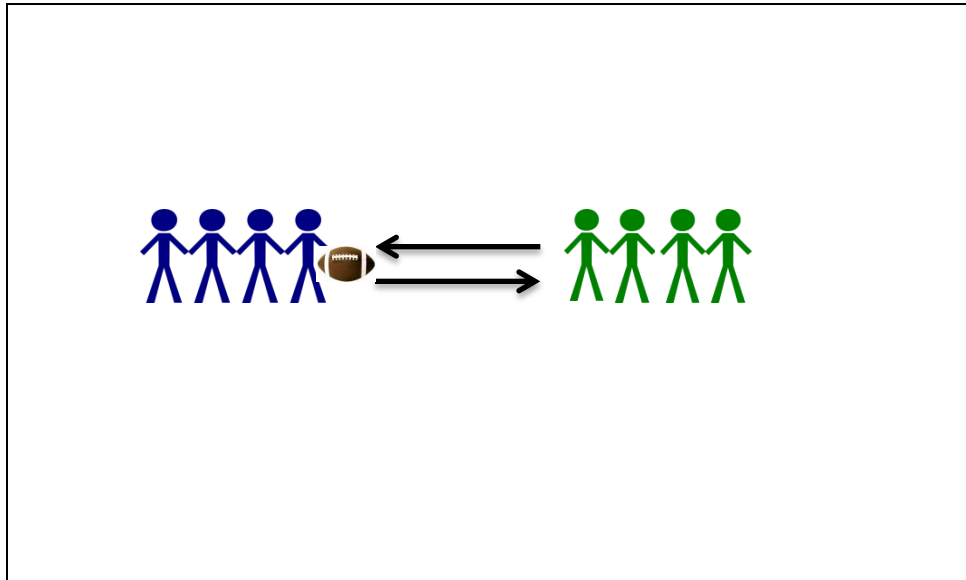


## Fundamental Flag Football Drills: Ages 5 to 8

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**Topic:** Offense and Ball Carrying

**Activity:** Team Handoff



**How to:**

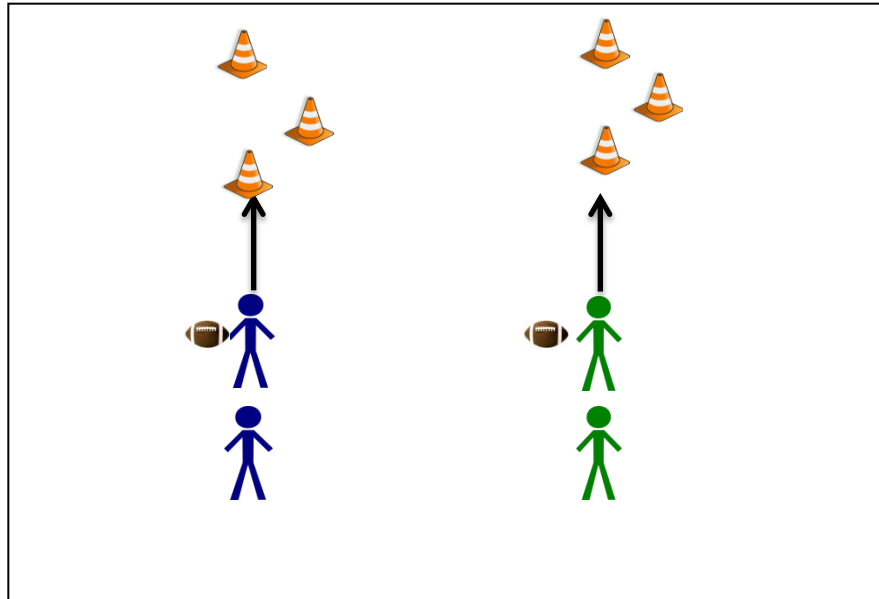
- Divide your players into 2 lines approximately 20 yards away from each other
- A player from one line starts with the ball. On the coach's command, the player with the ball races down field (maintaining the proper grip on the football). Once the player reaches the 1st player in the other line, the player with the ball hands the ball off to that 1st player
- That player is now the ball carrier and races down field towards the other line

