

NATIONAL FLAG FOOTBALL

# TOUCHDOWN FOR TOTS

NFL FLAG



# Table of Contents

<i>Introduction</i> .....	3
<i>Coaching Reminders/Important Information</i> .....	4
<i>How to be a Good Sport</i> .....	5
<i>Positions</i> .....	6
<i>Week 1</i> .....	8
<i>Week 2</i> .....	14
<i>Week 3</i> .....	17
<i>Week 4</i> .....	22
<i>Week 5</i> .....	25
<i>Week 6</i> .....	28
<i>End of Season Reminders</i> .....	29

# Introduction

Welcome to Touchdown for Tots and thank you for volunteering your time. Participation in athletics plays a valuable role in the development of children. Aspects of teamwork, dedication, discipline, physical fitness, self-esteem, and fair play all contribute to the overall growth and maturation of young people. We take this responsibility seriously and want to share with you our guidelines and philosophies that will make this program a truly special experience for our participants and their families.

This guide is a weekly schedule including warm-ups, drills, games, and weekly character traits. No week is the same, so it is important to use the guide each week for practice. We have provided a schedule for each week with estimated times to be spent on each drill. The times are estimates and you may finish a drill or game quicker than we planned. If this happens, please move on to the next drill and make sure each drill is completed during the practice.

This guide also includes our How to be a Good Sport program. Each week you will have a new character trait to focus on during the practice. We provided definitions, examples of how to introduce the trait, and for some practices, games that enforce the trait. The program covers five traits that lead up to the last week where sportsmanship will be covered. Each character trait is a small piece of learning sportsmanship and we hope this program starts to create good sports at a young age.

If you have any questions or concerns throughout the season, please email [info.fl@nationalflagfootball.com](mailto:info.fl@nationalflagfootball.com).

Thank you for volunteering your time to be a coach and we hope you have a great season!

# Coaching Reminders

Fitting Flags: **YouTube Video – Shuffle Pull** – <https://youtu.be/OGx9kYuldfw>

-The times that are listed throughout the packet are estimates. You may get done with a section earlier than noted, but please make sure to accomplish everything in the weeks provided.

-This is a guide for you as a coach to use. If you know of a better drill or skill that could be beneficial for your players, please feel free to do so.

-The last week of the season your team will have a scrimmage against another team.

-The t-shirts and flag belts are for the players to keep at the end of the season.

-Every week we will send out an email to both the coaches and the players regarding the information that was reviewed that previous weekend.

-HAVE FUN!!!

-For any questions, please email [info.fl@nationalflagfootball.com](mailto:info.fl@nationalflagfootball.com).

## Important Information Throughout the Document

### **TWO MINUTE WATER BREAKS**

-This is crucial for the youngest players to take frequent water breaks. Please make sure everyone is drinking water.

### **COACHING TIPS**

-Throughout the packet, there will be coaching tips labeled. These are not required; however, we have found these useful in the past.

### **YOUTUBE VIDEOS**

-Please reference our YouTube channel for additional information regarding drills, plays, and skills. We have pulled some drills and skills directly from our library and put links in where applicable. We understand that sometimes it may be easier to view them before recreating it out on the field.

# How to be a Good Sport

This aspect of the program teaches players how to be good sports both on and off the field. Each week there will be a new character trait to focus on. These traits will lead up to the last week of the program and this is where the Sportsmanship trait will be discussed. The goal is to use each trait to build a well-rounded 'good sport' who does things like help set up, encourage teammates, and follow rules.

During the team and parent huddle after each practice, you will hand out a sticker to each player for completing the character trait that week. The stickers can be put on the player's flags so they can show them off. At this time, remind the players the importance of the trait and ask them to do something during the week to show what they learned. They can share this trait at the beginning of the next practice.

Each week do a quick review of the trait from the previous week before introducing the current trait. At this time, you should ask anyone if they missed last practice. If they did, please give him/her the sticker from last week.

During week 6, the last week, please review all 5 traits that were learned during the season. This will act as an introduction into the last character trait 'Sportsmanship'. All 5 of the first traits are a part of sportsmanship. At this time, emphasize the importance of being a good sport during the scrimmage.

**Week 1: Teamwork**

**Week 2: Encouragement**

**Week 3: Fairness**

**Week 4: Helpfulness**

**Week 5: Respect**

**Week 6: Sportsmanship**

## Notes:

-Stickers will be handed out at coaches meetings and will be available at the Directors booth at the field the first week

-Try to keep every player at the same number of stickers

-Pass stickers out at the end of practice when parents are present

# Positions

These are the most common positions for flag football. Please accommodate your team as fitting. These are just recommendations. Go over positions with your players during plays.

