



PRINT n' GO

FLAG FOOTBALL

PRACTICE PLANS

ALL-AROUND SKILL DEVELOPMENT

**18 Skill-Building Drills for Passing,
Catching, Running, Flag-Pulling and Defense**



**Includes 5
Printable Practice
Plans**

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1.

DYNAMIC WARMUP

Complete each exercise for 2 sets of 10-20 yards



High Knee Run



Buttkicker Run



Frankenstein Walk



Walking Lunge & Twist



Walking Knee Hug

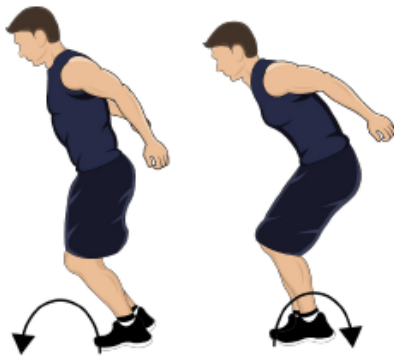


Straight Leg Run

2.

5 MINUTE QUICK FEET CIRCUIT

Complete each exercise for 2 sets of 30 seconds



Two Foot Hops



One-Foot Hops
(1 set each foot)



Scissor Hops



Two Foot Side Hops



One Foot Side Hops
(1 set each foot)

3.

HANDOFF DRILL

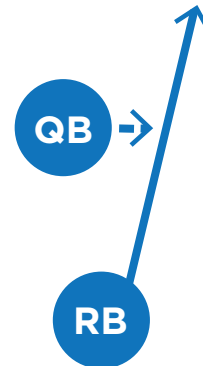


PURPOSE:

Players learn the proper way to make and receive a handoff.

SETUP:

Drill can be run anywhere on the field. You can have any number of groups; pair up offensive players like receivers and QBs or QBs and RBs. Each pair should have a ball.



A simple way to practice basic handoff technique

HOW IT WORKS:

1. The player handing the ball off will stand in front with his back to the potential ball carrier.
2. On the snap, the running back (ball carrier) will go straight ahead, either to the left or right side of the player handing off.
3. The player receiving the ball should have the inside arm on the top, across the body, and the outside arm low across the body.
4. The QB (player handing the ball off) will open up to the runner and put the ball right on his belly.

COACHING TIPS:

- The ball carrier's hands should instantly secure the ball upon contact. His eyes should be scanning downfield and not looking at the ball.
- The quarterback should place the ball into the ball carrier's pocket firmly but gently and he should let go of the ball as the ball carrier is securing it.

4.

SNAP AND DROP BACK DRILL



PURPOSE:

QBs learn how to drop back properly which will serve as a solid foundation for passing success.

SETUP:

Drill can be run anywhere on the field. You need a player to snap the ball to the quarterback and an open drop back lane.



QB takes the snap and drops back.

HOW IT WORKS:

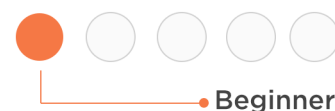
1. In this drill the player will learn to call a cadence (snap count), receive the snap and then drop back.
2. Practice 1, 3, and 5 step drops without throwing the ball.

COACHING TIPS:

- Watch for proper mechanics when the QB drops back.
- Also, make sure that the player pulls out from behind the center steadily, bringing the ball up high to the throwing shoulder right away.

5.

SNAP RELAY RACE

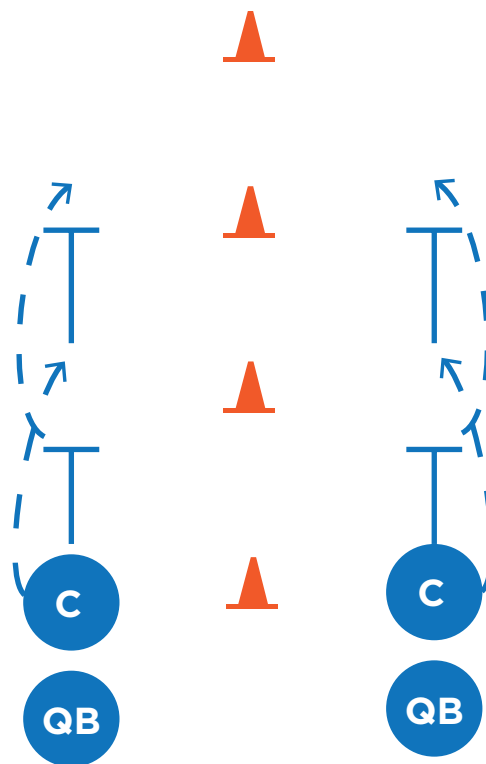


PURPOSE:

To develop proper snapping technique.

SETUP:

Set up a series of 10 cones, roughly 2 yards apart. Divide the team into pairs and have them all line up at the first cone. Place cones in middle of drill four yards apart. One football per pair.



Players alternate snapping and receiving the snap.

HOW IT WORKS:

1. This is a relay race where players snap the ball to each other, moving from one end of the field to the other
2. The first player in line gets into a snapping stance with the second player standing behind him.
3. On the coach's signal, the player with the ball snaps the ball through his legs to the second player.
4. After snapping the ball, he immediately runs behind the second player and receives the next snap
5. Repeat, moving down the line of cones to the end.
6. The first pair to finish wins the race

COACHING TIPS:

- Center must place the ball on the ground before snapping.
- You can also run this drill using shotgun snaps, or using groups of 3-4 players (instead of pairs)

6.