**Coaching Points:**

- Holding the ball
- Ball Control
- Hand-off exchange

**Topic:** Ball Carrying

**Activity:** Run Around the Cones



**How to:**

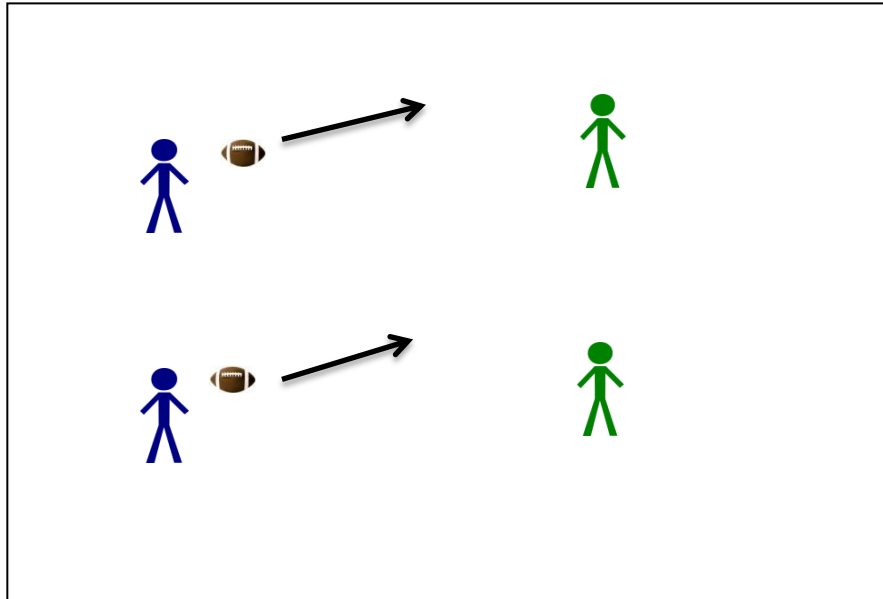
- Divide your team into 2-3 groups
- Each group lines up in a straight line. Set up cones every 3 yards (3-4 cones per group should be fine for this age group)
- Then on the coach's command, have the first player in each group run around the cones. You can make this drill into a relay race, the first team to finish running through the cones wins the game

**Coaching Points:**

- Ball Carrying Skills
- Coordination
- Teamwork

**Topic:** Throwing and Catching

**Activity:** Pass and Catch



**How to:**

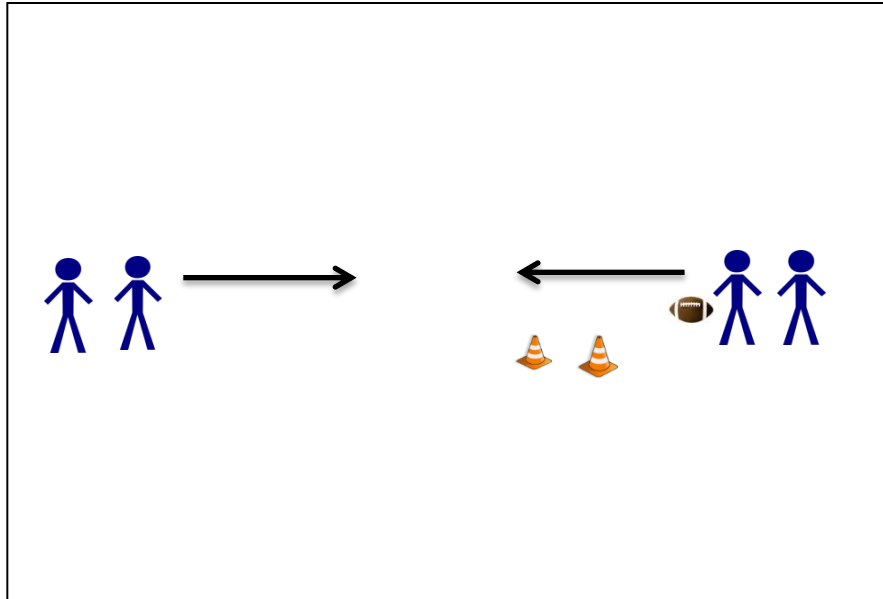
- Have the players partner up
- One player throws the ball while the other catches
- On the coaches command, the player catching will run the route the coach states
- Switch after a couple routes