## Offense

### Quarterback

- Responsible for the beginning of every play, and initiating the QB/Center Exchange
- Distributes ball to either the running backs/wide receiver/center etc.
- Has a 7-second pass clock to get rid of the ball
- Is only eligible to receive a pass or handoff IF and ONLY IF the ball has been handed off behind the line of scrimmage first

### Running Back

- Responsible for taking the hand offs or going out for a pass
- If they did not receive the ball on the play, they are responsible for distracting the defense by following the arrow in the play and acting like they will be getting the ball

### Wide Receiver

- Responsible for catching passes thrown to them by the QB
- If they did not receive the ball on the play, they are responsible for distracting the defense by following the arrow in the play and acting like they will be getting the ball

### Center

- Begins the start of every play through the QB/Center Exchange. THE BALL MUST BE SNAPPED BETWEEN THE LEGS.
- Is eligible to receive a handoff or pass by the QB as long as it is a CLEAR exchange from the center to the QB
- If they did not receive the ball on the play, they are responsible for distracting the defense by following the arrow in the play and acting like they will be getting the ball

### Optional Receiver/Running Back

- Depending what type of offense, the coach wants to run will determine your 5<sup>th</sup> player's position.
- Please see above for position responsibilities.
- Interceptions are not allowed on ONE WAY fields

## **Defense**

- Defensive players cannot pass the line of scrimmage until the ball is handed off.
- All defensive players must give the offense a one-yard cushion prior to the snap of the ball.
- Usually a defense runs a 2-1-2 zone. Typically, there are 2 Corners, 1 Linebacker and 2 Safeties.

## **Linebacker**

- Lined up 3 to 5 yards behind the defensive end
- Responsible for the optional player #5 (usually a running back) to pull his/her flags

## **Corner**

- Lined up on either outside receivers
- Responsible for making sure the receiver does not catch the ball, if he/she does, they are responsible to pull the receivers flags.
- Also, responsible to grab the running backs flag if the DE or LB do not get them first.

## **Safety**

- Lined up in a triangle formation with the corners. Generally, the last line of defense.
- Not allowing receivers to run past them for a catch
- If no other defenders have pulled the offenses flags, they are technically the last man standing to stop the play

## **Corner #2 and/or Safety #2**

- See above

# Touchdown for Tots Week 1

Team Huddle	Warm – Ups	Skills	Offense & Defense	Wrap-Up Game	Team Huddle
	<ul style="list-style-type: none"> <li>➤ Stretches</li> <li>➤ Red Light, Green Light</li> </ul>	<ul style="list-style-type: none"> <li>➤ Hand offs</li> <li>➤ Ball Carrying</li> </ul>	<ul style="list-style-type: none"> <li>➤ Positions</li> <li>➤ Play #1</li> </ul>	<ul style="list-style-type: none"> <li>➤ Capture the Flag</li> </ul>	
<b>:00-:10</b>	<b>:10-:22</b>	<b>:22-:37</b>	<b>:37-:52</b>	<b>:52-:57</b>	<b>:57-:60</b>

## Character Trait of the Week: Teamwork

This week during stretches, talk to your players about working as a team to reach goals and why it's important to use teamwork over doing everything themselves. During Capture the Flag, emphasize teamwork by getting everyone to play a role either capturing the opponent's football or guarding their football.

## Team Huddle (10 min)

### Welcome Players

- Greet – Introduce coaches
- Pass out flag belts and t-shirts
- Fit Flag Belts and label them with the child's name
- Remind parents they need to stay for practice. The more parent involvement the better!
- Encourage – Reinforce that everyone is there to learn, and it is okay to make mistakes
- Enthuse – We are here to try hard and to have fun!

### Introductions

#### Getting to Know You Game

- Sit in a circle
- The coach starts with the ball and says his name. He will pass the ball to a player in the circle and ask a question (Ex: What is your favorite \_\_\_\_\_?). The player will say, "My name is \_\_\_\_\_, answer the question". They will then pass the ball to someone else in the circle. That person will say "My name is \_\_\_\_\_ and answer the questions". This continues until everyone has had a turn.



## Teach Rules

- Listening during instruction.
  - Coach Tip: Use a whistle during drills to teach the players that one whistle means go, 2 whistles mean stop.
- No tackling
- Keeping hands to yourself
- Trying your best & supporting your team
- Allow players to ask any questions they may. Be positive and energetic as you interact with your players.
- Any other coach's instructions you may have

## Warm-Ups (10 min)

*Coaching Tip: During Stretches have your kids count as loud as they can*

### **Cardio Warm Up**

- Light short jog
- Circle up and as a team complete 10 jumping jacks
  - Rest and repeat jumping jacks 1 more time.

### **Hamstring Stretch**

- Players place feet together
- Reach their hands to their feet with their legs remaining straight
- Hold this position to the count of 10
- Rest and repeat 2 more times.

### **Quadricep Stretch**

*Coaching Tip: Have players partner up and hold onto one another's shoulder*

- In standing position lift and bend the right leg, grab it with the right hand.
- Gently press the foot toward the body until you feel the stretch in the front of the thigh. Hold for 10 seconds.
- Repeat with the left leg
- Rest and repeat 1 more time on each leg.

## **Red Light, Green Light (Reinforce Listening & Speed):**

If you are using the whistle system replace “green” with one whistle and “red” with two whistles in the directions below.

- All players line up on the sideline. The coach (stop light) will stand about 15 yards away from the sideline.
- The stop light faces away from the line of players and says, “green light”. At this point the players can move towards the stoplight.
- At any point, the stop light may say “red light!” and turn around. If any of the players are caught moving after this has occurred, they are out.
- Play resumes when the stop light turns back around and says, “green light”.
- The stop light wins if all the Players are out before anyone is able to touch him/her.
- Otherwise, the first player to touch the stop light wins the game and earns the right to be “stop light” for the next game.