THREE POINT PASSING DRILL

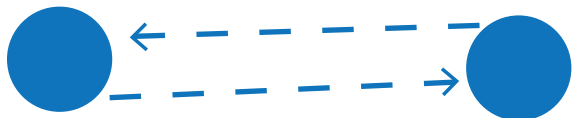
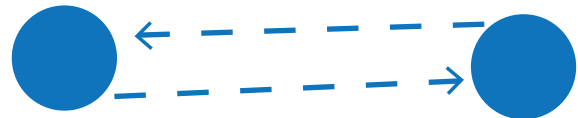
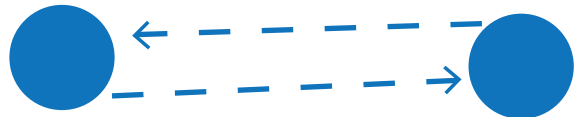
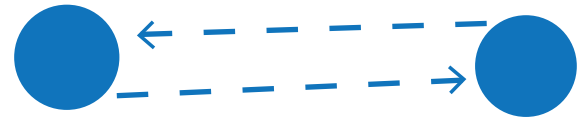


PURPOSE:

Improves QB's throwing mechanics.

SETUP:

Players line up anywhere on the field. Each player participating in the drill will have a ball they can use. You can run several players at a time, however coaches should make sure they can provide instruction to all of the players running the drill.



Players practice throwing the football.

HOW IT WORKS:

1. This drill focuses on three key areas: grip, throwing position and release.
2. The grip should involve spreading the fingers over the laces of the ball, using the laces for a grip. The ball should be held just slightly behind the center.
3. The throwing position is up near the ear on the throwing shoulder side.
4. Just prior to the throw, the player's non-throwing shoulder should be pointed at the receiver or target area.
5. Finally, the ball is set in motion from behind the ear and released just in front of the head, staying in a forward motion with the wrist snapping forward and the finger dragging across the ball to create a spiral – with the index finger the last to leave the ball.

COACHING TIPS:

- On the QB's throw his hand should be following the ball to the target.

7.

SHARKS AND MINNOWS

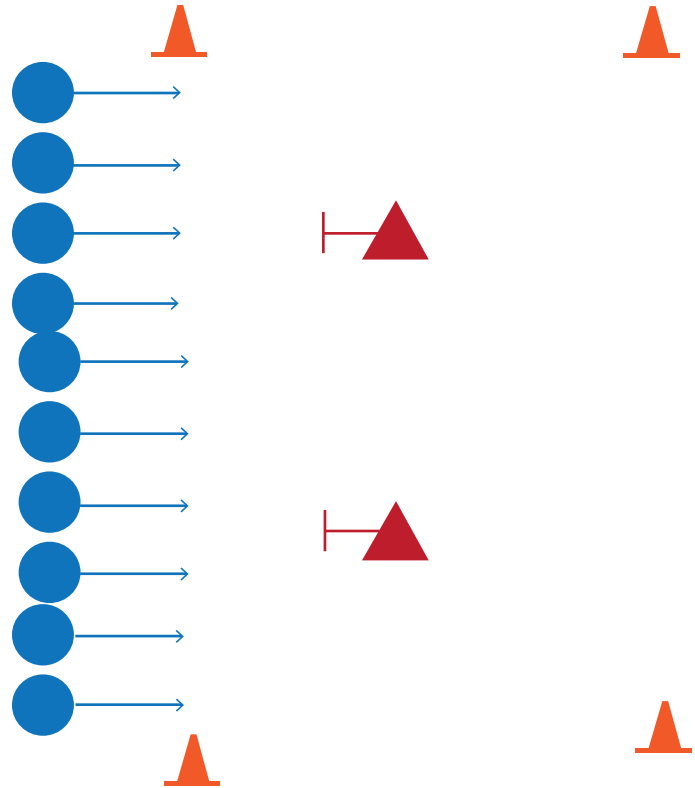


PURPOSE:

Defenders learn to track offensive players and pull their flag. Meanwhile, offensive players develop running and avoidance skills.

SETUP:

Set out a 20 x 20-yard area. Two players stand in the middle of the playing area – these are the “sharks” – or defenders. The remaining players line up at one end – these are the “minnows” or runners.



Defenders try to stop ball carriers in this fun warmup game

HOW IT WORKS:

1. The object is for the minnows to run past the sharks to the opposite end zone without getting their flags pulled.
2. If a minnow has his or her flag pulled, they join the sharks
3. Continue until there is only one minnow left – he is the winner!
4. Re-start the game by putting the final two surviving minnows as sharks
5. Repeat

COACHING TIPS:

- You can allow the minnows to have two “lives” – one for each flag. After the first flag is pulled, they are still a minnow. After the second flag is pulled, they become a shark.
- If you have enough balls, have the minnows run while holding the ball to practice ball security

8.

MR. FREEZE

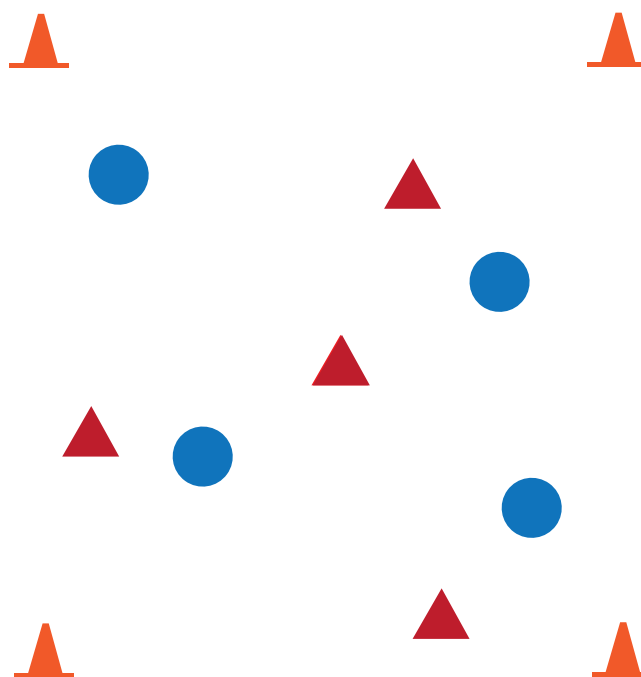


PURPOSE:

A fun warmup game that works on flag-pulling and dodging

SETUP:

Set up a 40 x 40 yard area with cones. Split your players into two teams of equal speed and ability. One team is "It."



