



# Youth Flag Football Practice Ideas



## ALL Grades (Kindergarten – 8<sup>th</sup>)

### **Warm-Up Drill: "Jingle-Jangle"**

This is a good way to begin practice. After a short stretching period, this drill gets players loose and warmed up, while also helping them practice their agility and footwork.

Purpose: Improve balance, footwork, and change of direction.

#### Drill Outline:

- Place cones at corners of 15-yard square. Line up players at one corner of square. Players then:
  1. sprint to first cone
  2. side-step to second cone
  3. backpedal to third cone
  4. sprint 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.

### **Drill: Centre QB Exchange**

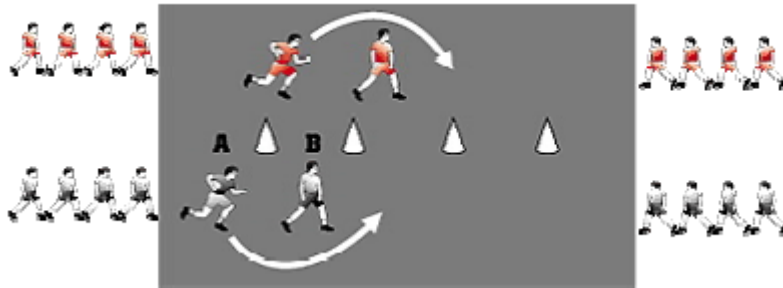
Purpose: To develop proper snapping technique.

Organization: Set out 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; the entire class can participate.

#### Drill Outline:

- This is a relay race.
- The quarterback (A) and centre (B) on each team start the race.
- The centre (B) snaps directly to the QB(A). The centre will stand still while the QB runs to the next cone.
- The previous(A) snaps to (B), then (B) snaps to (A) and so on, until course is completed.
- The race is continued until each participant gets a turn.

Key Coaching Points: Centre must place the ball on the ground before snapping.



**Drill: Defense**

Purpose: To develop defensive skills of backpedaling and pulling the flag.

Organization: Set out a 20 x 20-yard area. Pair up 10-12 participants or as many as space allows.

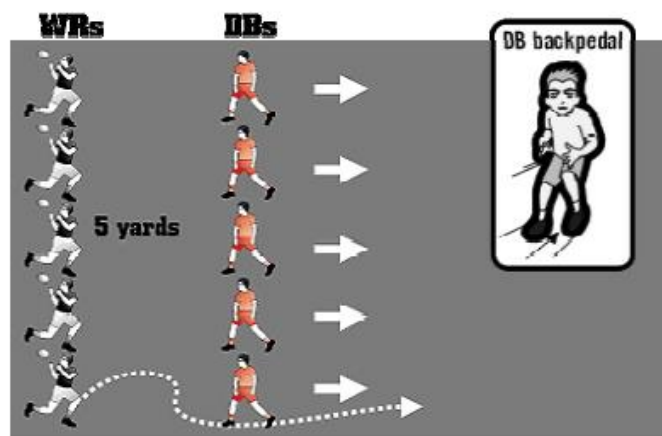
Drill Outline:

- Pair up kids - one group is WRs, the other DBs.
- Each DB will backpedal and "mirror" the WR. All players will start in slow motion on the coach's command.
- Switch, making WRs play as DBs. Progress to half speed.
- Switch positions again. Now go to full speed. On the instructor's whistle, the WRs will try to run past the DBs, who are backpedaling.
- During the drill, the instructor calls out "GO", the DB is now allowed to pull the flag of the WR who is still running for the end zone.
- The "GO" simulates the WR catching the football.

Progression: The coach will pass a football to an open offensive player when "GO" is called.

Key Coaching Points:

- DB stays in front of offensive player.
- DB watches WR's waist and hips.



### Drill: Defense

Purpose: To develop running skills and avoid the DB. Also teaches RBs to run to an open area.

Organization: Set out a 20 x 20-yard area. 10 players start at one end zone, each with a football (if available). Two DBs are stationed in the middle of the field.

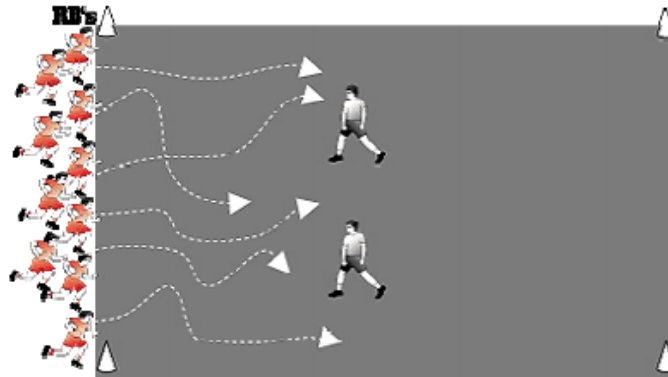
Drill Outline:

- The object is for the RBs to run past the DBs to the opposite end zone without getting their flags pulled.
- If a RB has his/her flag pulled, he/she sits out.
- Stop the drill after RBs reach the opposite end zone. Identify kids with pulled flags and allow players to catch their breath.
- The drill continues then by changing direction until there is one RB remaining.

Progression: Instead a RB sitting out after his/her flag is pulled, have him switch to a DB and assist in pulling other RB's flags.

Key Coaching Points:

- DBs should run to where the RB is going, not to where they are.
- Watch RB's waist, not his/her head or shoulders.



### Drill: Running With The Ball

Purpose: To develop running skills and avoid having the flag pulled.