## **2 Minute Water Break**

### Skills (15 min)

#### **Center Quarterback Exchange**

- Set up a 5 x 5-yard area. Divide teams into even groups and place in even lines. Place cones in the middle of the drill four yards apart. One football per team.
- Show the players how the center is supposed to be positioned
  - Ball on the ground and in between the center's legs
- The quarterback (A) and center (B) on each team start the drill
- The center (B) snaps directly to the QB (A). The center 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 drill is continued until each participant gets a turn.

#### **Hand Offs (Bread-Basket Technique)**

##### **Reference: YouTube Video: How to Handoff a Football**

- Use the 10 x 10-yard area, either keep the same teams from the Center Quarterback Exchange or create new ones. Place in even lines across from one another outside of the cones.
- Assign a line A and B. Have line A start with the ball and have the first player run out to the middle of the coordinate with the ball out to their left-hand side meeting a player from line B.

- As Player A and B meet in the middle, have player B open their arms (Left hand across their chest with their palm facing down. Right hand across the players belly button with their palm facing up towards the left elbow.)
- Once line A places the ball into line B's arms, have player B close their arms and continue to run towards line A. Once player B meets line A, he/she will then hand the ball off to line A (where their left hand is across their chest with their palm facing down. Right hand across the players belly button with their palm facing up towards the left elbow.)
- Repeat until every player has handed off the ball, and received the ball using the bread-basket technique.

## 2 Minute Water Break

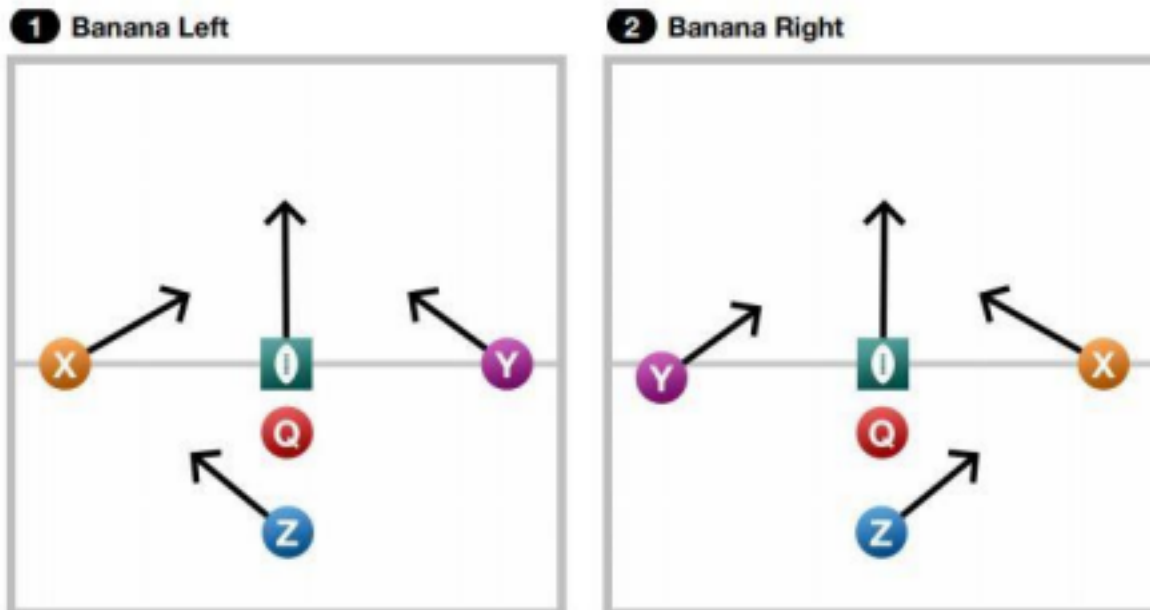
## Offense and Defense (10 min)

Throughout the course of the 6 weeks, we will incorporate plays from our Lombardi Playbook. (This can be found at [www.NationalFlagFootball.com](http://www.NationalFlagFootball.com) under the Resources tab → Coaches Section)

### Play #1

#### Banana Left and Banana Right

- Both outside receivers run slants which will open the ability to run this play to the left or the right. The center can run out for a 5-yard curl pass if you're feeling optimistic