The "It" team tries to pull the flags of their opponents until they are all frozen

HOW IT WORKS:

1. On the whistle, the "It" team tries to pull the flags away from the other team.
2. If a player's flag is pulled, he is frozen. He must stand still with his arms out, and feet spread apart
3. A frozen player's teammate may unfreeze him by crawling through his legs
4. The game continues for two minutes, or until the "It" team freezes all their opponents
5. Switch sides and repeat

COACHING TIPS:

- Make sure the "It" players are not "puppy-guarding" – they cannot stand beside a frozen player and prevent that player from being unfrozen
- Players should start with two flags. After the first one is pulled, they are frozen and can be revived by a teammate. After the second one is pulled they are permanently out of the game.

9.

TARGET PASSING DRILL

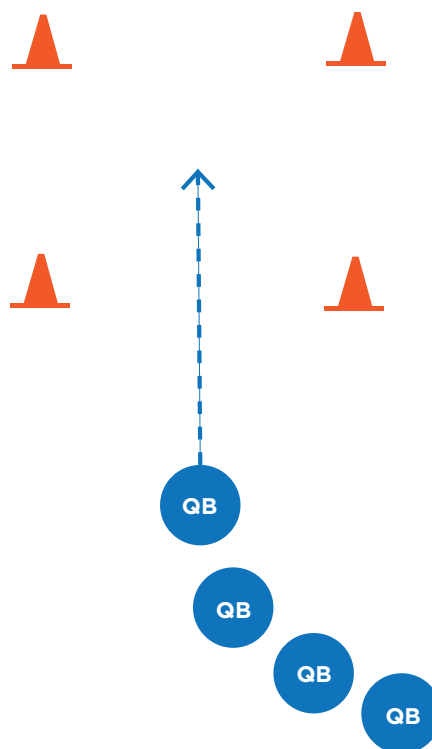


PURPOSE:

Helps develop the accuracy of a player's throw.

SETUP:

Set up four cones in a 20 foot by 20 foot square situated 10 yards in front of a line of players. Have a bag of balls available so the players can throw several balls for the drill.



Players throw to an area.

HOW IT WORKS:

1. Have the players line up single file at one of the stations. With five or six balls at each station the coaches will signal to the players to start the drill.
2. When the whistle blows, the player will drop back three steps with the ball held in both hands just above the throwing shoulder and then they will attempt to throw the ball into the square created by the four pylons.
3. Then they will run up grab another ball, drop back and throw. The ball must hit inside the square in order to count as a point.
4. Throw 5 balls and the count the number out of 5 that are accurate.

COACHING TIPS:

- Throwers should be using good fundamentals with front foot and shoulder pointed toward target and good weight transfer from back foot to front foot on the throw.
- You can set up two or three stations for this drill.

10.

FLY BALL DRILL

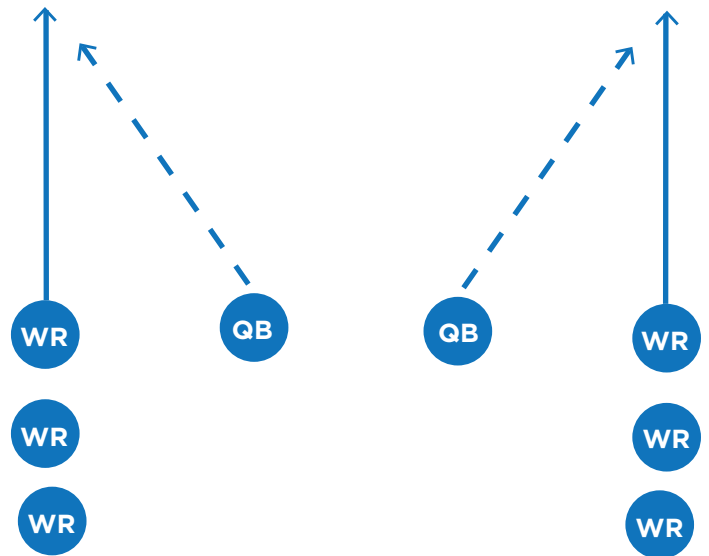


PURPOSE:

Works on good timing for QBs and it also improves the receiving and route-running skills of the receivers.

SETUP:

Run two QBs at the same time, each with a line of receivers – one with a line on the right and one with a line on the left.



Receivers run fly routes.

HOW IT WORKS:

1. This drill works on good fly patterns (straight and deep routes), and good timing and touch for the QB to put on the ball. QBs will work on a good 5 step drop back, and then throw the ball once the receiver has reached the 10 yard mark.
2. Have a competition between the two lines to see who can catch the most balls past 15 yards.
3. Catches count for a point and drops lose two points. Bad passes are a loss of one point.

COACHING TIPS:

- This is an important pattern to practice and learn to execute during a game as it can result in big gains.
- The receiver should run a straight route and not look back at the QB until they are at the 10 yard mark.
- The QB should aim to put the ball far enough ahead of the receiver so they can stay at full speed and run under the ball.

11.

