Stance)

Station #4 Defensive Drill #1 (backpedal) and #3 (man to man)

Station #5 defensive drill #2 (pulling flag) and #5 (rushing the passer)

Station #6 receiving drill #3 (running routes)

5 step and in route and go route

Coach as QB for 2.5 minutes and players for 2.5 minutes.

Water 2 minutes

Team breakout – 30 minutes – coaches work on setting up an offense and running plays against air.

Water – 2 minutes

Relay Race – 10 minutes – running with ball and handing off properly to next person in line.

- Set up cones in a zig zag over 20 yards

- Players go around outside of cone.

- Sharp cuts at cone.

- At 20 yards they run in a straight line back and hand off to next player in line.

Summary – 5 minutes

- What did we learn today?

- Leadership

- Being a good teammate

- Doing your best

Practice #2

Introduction to Practice - 2 minutes

Warmup and stretch as a large group – 12 minutes

- How we line up

- Static stretches

- Basket/ballistic stretches

- Getting off ball

Water 2 minutes

Team Breakout session – offense 30 minutes

- Teams break in to their own groups and work on getting players in offensive positions, running plays against air.

Water 2 minutes

Team breakout – 20 minutes – coaches work on getting players in to defensive positions and how to cover

Water – 2 minutes

Plank hold 5 minutes– how long can you hold a plank? Team with most players still on a plank after 30 seconds wins. Next challenge 45 seconds. Last challenge who can hold it the longest. Mental toughness and doing your very best.

Summary – 5 minutes

- What did we learn today?

- Leadership

- Being a good teammate

- Doing your best

Practice #3

Introduction to Practice - 2 minutes

Warmup and stretch as a large group – 12 minutes

How we line up

Static stretches

Football movements

High knees

Shuffles

Running sideways (shoulder stay square to line of scrimmage and hips turned and running parallel to LOS)

Backpedal

Backpedal and open to sprint

Getting off ball

Water 2 minutes

Team Breakout session – Station Rotation – 10 minutes - three stations with two teams at each station.

#1 QB drop back to throw - receivers running routes - each team have 2 or 3 QBs designated – QB's work on getting separation from the line of scrimmage – 3 step drop – all others are receivers run routes (5 step – stop , 5 step- in, 5 step – out, quick slant, 5 step post). Receivers start with inside foot forward

#2 Using good angles to pursue the ball – run to where the runner is going - start with a runner 10 yards back – run to a cone at the sideline – tackler starts in linebacker position and takes a good angle to cut off the runner – swoop (shuffle) to inside hip in last two steps- (run 4 sub-stations within this one station)

#3 Man to Man defense – receiver is running a route and coach is throwing the ball. Defensive player is backpedaling with receiver keeping a cushion. Once the cushion is broken the defensive player has to open hips and run with receiver. Or once receive breaks route they break with them.

Zone defense – each defensive player has an area of the field they are responsible for. They shuffle with the QB movement and read the QB. Break to the ball once it is thrown.

Water 2 minutes

Team breakout – 20 minutes – coaches work on running plays as a team

Water – 2 minutes

Shuttle relay – #1 Bear crawl – 5 yards - touch cone and sprint back to tag next man

#2 Shuffle – 10 yards – touch cone and shuffle back

Summary – 5 minutes

- What did we learn today?
- helping a neighbor
- Being a good teammate
- Doing your best

Practice #4

Introduction to Practice - 2 minutes

Warmup and stretch as a large group – 12 minutes

Static stretches

Football movements

High knees

Shuffles

Running sideways (shoulder stay square to line of scrimmage and hips turned and running parallel to LOS)

High Skips (explosive)

Backpedal

Backpedal and open to sprint

Getting off ball

Water 2 minutes

Team Breakout session – Station Rotation – 10 minutes - three stations with two teams at each station.

#1 QB drop back to throw - receivers running routes - each team have 2 or 3 QBs designated – QB's work on getting separation from the line of scrimmage – 3 step drop – all others are receivers run routes (5 step – stop , 5 step-in, 5 step – out, quick slant, 5 step post). Receivers start with inside foot forward

#2 Zone coverage

Align two players across from coach. On coaches command players drop into their respective zone. Players move feet fast with coaches movement as quarterback. Coach moves football side to side and players move with ball. Fast feet. Players open hips at snap and get width and depth at 45 degree angle. Once at depth player turn hips toward QB. Eyes are active looking between QB and receivers entering their zones. Defensive players float toward direction coach looks and leans. When ball is thrown defense drives toward the receiver in that direction.

#3 RB receiving a handoff

- line up four quarterbacks and have one running back lined up four yards directly behind qb.

- coach calls run right or run left.

- one qb calls cadence for all groups.

- quarterback takes correct footwork for run play called. (go to where the running back will be.)

- hand ball off to running back. Running back runs 10 yards and then turns around and runs the ball back to the same QB. Rotate QBs as needed.

-inside arm is an open window (smelly armpit to the QB)

-top arm – thumb is pointed down and fingers are spread

- bottom arm – is across lower abdomen with palm up and fingers spread

- running back must not reach for the ball. Allow the ball to be placed in the window (hit belly)

-once the ball is placed in the window (hits belly) the running back clamps down on ball and covers with both arms.

Water 2 minutes

Team breakout – 20 minutes – coaches work on running plays as a team

Water – 2 minutes

Team Relay Race

Run 10 yards. Do 5 squats. Run 10 yards. Do 5 push ups. Run back and tag the next person.

Summary – 5 minutes

- What did we learn today?

- being positive towards others

- Being a good teammate. Caring about the guy next to you.

- Doing your best