## 2 Minute Water Break

## Wrap Up Game (10 min)

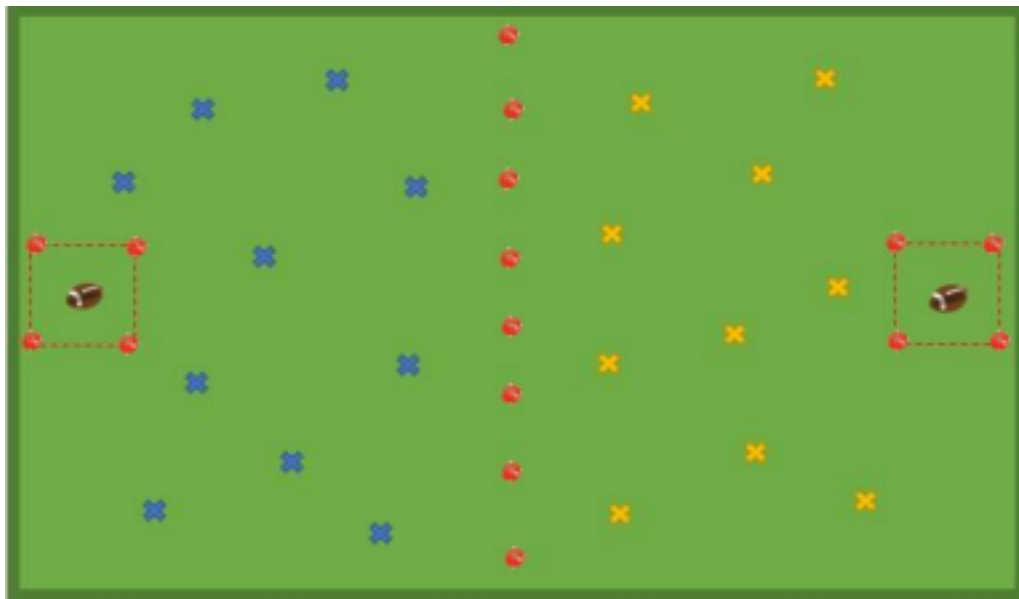
### Capture the Football

Objective: to steal the other team's football and bring it back to your side. (your team's football must still be on your side of the field for the score to count).

Equipment needed: 2 footballs, flag belts, cones to mark field boundaries, and hold the football.

How to play: Divide the players into two teams and have them go to their side of the field. Some will want to play defense to protect their football, and some offense to steal the other team's football. The offensive players must run over to the other side in order to attempt a football steal. Once in possession of the ball, the player must then make it successfully back to their side before their belt is pulled. If pulled, the football is returned, and that player must return to their side of the playing field. The football can either be ran back or thrown to other teammates to make it over the line. If thrown, a teammate will need to make a successful catch, or the ball is returned to its base. Each successful football capture results in a point. The team with the most points at the end of the game time wins.

Rules: The players must stay outside the box of cones around their own football when playing defense. See diagram for an example.



## Team Huddle (3 min)

- Gather parents and players into a huddle
- Review skills, drills, and teamwork trait that were taught that day
  - Coaching Tip: Here is a great place to ask the players if they had fun today and if they had any questions.
- Remind parents of next week's practice time and the best way to contact you in case their child cannot make a week
- Collect flags so you have them for next week's practice
- Ask the parents if they would be interested in a snack rotation
- End with a team chant
  - Example: Tell your players to put their hands in the middle, and on the count of 3 yell really loudly "GO TOTS!!" or "GO TEAM!!!"

## Touchdown for Tots Week 2

Team Huddle	Warm – Ups	Skills	Offense & Defense	Wrap Up Game	Team Huddle
	<ul style="list-style-type: none"> <li>➤ Repeat stretches from last week.</li> <li>➤ Sharks and Minnows</li> </ul>	<ul style="list-style-type: none"> <li>➤ Flag Pulling</li> <li>➤ Shuffle Pull</li> <li>➤ The Gauntlet</li> </ul>	<ul style="list-style-type: none"> <li>➤ Review Positions from Week 1</li> </ul>	<ul style="list-style-type: none"> <li>➤ Relay Race</li> </ul>	
:00-:05	:05-:20	:20-:40	:40-:50	:50-:58	:58-:60

### Character Trait of the Week: Encouragement

This week during stretches, talk to your players about what encouraging other people looks like. Ask the players what they can say to encourage teammates while during practice. Examples of this would be saying “you’ve got this!”, “nice job!”, or high-fives and clapping. Make sure to continue encouraging the players during practice yourself. They are here to have fun and learn, encouraging them could take away some pressure. During the relay races, make sure teams are cheering on teammates.

## Team Huddle (5 min)

### Welcome Players and Parents

- Go around the circle and have the players repeat their names so coaches and players can start to remember
- Make sure everyone has their proper equipment (flag belt, t-shirt, and mouthguard)
- Ask players and parents if they have any questions about last week's practice

## Warm-Ups (15 min)

### Cardio Warm Up

- Same as week 1

### Hamstring Stretch

- Same as week 1

### Quadricep Stretch

- Same as week 1

### Butterfly Stretch

- Players sit on the ground and bring their soles of their feet together

- There legs will create a diamond shape
- Hold for 20 seconds
  - Once the players learn how to properly conduct this stretch, have them hold their feet and push down on their legs with their elbows.

### **Sharks and Minnows (Reinforces Flag Pulling and Staying Inbounds)**

- Set up a rectangle field (not too large) 10 yard by 15 yard deep.
- Have the players start at one end of the field being the “minnows”, while the coaches are in the middle of the field being the “sharks”
- On the coach’s whistle, have the minnows run toward the other end of the field without getting their flag pulled
- If their flag gets pulled by the coach, they are now a shark and return to the middle of the field with the other sharks
- Repeat until there is one minnow left

## **2 Minute Water Break**

### Skills (20 min)

#### **Flag Pulling**

##### **Proper Way to Pull Flags**

**Reference: YouTube Video – Proper Flag Pulling Techniques:**

<https://youtu.be/XfrLXQ3Oob0>

- Have the players sit in front of the coaches and assign one player to stand up facing the players.