FULL SPEED CUTS DRILL

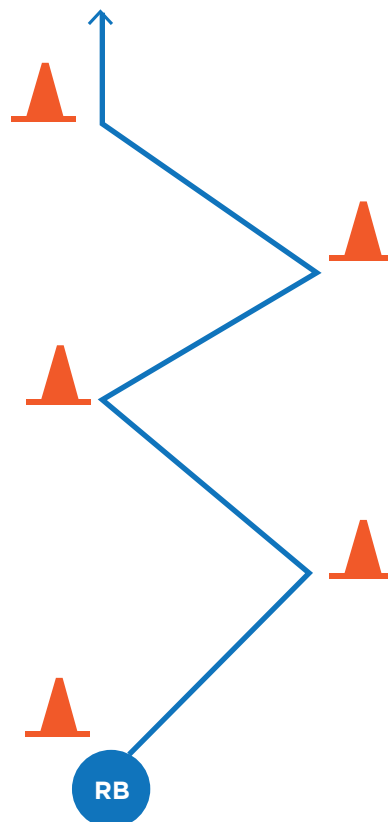


PURPOSE:

Helps players maintain balance in the open field. Improves agility and explosiveness.

SETUP:

Set up five cones at staggered intervals over a 10-yard area. Three of the cones should be in a straight line five yards apart. The other two cones should be to the right. One cone in-between cones one and two and one cone in-between cones two and three. Players line up at the first cone. Coach has several balls.



Players should make full-speed cuts at each cone.

HOW IT WORKS:

1. Coach hands the ball off to the first runner in line
2. Runner sprints forward making full-speed cuts at each cone.
3. At the end of the course, the runner returns to the back of the line and gives the ball back to Coach

COACHING TIPS:

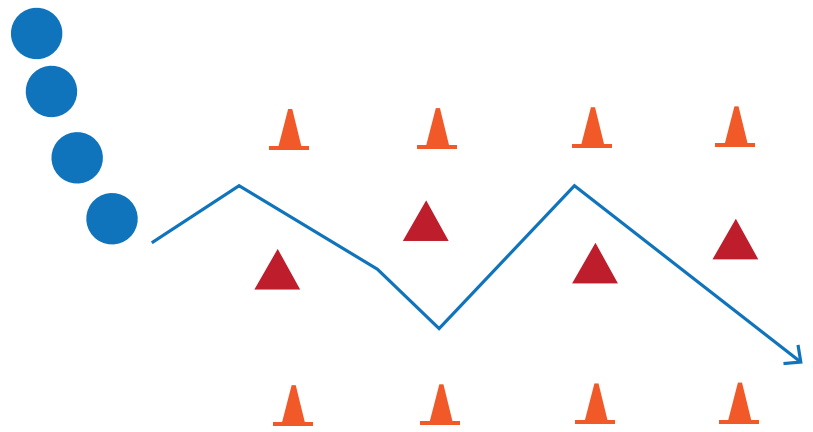
- Make sure players are planting and pushing off at each cut and pointing their opposite foot in the direction they want to be going.

PURPOSE:

Develops running skills and players learn to avoid having their flag pulled.

SETUP:

Divide your players into two teams. Set up four 15 yard wide "gates" using cones, roughly 10 yards apart. Team 1 is on offense – they line up 10 yards behind the first gate. Team 2 is on defense – with 1-2 players standing between the cones, guarding gate.



Runners elude the defense as they carry the ball through four gates.

HOW IT WORKS:

1. The object of the game is for the ball carrier to run through each of the gates, beating the defender, then moving to the next gate
2. Coach simulates a snap then hands off to the runner. He tries to beat each set of defender and run through the gates.
3. The defensive team tries to prevent the runner from going through the gates by pulling his flag.
4. The offense gets one point for each gate the runner passes through.
5. Have each player take a turn as runner, then switch offense to defense

COACHING TIPS:

- If you have more players, you can create additional gates, or add extra players to guard each gate
- Adjust the width of the gate, and the number of players guarding it to provide the appropriate challenge for your team

13.

1 V 1 FLAG PULL DRILL

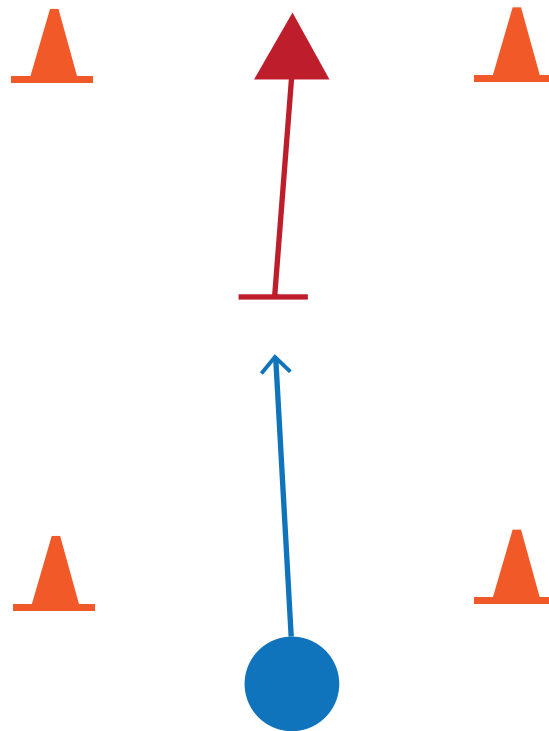


PURPOSE:

A simple, but competitive one-on-one drill that pits the runner vs the defender.

SETUP:

Mark off a 10-yard by 10-yard area. Set up one line of runners and one line of defenders



Offensive player and defensive player go one on one against each other in this drill.

HOW IT WORKS:

1. The players will start on the opposite sides of the 10-yard square.
2. On the coach's whistle, the players will run at full speed towards each other.
3. The defender tries to pull the runner's flag or force him out of bounds
4. The players must stay inside the 10-yard box area.