**Coaching Points:**

- Throwing
- Catching
- Route Teamwork

**Topic:** Catching/Defense/Offense

**Activity:** Ultimate Relay



**How to:**

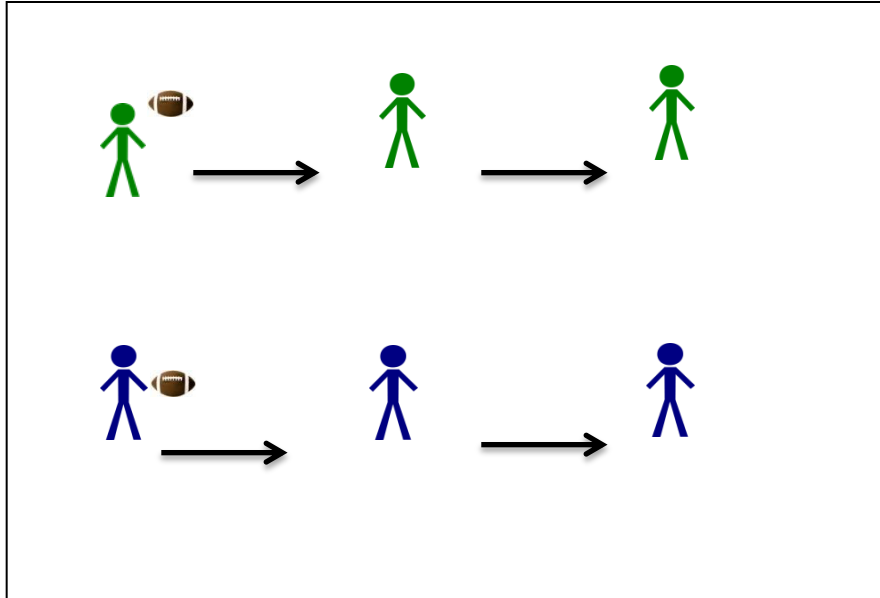
- Split the players up into two lines, facing each other, 20 yards away from each other
- The coach will throw the ball to the first player in line 1
- That player will then proceed to run through the set of cones towards the other line
- On the coaches command the player in the other line runs towards the ball carrier and tries to pull off the players' flag
- Once they are successful or not, the players run to the end of the line of the opposite line where they started

**Coaching Points:**

- Ball Carrying
- Defense
- Footwork

**Topic:** Catching and Throwing

**Activity:** Catch and Release Relay



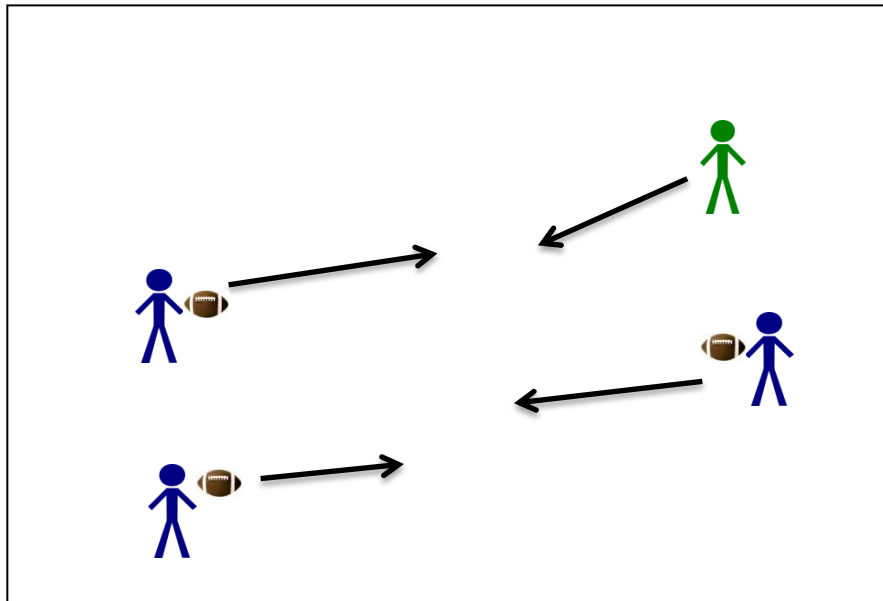
**How to:**

- Form two line with 3-4 players in each line, with an appropriate throwing distance separating each player
- The first player throws it to the next player, he catches it and quickly throws it to the next player
- The line that throws and catches the ball from start to finish, and back again, with no error will be determined the winner