#### **Drill - Shuffle Pull**

**Reference: YouTube Video – Shuffle Pull** <https://youtu.be/TX4CLs79-Y>

- Setup: 8 cones in a zig-zag formation, 5 yards apart, 10 yards wide
- Set a player at each cone with their flags facing the middle
- Defender will start at the back cone, and then shuffles quickly to each cone and pulls the flag of the player at each cone
- Have the players turn around to their other intact flag, and have the defender go back the other way
  - Coaching Tip: Have either assistant coaches or parents stand by their player to help put the flags back on quickly

### **Drill - The Gauntlet**

**Reference: YouTube Video – Improve your Flag Pulling with this GREAT Drill**

<https://youtu.be/0dgkCiFeFck>

- Separate the team into an offense and a defense
- Create a 20 x 20 square
- The offense will be handed off the ball by the coach to start (reinforce the bread-basket technique)
- The running back and defender run toward each other, and the defender is trying to pull the flag, while the running back is trying to get around the defender

### **2 Minute Water Break**

## Offense and Defense (10 min)

### **Review Positions**

- Place participants in Banana Left and Banana Right formation
- Ask them what position they are in, then switch them up
- Make sure every player gets a turn in each position
- Run the plays through a couple of times

## Wrap Up Game (8 min)

### **Relay Races**

- Split your team into 2-4 lines with 4-5 players at each line.
- On your whistle have your players run out 20 yards (you may place a cone down for them to run around)
- Once they sprint back, they must slap their teammates hand before their team can start running
- Have the players who have already ran, sit down so you can see how many runners are left
- Repeat a few times

## Team Huddle (2 min)

- Gather parents and players into a huddle
- Review skills, drills and respect trait that were taught that day
- Remind parents of next week's practice time
- End with a team chant



## Touchdown for Tots Week 3

Team Huddle	Warm – Ups	Skills	Offense & Defense	Wrap Up Game	Team Huddle
	<ul style="list-style-type: none"> <li>➤ Stretches new and old</li> <li>➤ What Time is it Mr. Fox</li> </ul>	<ul style="list-style-type: none"> <li>➤ Staying inbounds</li> <li>➤ Footwork</li> </ul>	<ul style="list-style-type: none"> <li>➤ Dragon Left and Dragon Right</li> <li>➤ Apple Sauce Left and Apple Sauce Right</li> </ul>	<ul style="list-style-type: none"> <li>➤ Steal the Bacon</li> </ul>	
:00-:03	:03-:18	:18-:32	:32-:50	:50-:58	:58-:60

### Character Trait of the Week: Fairness

This week during stretches, talk to your players about the importance of following rules and letting everyone participate. Playing fairly is an important part of being an athlete. During the Mr. Fox game, teach the players to follow the rules by taking the correct number of steps.

## Team Huddle (3 min)

### Welcome Players and Parents

- Make sure everyone has his/her proper equipment (flag belt, t-shirt, and mouthguard)
- Ask players and parents if they have any questions about last weeks practice

## Warm-Ups (15 min)

### Cardio Warm Up

- Sprints – Have your players line up on one end of the field and on the coach's whistle have them run as fast as they can to the other side
- Repeat 5 times

### Hamstring Stretch

- Players place feet shoulder width apart
- Reach their hands to one side of their body with their legs remaining straight
- Hold this position to the count of 10
- Rest and do the same thing on the other side
- Rest and finally have them touch the middle of the grass in between their feet for 10 seconds

## **Arm Stretch**

- Arm Circles
- Have your players stand arms-length apart
- Start with small arm circles and count to 10 seconds
- Change directions and go backwards arm circles for 10 seconds ➤ Rest, then go into large forward arm circles for 10 seconds
- Change directions and go backwards arm circles for 10 seconds

## **Butterfly Stretch**

- See Week 2

## **Warm Up Game: What Time is it Mr. Fox Flag Pulling**

- Mr. Fox or coach starts out at one end of a field with his back to the group.
- The group at the other end then yells out "What time is it Mr. Fox?" Mr. Fox then calls out a time that is on the even hour (1 o'clock - 12 o'clock). The group then takes that many steps.
- When the group gets to where the fox is, but not past him, and asks the time, the fox can yell "Midnight!" They then turn and chase the group to pull their flags. Those that he catches are to join the fox at the other end. When the next time the fox yells "Midnight" those players can help pull flags of the players that are still "in" the game. The last one left becomes the fox or wins.

## **2 Minute Water Break**

### Skills (14 min)

#### **Staying Inbounds – Drill**

- Set up cones 5 yards from out of bounds. Have a running back (yellow x) receive a handoff from the coach, and start running with the ball, while the defender (blue x) is a few yards behind the running back and is trying to pull their flag.
- Continue this process until everyone has gone through the drill twice.