Organization: Set out a 40 x 40-yard area. Place cones 2 yards apart to simulate a mini-end zone. Recommended for six pairs of players, the maximum number of kids is 20. If cones are not available, marks on the ground or floor, t-shirts, or tape can be used. Balls are optional.

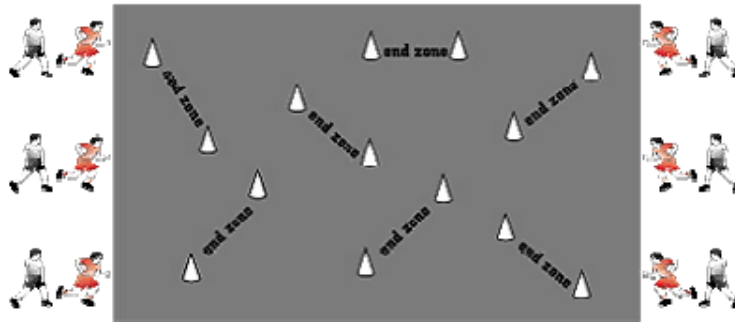
Drill Outline:

- Pair players up-one as a RB and one as a DB. The DB is in back of the RB and chasing the RB from behind.
- RB's should carry a football (if available).
- Each RB starts off on the end line at either side of the playing area.
- The DBs start 5 yards behind the RBs.

- On the coach's whistle, the RBs attempt to cross through the mini-end zones without getting their flags pulled by the pursuing DBs.
- The DB must chase the RB.
- Both flags are pulled, RB is out. If one flag pulled, the RB keeps going.
- Any end zone can be crossed and there is no order in which the end zones have to be crossed.
- The drill lasts 45 seconds and then you switch RB's to DB and DB's to RB.

Progression: Shorten time to 30 seconds. Key Coaching Points:

- RBs run plays with their heads up.
- DB watches the movement of RB's hips, not his/her head or shoulders



#### Drill: Pass Pattern Combinations



**Streak Out:**  
#1 WR runs a 5-yard out toward the sideline and WR #2 runs a streak.



**Streak Curl:**  
#1 WR runs a streak and #2 WR runs a 5 yard-curl inside.



**Post Out:**  
WR #1 runs a post and WR #2 runs a 5-yard out.



**Corner Smash:**  
WR #1 runs a corner and WR #2 runs a 5-yard smash.



**Curl Post Corner:**  
WR #1 runs a 5-yard curl and WR #2 runs a post.



**Twin Curl:**  
WR #1 and WR #2 both run 5-yard curls. This play is used in short-yardage situations.

\*On all these patterns, #1 is an option if #2 is covered, and vice versa.

## Drill: Passing & Receiving

Purpose: To develop running, passing, and receiving skills.

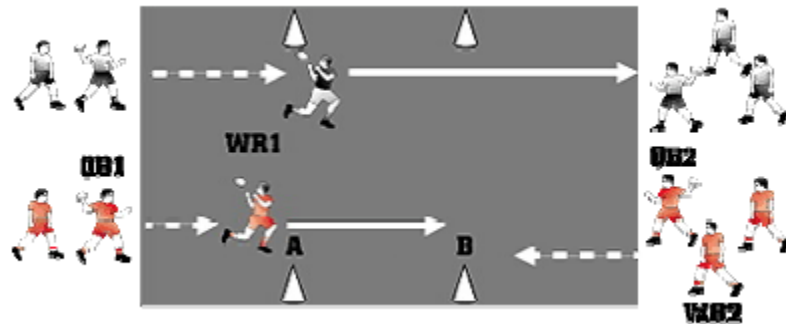
Organization: Set out a 20 x 20-yard area and divide the team into even groups. Set cones 5 yards from each end line and 10 yards apart. Each team requires one football so the entire team can participate.

Drill Outline:

- This is a relay race.
- The object is for QB 1 to pass to WR 1, who has run to cone (A) to catch the ball.
- The second participant in line is WR 2.
- WR 2 runs to cone (B) and repeats the drill.
- The drill is repeated until every participant has a turn.
- If the ball is dropped, the WR picks it up and continues with the drill.

Key Coaching Points:

- WR must stop and completely turn around giving the QB a big target.
- WR must give a solid handoff to the QB when returning to line.
- After each relay race, a WR becomes the new QB.



## Drill: Individual Pass Patterns



**5 Yard Curl:**  
The WR runs up the field 5 yards, stops, and returns back towards the QB.



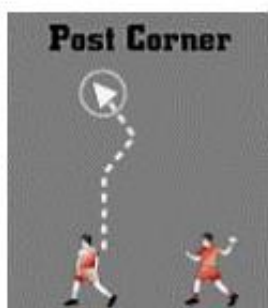
**5 Yard Out:**  
The WR runs up the field 5 yards and cuts to the sideline.



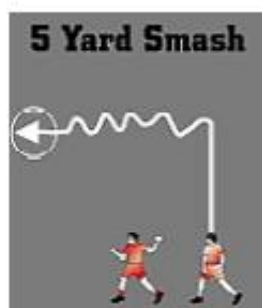
**8 Yard Post:**  
A WR runs up field 8 yards and cuts toward the centre of the field on a 45-degree angle



**Streak:**  
The WR runs straight up the field as fast as possible.



**Post Corner:**  
The WR runs up the field. At 8 yards he cuts toward the centre of the field and after 2 yards runs towards the corner of the end zone.



**5 Yard Smash:**  
The WR runs up the field 5 yards and then turns toward the QB and side shuffles with body facing the QB.