

## FLAG FOOTBALL SKILLS & DRILLS

### **Skills & Drills – Drill #1**

**Warm-Up Drill** - Always begin practice with a warm-up drill. This along with stretching will get muscles loose and warmed up.

**Objective:** Improve agility, footwork and balance

**Drill:** Place cones at corners of 15-yard square. Line up players at one corner of square. Have players:

1. sprint to first cone
2. side-step to second cone
3. backpedal to third cone
4. spring back to beginning of line

Throw a football to each player as he or she finishes the drill. Repeat drill to other side after everyone has had a turn.

### **Skill and Drills – Drill #2**

#### **Flag Pulling**

**Tip:** If you don't have flags, the best alternative would be to use tube socks or long dress socks and tuck them in the waistband of your shorts or in your belt.

**Objective:** This drill teaches the defender to make split-second decisions and to instinctively be able to properly pull the opponent's flag.

**Set up:** Line players up in a single file line acting as ball carriers. The first person in the line will walk forward 5-10 yards and turn to face the ball carriers.

#### **Drill:**

1. The first ball carrier in the line will run toward the defender, then at the last step, cut to the right of the defender. The defender should attempt to reach out and pull the flag.
2. The next ball carrier in the line will do the same thing as the first runner, only this time the runner cuts to the left of the defender. Again, the defender should attempt to pull the flag.
3. The ball carriers should begin to pick up speed with each running back cutting to the right, next to the left, next to the right, rotating back and forth.
4. The process should consistently speed up and eventually the defender does not have time to think, only to react by pulling the flag belt.
5. Switch positions and let another player be the defender, rotating all the way through the team.

**Coaching Tip:** Many teams like to practice this youth flag football drill in the few minutes before a game, in order to warm up and prepare for their opponent.

### **Skills and Drills – Drill #3**

#### **Flag Pulling**

**Objective:** To teach players how to avoid having their flag pulled.

**Set Up:** Set up cones about 5 yards wide and 15 yards long.

**Drill:**

1. A player will start on offense and attempt to get from one cone to the other without having their flag pulled.
2. Be sure to flip flop positions so each child can practice each position.

**Coaching Tip:**

Be careful to not allow players to flag guard, which is one of the most commonly called penalties during games.

### **Skill and Drills – Drill #4**

#### **Passing**

**Objective:** Develop and improve passing technique by focusing on correct arm and hand movement. This drill will also help to perfect throwing motion using only one arm

**Set Up:** Have players partner up and have them stand across from one another in parallel lines 5 yards away. Each set of players will need 1 ball.

**Drill:**

1. Once players are set up have them kneel on both knees, throwing to their partners 5 yards away.
2. After several tosses, have players switch to kneeling on their right knee, then after several throws have them switch to the left knee
3. Next have them throw standing up with feet together, after players have been able to successfully throw from these positions have them try a 3-step drop then a 5-step drop before throwing.

**Coaching Tip:** Show players how to follow through with their arm, so that their thumbs end up pointing down. Demonstrate how to throw from no higher than their ear.

### **Skills and Drills – Drill #5**

#### **Passing**

**Objective:** To develop a solid passing foundation

**Set Up:** Players will partner up with one being the QB and the other the Center. Each pair should have a ball.

**Drill:**

1. The QB will call a cadence or snap count
2. The center will snap the ball
3. The QB will drop back steadily behind the center
4. The QB should bring the ball up to the throwing shoulder right away
5. Practice 1, 3, and 5 step drops WITHOUT throwing the ball to ensure proper mechanics

**Coaching Tip:** Once proper mechanics are established coaches can add a runner and the QB can run through the drill and end with a pass.

**Skills and Drills – Drill #6****Snapping**

**Objective:** Develop proper snapping mechanics

**Set Up:** Set up a 20 x 20 yard area. Divide teams into even groups and place in even lines. Place cones in middle of drill four yards apart. One football per team.

**Drill:**

1. The QB and center on each team will start
2. The center will snap directly to the QB. The center will stand still while the QB runs to the next cone.
3. The previous QB snaps to Center, so on, until course is completed.
4. The drill continues until each person gets a turn.

**Coaching Tip:** If there are enough players, the coach can set this up as a relay race. The center must be sure to place the ball on the ground before snapping.

**Additional Links to use for more drills**

[www.play4funsports.com](http://www.play4funsports.com) – PDF file

[www.eteamz.com/football/instruction/tips/](http://www.eteamz.com/football/instruction/tips/)

[www.football-tutorials.com](http://www.football-tutorials.com)