COACHING TIPS:

- The ball carrier must always be moving forward or laterally – they cannot elude the tackle by moving backwards and running around the box

14.

READ THE DEFENDER

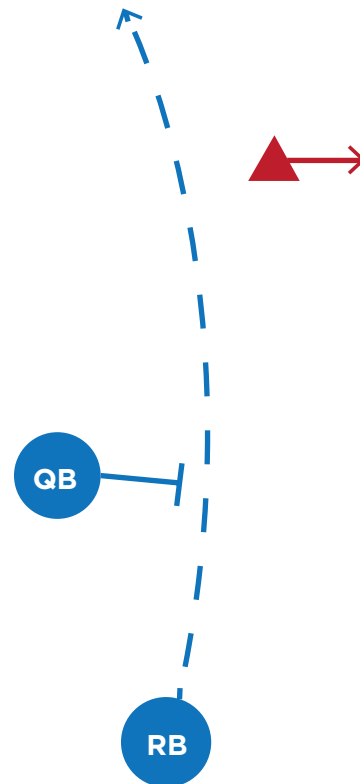


PURPOSE:

Teaches the running back to read the defense and find holes

SETUP:

Quarterback starts at the line of scrimmage with the running back 3 yards behind him. A defender stands 10 yards upfield. You can run this at multiple stations to increase number of reps.



Running back takes handoff , reads the defender, and runs the opposite way

HOW IT WORKS:

1. Before the snap, Coach signals to the defender which direction he will move
2. Quarterback simulates the snap.
3. Running back takes the handoff
4. Running back reads the lineman and goes opposite to the direction he moves – for example, if the lineman goes outside, the running back cuts inside.
5. Rotate players, from quarterback to running back to defender

COACHING TIPS:

- The running back should accelerate through the hole and continue sprinting for 5 extra yards
- You can add multiple defenders to make this drill more challenging

15.

WHACK A MOLE DRILL

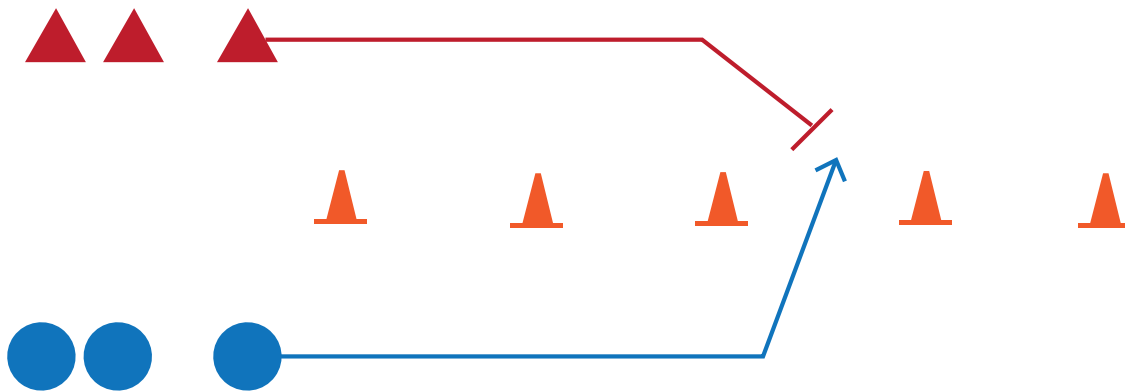


PURPOSE:

Helps defenders read and react to the ball carrier

SETUP:

Set up a row of five cones, five yards apart. Place a line of runners on one side, and a line of defenders on the other



The runner picks a hole to run through – while the defender must pursue and pull his flag

HOW IT WORKS:

1. The object is for the runner to run along the line of scrimmage and select an area between the cones to run through.
2. The runner starts with the football. On coach's signal, he begins running parallel to the line of cones
3. The defender must mirror the runner as he moves along the cones.
4. The runner picks a hole and tries to explode through to the other side and beat the defender.
5. The defender must read the runner's hips and try to meet him at the hole and pull his flag
6. Have each runner complete 1 rep, then switch sides

COACHING TIPS:

- The defender should keep his shoulders square to the runner and shuffle sideways until the point of attack
- The defender should watch the runner's hips to avoid being fooled by head or shoulder fakes
- You can also run this drill with two defensive players against one RB.

16.

LONE RECEIVER DRILL

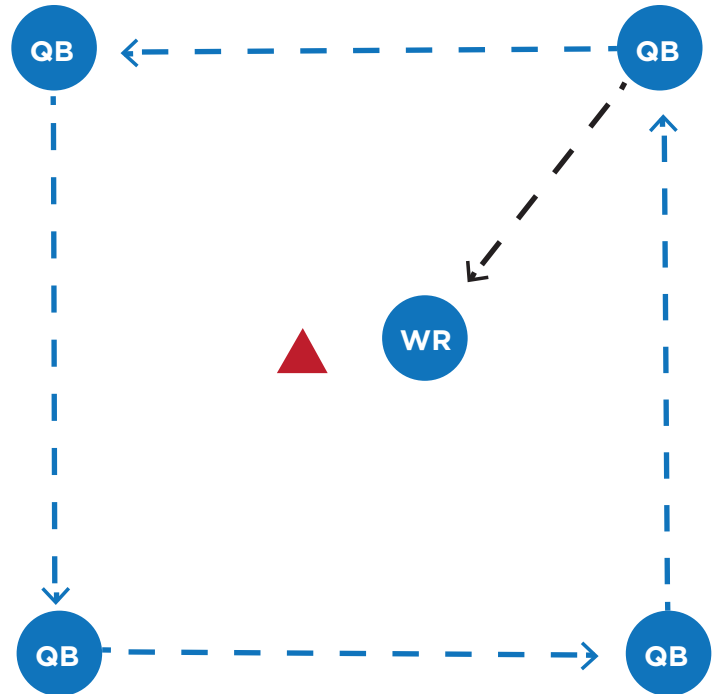


PURPOSE:

WRs learn to find an open area in order to catch a pass.