## Footwork

### **Back Peddling - Consider using this drill: Defense Backpedal Drill:**

<https://youtu.be/SZ2GmklQ3ao>

- Setup 3 lines of cones (2 cones in each line about 3 yards apart)
- Split your team into those 3 lines
- On your whistle, have the first player in line at each cone back pedal to the back cone, once they hit the back cone, they sprint forward back to first cone
- Repeat 2 times

### **Agility Ladder with Cones**

- Setup 6 cones, one yard apart

### **YouTube Video: Youth Flag Football Warm-Up – Cone Agility Ladder**

[https://youtu.be/Buo8BX3\\_y\\_w](https://youtu.be/Buo8BX3_y_w)

### **In and Out**

- Have your player start at one end horizontal of the cones
- Have them run in and out of the cones until the end
- Repeat until all players have gone through this drill

### **Side Grasshopper**

- At the start of the line have the first player face you horizontally and side jump over the cones
- Repeat until all players have gone through this drill

## **2 Minute Water Break**

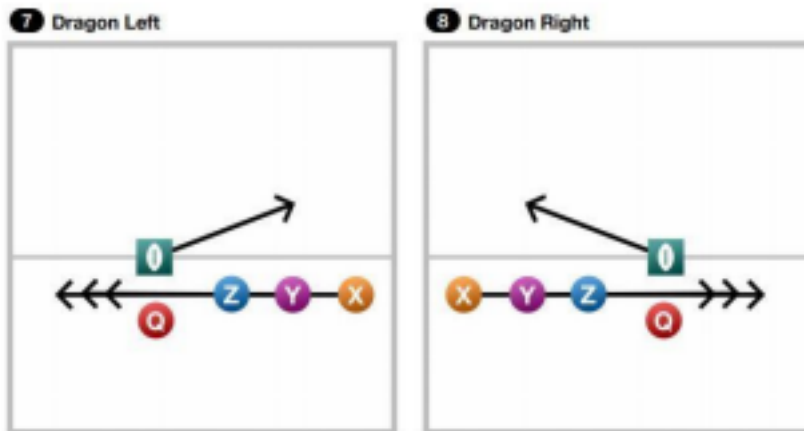
## Offense and Defense (18 min)

➤ As the coach choose either Play #2 or Play #3 to go over with your team

### Play #2

#### Dragon Left and Right

➤ From the trips formation you have the ability of 3 hand off options. Just make sure to watch for down field blocking. Another option is a release be the center for a short quick pass.

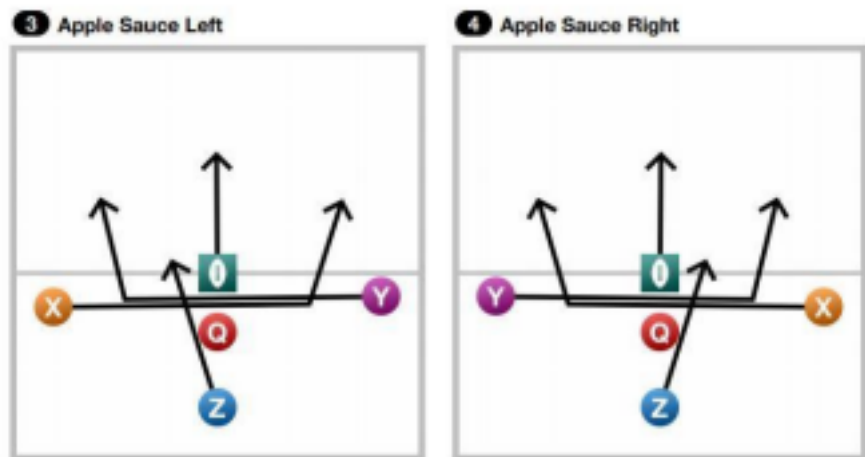


### Play #3

#### Apple Sauce Left and Right

➤ Lots of handoff options running both left, right, and up the middle. Start by giving the hand off to or fake to X, then bring Y for the same option and final run option with Z.

Another Option is to start with Z then Y, then X. Final pass option is a curl to the center.



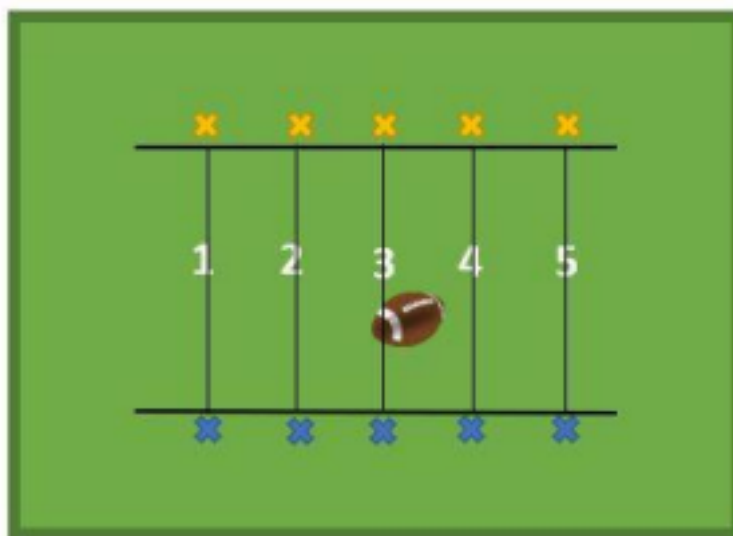
### **2 Minute Water Break**

## Wrap Up Game (8 min)

### Steal the “Bacon” (Reinforces Ball Carrying and Flag Pulling)

- Have each player grab a partner
- Have partners stand 10 yards across from one another with a line going down the middle
- Partners are on opposite teams
- The coach will be the “Caller” number the partners 1,2,3,4,5
- Place the “bacon” football in the center of the two lines
- The caller calls out a number 1,2,3,4,5. The numbered partners run out to grab the football.
- The player that grabs the football tries and runs back to their line, while the person who did not grab the football tries to pull their flag.
- If the player runs back to their respective line without getting their flag pulled, their team gets a point. If the flag is pulled, the flag puller’s team gets the point
- The first team to 5 wins