**Coaching Points:**

- Throwing
- Catching
- Teamwork
- Quickness

**Topic:** Ball Carrying  
**Activity:** Zombie Tag



**How to:**

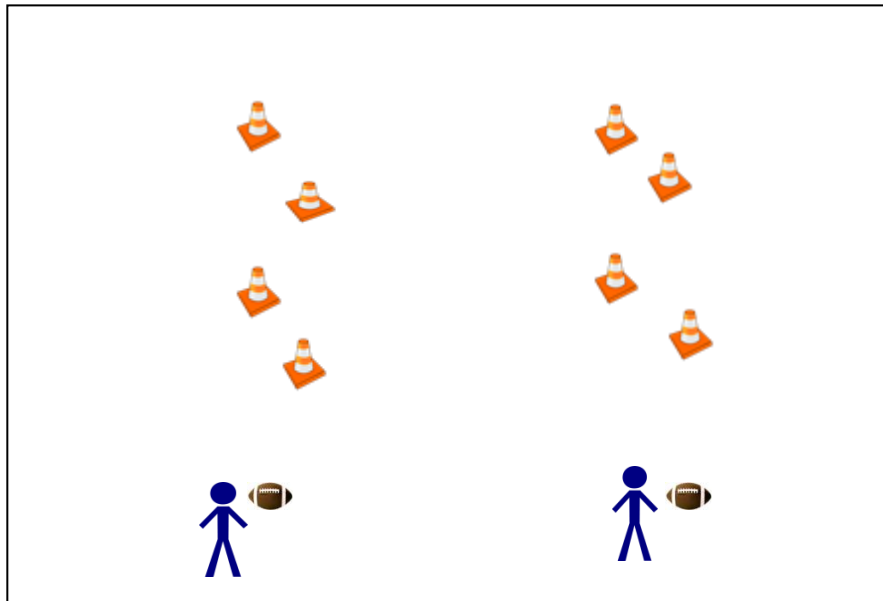
- Designate one person as the zombie, the others have a ball
- Once the zombie pulls the flag of another teammate, they throw their ball to the side and are now a zombie
- The last one holding their ball and not tagged is determined the winner

**Coaching Points:**

- Defense
- Offense
- Ball Control
- Speed/Running

**Topic:** Running/Speed

**Activity:** Cone Race



**How to:**

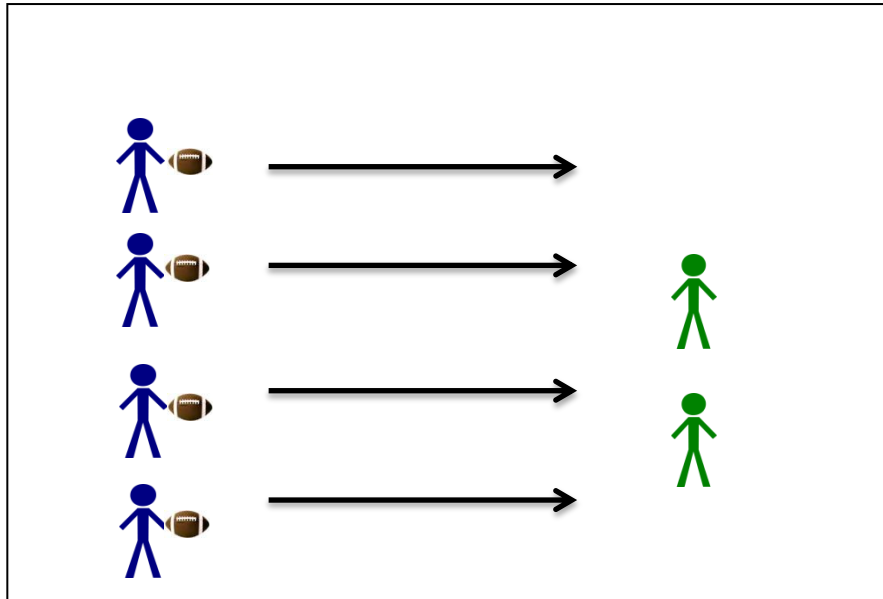
- Form two lines, with each person holding a ball
- On the coaches command, they will run with the ball through the cones
- The first person to run through all of the cones is the winner, rotate with all of the players

**Coaching Points:**

- Ball Carrying
- Agility
- Footwork
- Speed

**Topic:** Defense and Ball Control

**Activity:** Alien Attack



**How to:**

- All the players have a ball except 2-3 players who are aliens
- Players try to stay away from the aliens by not getting their flag being pulled off
- If alien catches the player, the player becomes an alien