SETUP:

Set out a 10 x 10-yard area. Divide the players into groups of six, five players on offense and a single player on defense. Station four players in the corners of the area and a lone receiver, shadowed by a defender inside the area. You can run multiple stations with this drill. One football is needed per group.



Receiver works to get open as QBs pass the ball around.

HOW IT WORKS:

1. The object is for the QBs to pass the football around until an opportunity arises to throw the football to the WR.
2. The length of the drill is 30 seconds.
3. Six points are awarded for each reception and the defense is awarded three points for an interception.
4. At the end of 30 seconds, either switch to a whole new group of players at QB, WR, and DB. Or, switch kids on the field into new positions or bring new kids into game.

COACHING TIPS:

- Here are some things you can do to change the drill up – lower the drill time to 20 seconds in length. Add an additional DB to the field. If the football is intercepted, put the QB who threw the interception on defense.
- Encourage WR and QBs to communicate.
- Defenders should focus on WR's hips not shoulders.

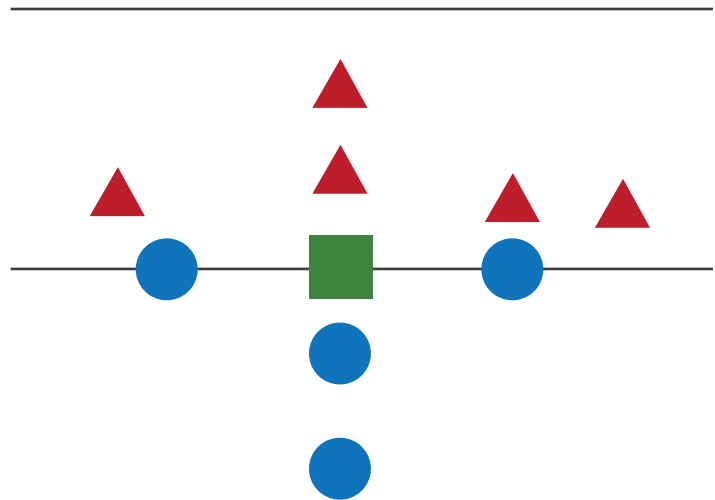


PURPOSE:

Players practice their offensive and defense schemes in a competitive scrimmage

SETUP:

Field a full offense against a full defense.
The offense starts at mid-field.



Offense maintains possession until they score or are stopped by the defense

HOW IT WORKS:

1. The offense tries to move the ball downfield and score. They get as many downs as they want, as long as they continue to make forward progress on every down
2. If the defense makes ONE stop, where the offense does not gain yardage, the ball changes sides and the defense is now on offense
3. The offense continues to move the ball downfield until they score, or turn it over
4. After a score, the other team takes possession at midfield

COACHING TIPS:

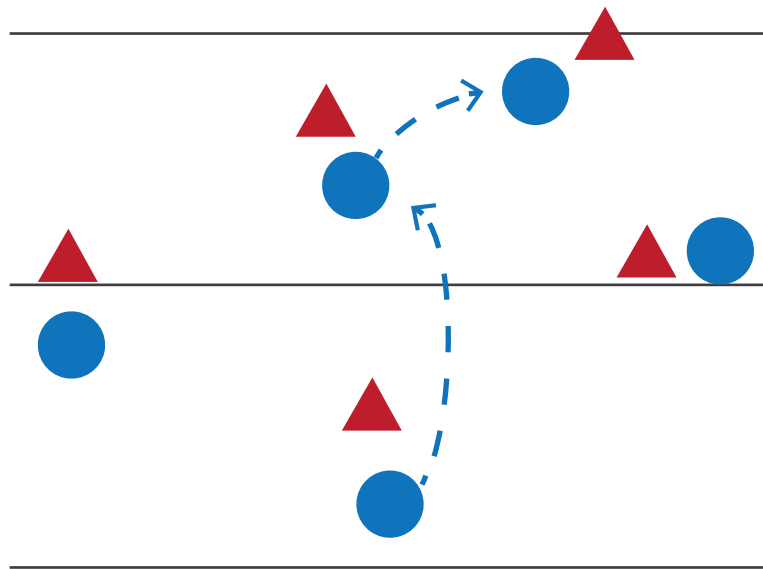
- Have the defense play both man to man and zone during the drill so that they can get familiar with both concepts.
- Look for good flag-pulling technique from the defense – staying balanced, going through the offensive player, using two hands and swiping down.

PURPOSE:

Develops an awareness and feel for defensive and offensive flag football concepts.

SETUP:

Split your players into two teams. Players match up man to man, with one team is on offense, the other on defense. The offense starts on their own 5 yard line.

**HOW IT WORKS:**

1. This game is similar to Ultimate Frisbee, with the offensive team trying to move the ball into the end zone by passing it player to player
2. The ball carrier has 10 seconds to pass or pitch the ball to a teammate. The ball can be passed or pitched forward, sideways, or backwards.
3. The ball carrier can only take 2 steps after catching the ball.
4. The offensive players without the ball can move anywhere on the field.
5. Six points are awarded for a touchdown.
6. After a touchdown, the team that was on defense switches to offense and takes possession of the ball on their own 5 yard line.
7. If the ball is dropped or intercepted, play continues with the other team taking possession from the point of the turnover.
8. Each defensive player must stay at arms length from the player with the ball.