Coaching Tip: You may call more than one number at a time



## Team Huddle (2 min)

- Gather parents and players into a huddle
- Review skills, drills, and fairness trait that were taught that day
- Remind parents of next week’s practice time
- End with a team chant

## Touchdown for Tots Week 4

Team Huddle	Warm – Ups	Skills	Offense & Defense	Wrap Up Game	Team Huddle
	<ul style="list-style-type: none"> <li>➤ Stretches new and old</li> <li>➤ Duck-Duck Goose</li> </ul>	<ul style="list-style-type: none"> <li>➤ Throwing and Catching</li> </ul>	<ul style="list-style-type: none"> <li>➤ Review running plays</li> <li>➤ Blizzard Left</li> </ul>	<ul style="list-style-type: none"> <li>➤ Flip the Cones</li> </ul>	
:00-:03	:03-:18	:18-:32	:32-:50	:50-:58	:58-:60

### Character Trait of the Week: Helpfulness

This week during stretches, talk about the importance of being helpful towards others. You can ask players what they do to help friends and family. You can ask players to help set up cones for a drill or ask them to bring you something you need. They can help each other on the field by picking up a flag after they pull it. During Duck-Duck Goose, remind players they can pick up flags after they pull them.

## Team Huddle (3 min)

### Welcome Players and Parents

- Make sure everyone has their proper equipment (flag belt, t-shirt, and mouthguard)
- Ask players and parents if they have any questions about last weeks practice

## Warm-Ups (15 min)

### Hamstring Stretch

- See Week 3

### Arm Circles

- See Week 3

### Inchworms

- Start standing up, and then bend forward so your hands can touch the ground. Walk your hands forward to a push up position on the ground. Slowly begin to walk your feet towards your hands while keeping your legs straight.
- Stand up and repeat 5 times

### **Jumping Jacks**

- 2 reps of 10

### **Duck-Duck-Goose (Running the Ball and Flag Pulling)**

- Have the team sit in a circle
- Pick one player to be the "Goose" and hand them the football
- While they have the football in one hand, they are tapping on the other "ducks" heads saying, "Duck, duck, duck, or goose."
- They can say goose whenever they would like. If someone gets tapped goose, they must get up and run to try and pull the first goose flags. If the player with the ball is trying to run around the circle and sit down in the other person's open seat. If they sit down before their flag is pulled, they are now a duck. If the players flags get pulled, then they are still the goose
- Play until time for this section of warm-ups is done

## Skills (14 min)

### **Throwing & Catching**

- Create two stations. One for throwing and one for catching.

#### **Throwing**

- Proper way to throw the football – Set your feet, point and throw
- Show the players how to throw the ball, and then have the players throw the coach and/or parent the ball
  - Young QB Techniques: <https://youtu.be/bcvXFvswUac>
  - QB Throwing Drill: <https://youtu.be/CUufsMzrGbQ>

#### **Catching**

- Simple way to teach how to catch a football is creating a diamond with your thumbs and index fingers.
- Have a coach and/or parent throw the ball for them to catch
- Try not to have them catch it with their body

### **2 Minute Water Break**

## Offense and Defense (18 min)

- Review Plays from week 3
- This week add in the defense to start pulling the running backs flags
- Enforce your players to not cross the line of scrimmage

## Throwing Play #1

### Blizzard Left

- On this play we are setting up a center release.
- Use X to run a streak. Have Y run a post. X will run a slant. Your center will release left on a 2 - 3 second delay. This play can also be ran to the right.



### 2 Minute Water Break

## Wrap Up Game (8 min)

### Flip the Cones

- Scatter the cones or discs in a 20-yard grid
- Divide the players into 2 teams – Team A and Team B
- Give Team B a 5 second head start knocking down cones with **ONLY THEIR FEET**
- After the 5 seconds, blow your whistle to have Team A go and start picking up the cones in an upright position with **ONLY THEIR FEET**. All while Team B still has the chance to knock over the cones.
- Give them 30 seconds, and when time is up whichever team has the most cones either standing up right or knocked over wins that heat.
- Repeat for another round (2 Total in this heat)
- Then switch Team A to knocking over the cones, and Team B to pick up the cones
- Repeat for another round (2 Total in this heat)
- End up with a total of 4 rounds. Whichever team has the most points win!