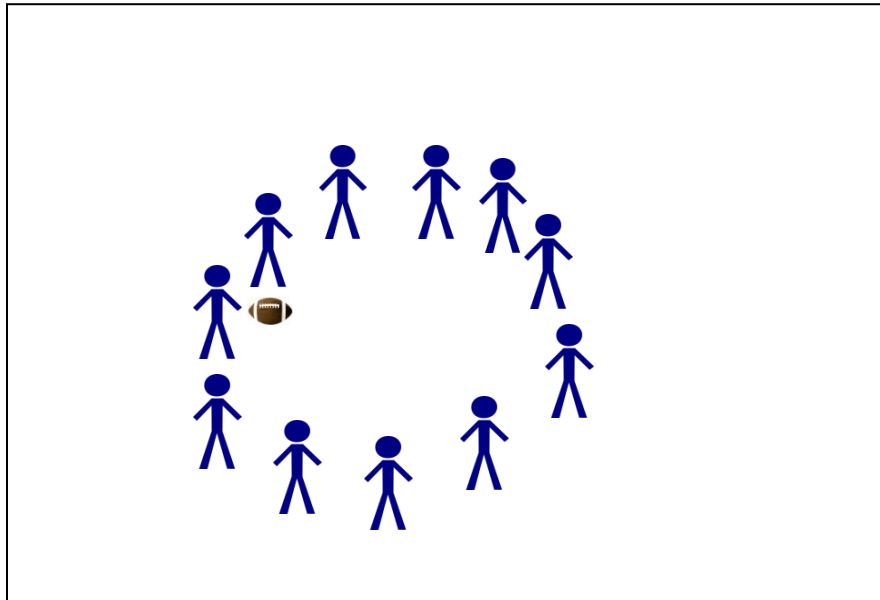
**Coaching Points:**

- Decision making
- Defense (pulling off the flag)
- Speed
- Ball Carrying



**Topic:** Passing and Catching

**Activity:** Circle name game



**How to:**

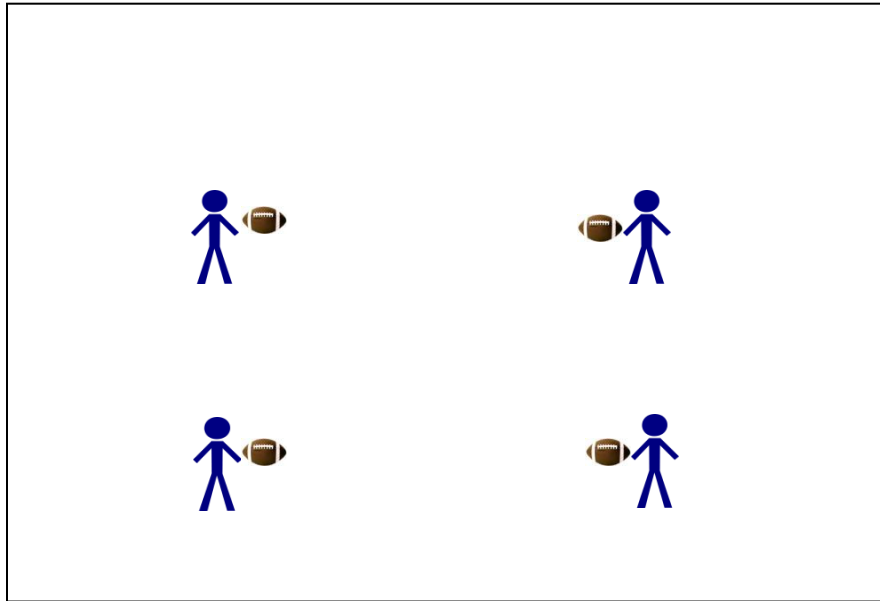
- Players stand in a circle facing each other
- One person has the ball, and throws it to someone in the circle
- Before they throw the ball to the person, be sure they state the name of the player they are throwing to