COACHING TIPS:

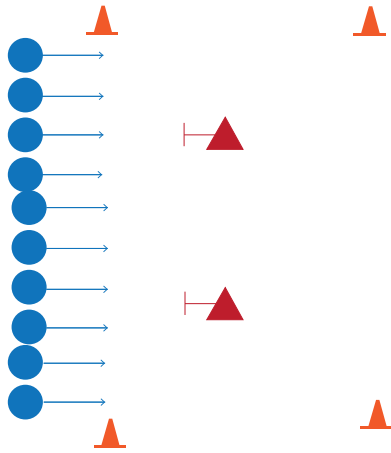
- Defenders should be working hard to stay in between their man and the end zone.
- Make sure players are working to get open and not bunching up.



PRACTICE PLANS

1.

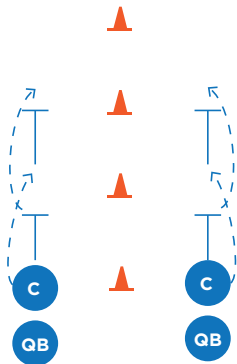
60 MINUTE FLAG FOOTBALL PRACTICE (BEGINNER)



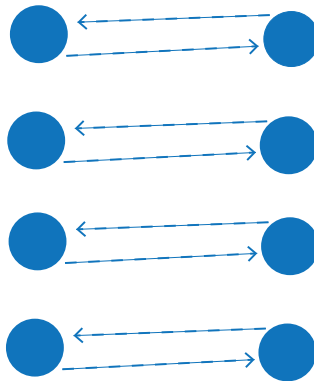
Sharks and Minnows:
10 minutes



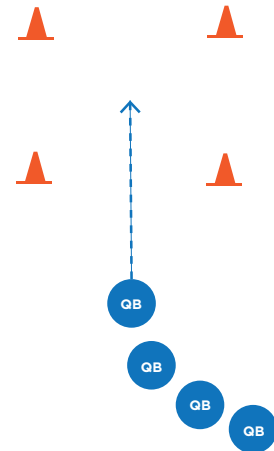
Snap and Drop Back Drill:
5 minutes



Snap Relay Race:
10 minutes



Three Point Passing Drill:
10 minutes



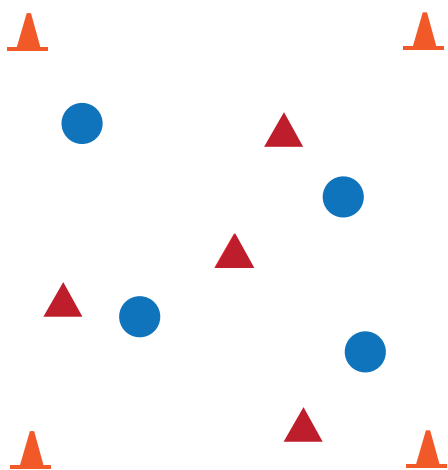
Target Passing Drill:
10 minutes

Play Review and Scrimmage: 10 minutes

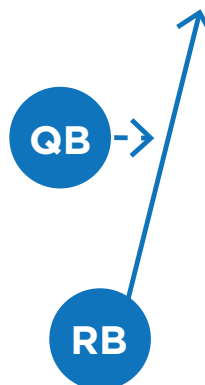
Split team into two groups and practice your offensive plays at half speed against a dummy defense. Then full speed against live defense.

2.

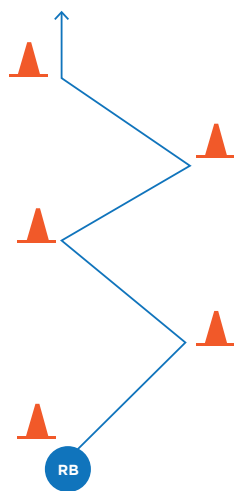
60 MINUTE FLAG FOOTBALL PRACTICE (BEGINNER)



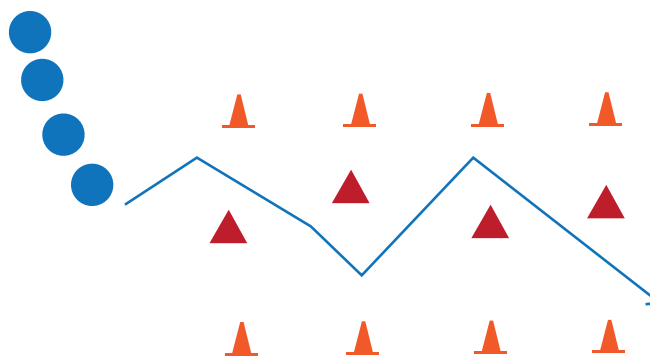
Mr. Freeze:
10 minutes



Handoff Drill:
10 minutes



Full Speed Cuts Drill:
10 minutes



Surviving the Gauntlet:
10 minutes

Play Review and Scrimmage: 10 minutes

Split team into two groups and practice your offensive plays at half speed against a dummy defense. Then full speed against live defense.

3.