## Team Huddle (2 min)

- Gather parents and players into a huddle
- Review skills, drills, and helpfulness trait that were taught that day
- Remind parents of next week's practice time
- End with a team chant



## Touchdown for Tots Week 5

Team Huddle	Warm – Ups	Skills	Offense & Defense	Wrap Up Game	Team Huddle
	<ul style="list-style-type: none"> <li>➤ Coaches Choice for Stretches</li> <li>➤ Simon Says Warm-Up game</li> </ul>	<ul style="list-style-type: none"> <li>➤ Coaches Choice</li> </ul>	<ul style="list-style-type: none"> <li>➤ Scrimmage Run Through</li> </ul>	<ul style="list-style-type: none"> <li>➤ Coaches Choice</li> </ul>	
:00-:02	:02-:17	:17-:32	:32-:50	:50-:58	:58-:60

### Character Trait of the Week: Respect

This week during stretches, talk to your players about the importance of respecting you as a coach, their teammates, and officials. Players can practice respect by listening while you're explaining drills, listening to what you say/where you put them, and listening to other players. During Simon Says, make sure players are being respectful and listening to "Simon".

### Team Huddle (2 min)

- Make sure everyone has their proper equipment (flag belt, t-shirt, and mouthguard)
- Ask players and parents if they have any questions about last weeks practice

### Warm-Ups (15 min)

#### Stretches – Coaches Choice

#### Warm-Up Game: Simon Says

- Have the team stand in front of the coach spread out
- The coach is "Simon". Simon tells the players what to do
  - Example: Simon says touch your toes. Simon says do jumping jacks.
- If Simon says: **Touch your nose** without saying "Simon Says" first, and if a player does the act, they are out.
- Go until there is one player left standing

### 2 Minute Water Break

## Skills (15 min)

- Coaches Choice
- Here decide what needs to be worked on the most
  - Flag pulling
  - Staying inbounds
  - Throwing
  - Catching
  - Handoffs
  - Anything that has been taught in the “skills” section or a new drill if you feel it seems fitting.

### **2 Minute Water Break**

## Offense and Defense (18 min)

### **Scrimmage Run Through**

- Show your team what an actual game would look like
- Break your team into 2 teams, and have one coach take the offense and one take the defense
- Start with a team huddle, and give your players positions
- Line them up along the line of scrimmage, and before each play, and have them start in a huddle then break out into their positions.
- Make sure the players know they cannot go until the ball has been handed off
- Run the plays that have been taught throughout the past few weeks

*Coaching Tip: Get the kids pumped for next week when there is an actual scrimmage either against another team or their own team.*

### **2 Minute Water Break**

## Wrap Up Game (8 min)

### **Coaches Choice**

- Any previous games, whether it was the warm-up or the wrap-up game
  - Red Light, Green Light
  - Capture the Football
  - Sharks and Minnows
  - What Time is it Mr. Fox
  - Steal the Bacon

- Flip the Cones
- Simon Says
- Relay Races

## Team Huddle (2 min)

- Gather parents and players into a huddle
- Review skills, drills, and respect trait that were taught that day
- Remind parents of next week's practice time
- Reminder that an actual scrimmage will take place
- End with a team chant

## Touchdown for Tots Week 6

<b>Team Huddle</b>	<b>Warm – Ups</b> ➤ Coaches Choice for Stretches	<b>Skills</b> ➤ N/A	<b>Offense &amp; Defense</b> ➤ Scrimmage	<b>Wrap Up Game</b> ➤ N/A	<b>Team Huddle</b>
<b>:00-:02</b>	<b>:02-:08</b>		<b>:08-:48</b>		<b>:48-60</b>

### Review of Past Traits and Sportsmanship

This week during stretches, review the character traits learned in past weeks. Teamwork, encouragement, fairness, respect, and helpfulness are all aspects of sportsmanship. Good sports play fairly, respect coaches and officials, and they cheer on teammates. Emphasize that the players will be able to practice all these traits during the scrimmage.

### Team Huddle (2 min)

- Make sure everyone has their proper equipment (flag belt, t-shirt, and mouthguard)

### Warm-Ups (6 min)

- Stretches – Coaches Choice

### Offense and Defense (40 min)

#### Scrimmage

- If your location has more than one Touchdown for Tots team, your League Coordinator will assign you a game, field, and opponent
- If your team is the only Touchdown for Tots team, break your team into 2 teams. Team A and Team B.
- Run through a regular game with two 15-minute halves
- Make sure you are rotating your players at every position!

**\*\*\*Take frequent water breaks\*\*\***

## Team Huddle (2 min)

- Have your team go to the director's tent to collect/hand out awards
- Turn in footballs (coaches)
- Thank your parents and players for a GREAT season!!!
- Remind them the next season's registration is open and they can either do the Touchdown for Tots again, or they can move up to the Recreation division
- Please inform parents that we will be sending out a survey about the season and they are encouraged to complete it
- Hand out participation awards, and say something encouraging to each player
- End with a final team chant

## End of Season Reminders

Thank you for making this a great season for your team. We appreciate our coaches and the time they put in to make each practice great for the players.

We invite you to take this coaching survey about your experience this season to provide feedback as we are always looking to improve our program.

Coaching Survey Link: <https://forms.gle/1EAbRcRcqGJU57Hi6>

Please also inform parents that we will email a link for parent/participant feedback and they are encouraged to fill that out to give their feedback too.

Parent Survey Link: <https://forms.gle/eS2qF4RyWWEqM7ohZ>

We will email both links out after the season.

Thank you again for a great season and we hope to see you back as a coach again!