**Coaching Points:**

- Passing
- Catching
- Name recognition
- Teamwork

**Topic:** Passing

**Activity:** 4 Squares



**How to:**

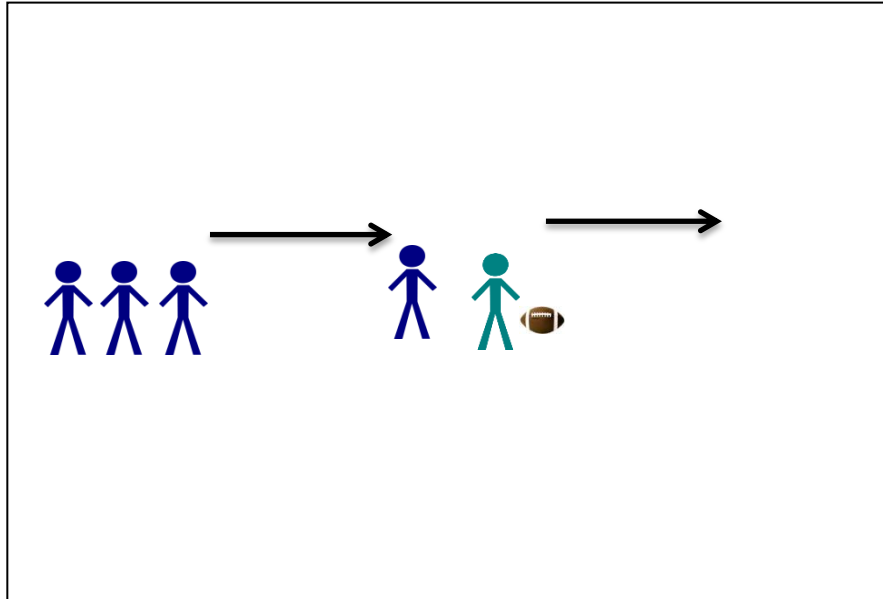
- Have the players create a square, or triangle depending on the amount of players
- Each player starts with a ball
- On the coaches' command, he/she will say "left" or "right". The players will throw the ball to their left or right and catch the ball coming their way

**Coaching Points:**

- Decision making
- Movement
- Throwing
- Catching

**Topic:** Defense

**Activity:** Catch and Run



**How to:**

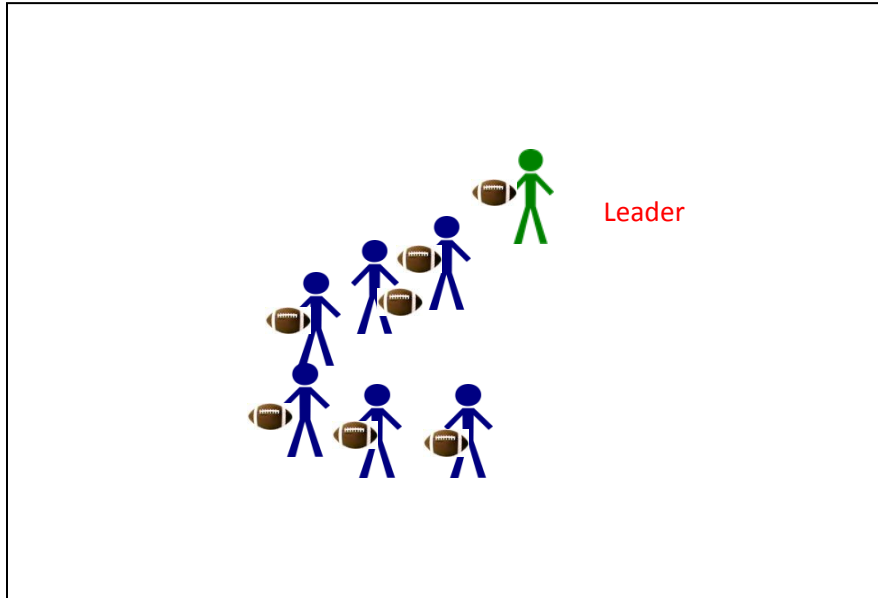
- Have the players form a line, the front person starts with a ball and starts running
- After a few strides, the next person in line chases him and tries to pull his flag off
- Rotate with all of the players in line

**Coaching Points:**

- Speed
- Defense
- Ball Carrying
- Running

**Topic:** Ball Control and Footwork

**Activity:** Follow the leader



**How to:**

- Each player has a ball, designate one player as the leader
- Have them perform tricks and zig zags, juke moves, spins, trying have the followers mimic the leader
- Switch the leader every so often

**Coaching Points:**

- Ball Control
- Movement
- Footwork