60 MINUTE FLAG FOOTBALL PRACTICE (INTERMEDIATE)

Dynamic Warmup: 5 minutes



High Knee



Buttkicker



Frankenstein



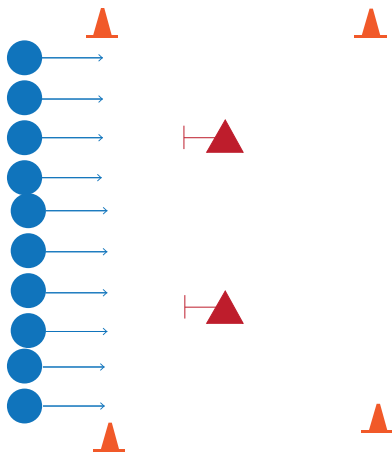
Walking Lunge & Twist



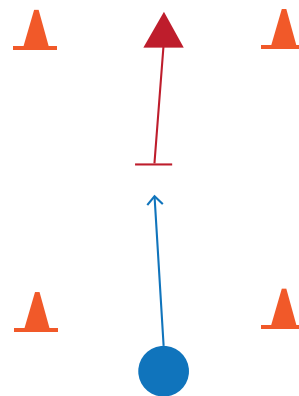
Walking Knee Hug



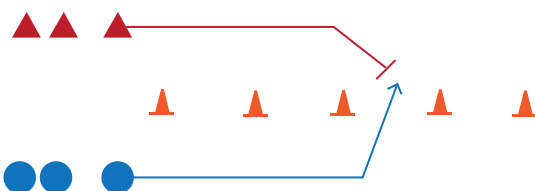
Straight Leg Run



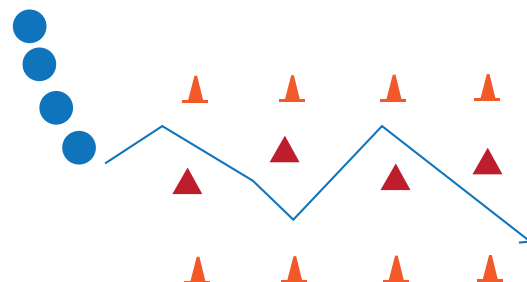
Sharks and Minnows:
10 minutes



1 v 1 Flag Pull Drill:
10 minutes



Whack a Mole Drill:
10 minutes



Surviving the Gauntlet:
10 minutes

4.

90 MINUTE FLAG FOOTBALL PRACTICE (INTERMEDIATE)

Dynamic Warmup: 5 minutes



High Knee



Buttkicker



Frankenstein



Walking Lunge & Twist

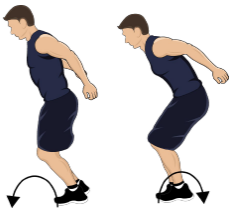


Walking Knee Hug



Straight Leg Run

Quick Feet Circuit: 5 minutes



Two Foot Hops



One-Foot Hops
(1 set each foot)



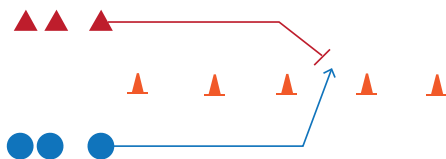
Scissor Hops



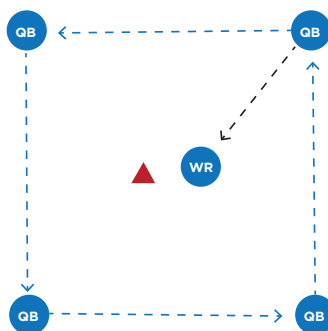
Two Foot Side Hops



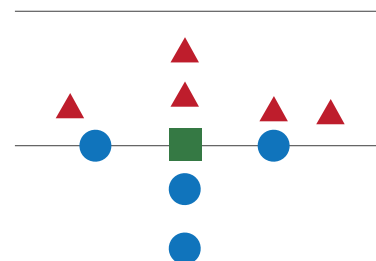
One Foot Side Hops
(1 set each foot)



Whack a Mole Drill:
15 minutes



Lone Receiver Drill:
15 minutes



Combat Drill:
20 minutes

Play Review and Scrimmage: 25 minutes

Split team into two groups and practice your offensive plays at half speed against a dummy defense. Then full speed against live defense.

5.

90 MINUTE FLAG FOOTBALL PRACTICE (ADVANCED)

Dynamic Warmup: 5 minutes



High Knee



Buttkicker



Frankenstein



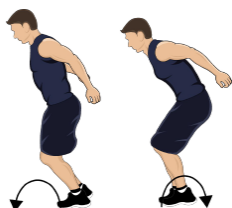
Walking Lunge & Twist



Walking Knee Hug



Quick Feet Circuit: 5 minutes



Two Foot Hops



One-Foot Hops
(1 set each foot)



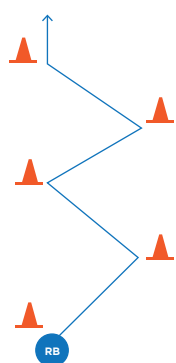
Scissor Hops



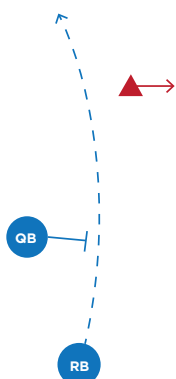
Two Foot Side Hops



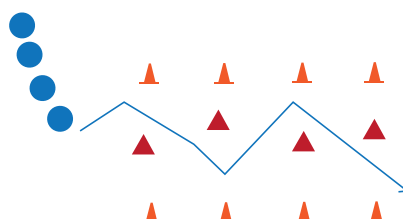
One Foot Side Hops
(1 set each foot)



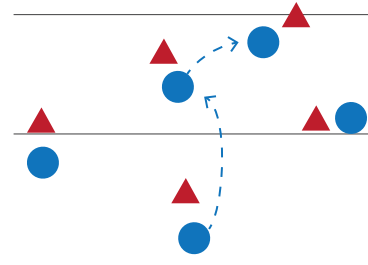
Full Speed Cuts Drill:
10 minutes



Read the Defender:
10 minutes



Surviving the Gauntlet:
15 minutes



Ultimate Frisbee:
20 minutes

Play Review and Scrimmage: 20 minutes

Split team into two groups and practice your offensive plays at half speed against a dummy defense. Then full speed against live defense.