



PRINT n' GO

FLAG FOOTBALL

PRACTICE PLANS

PASSING GAME SKILLS

**17 Skill-Building Drills For a
High-Scoring Passing Offense**



**Includes 5
Printable Practice
Plans**

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1.

DYNAMIC WARMUP

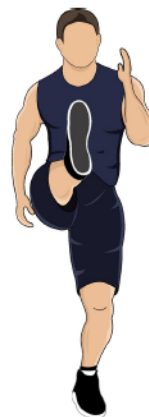
Complete each exercise for 2 sets of 10-20 yards



High Knee Run



Buttkicker Run



Frankenstein Walk



Walking Lunge & Twist



Walking Knee Hug



Straight Leg Run

2.

5 MINUTE SPEED CIRCUIT

Complete each exercise for 3 sets of 10-20 yards



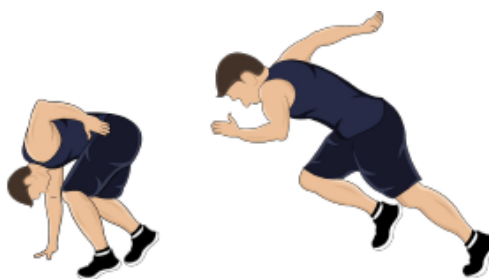
Waterfall Starts

Start with one leg at 90° angle, slowly lean forward then explode off back leg into full sprint



Mountain Climber Starts

Start in push-up position. Drive left knee forward and plant. Explode up into full sprint.



Sprinter Starts

Start in a 3-point sprinter stance - left foot slightly in front of right, bent at waist, right hand down and left arm cocked at 90° angle. Explode forward into a full sprint.

3.

FLAG TAG

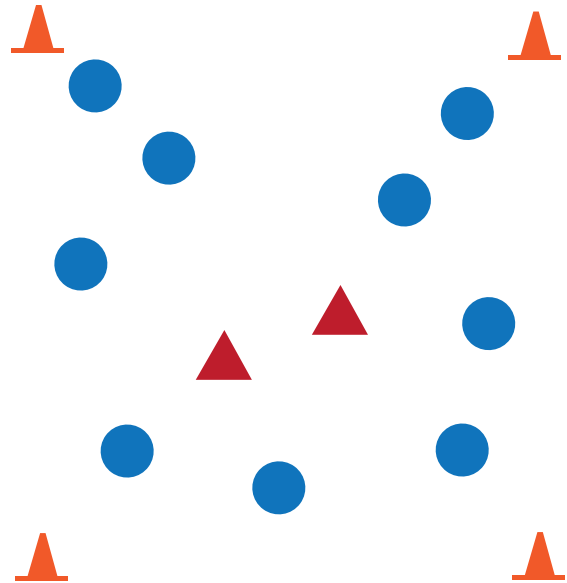


PURPOSE:

Players improve flag pulling skills and learn to avoid having their flags pulled.

SETUP:

Mark off an area that is 40 yards by 40 yards with cones. Players must stay in this area during this game. All players (or split into two groups) will participate. Two players will be 'it.'



A fun variation of tag that teaches flag pulling and dodging

HOW IT WORKS:

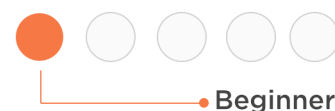
1. The players must avoid having their flags pulled, while the two "It" players attempt to pull flags.
2. As the players' flags are pulled, they also become flag pullers until all of the players in the square have been converted.

COACHING TIPS:

- Coaches should watch for proper flag-pulling technique – players should stay on their feet, go through the offensive player, use both hands, focus on the hips and swipe down.
- Players trying to avoid having their flag pulled cannot spin or knock away the flag puller's hands.

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.

3 TARGET PASSING DRILL

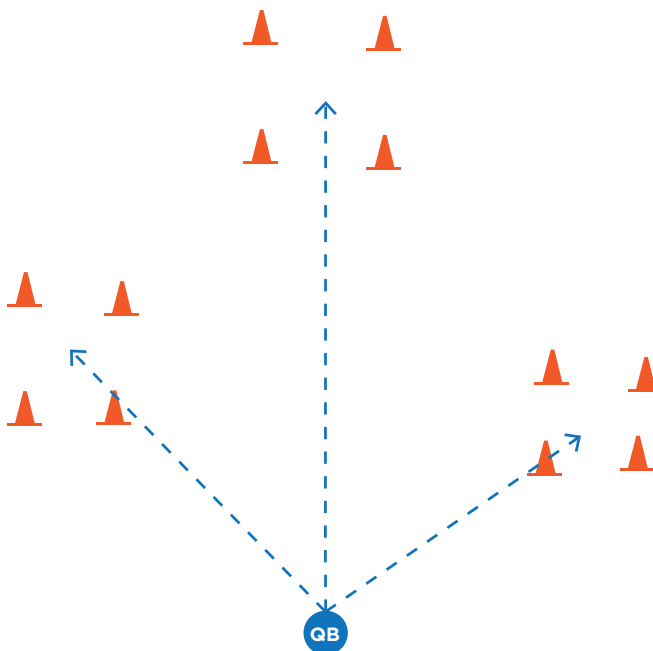


PURPOSE:

QBs learn to throw accurately and gain a better understanding of dealing with distance when throwing the ball.

SETUP:

Set up cones in 10 yard by 10 yard squares. Arrange three squares across the field at varying depths with the maximum depth being 20 to 25 yards down field.



QBs throw to 3 areas to improve their accuracy in this drill.

HOW IT WORKS:

1. QBs line up and throw 9 balls – 3 at each target.
2. Each time the QB lands inside the target area he scores points
3. Score 1 point for the short pass, 2 points for the medium pass, 3 points for the long pass

COACHING TIPS:

- QBs should work on making a good three or five step drop and then throwing the ball with solid fundamentals.
- You can also place trash cans or similar targets inside the squares. Give double points if the QB hits the smaller target on the fly

6.

SHOTGUN SNAP DRILL



PURPOSE:

QB and center perfect the shotgun snap.

SETUP:

Center and QB line up anywhere on the field.



Shotgun snap.

HOW IT WORKS:

1. The QB should line up about 7 yards directly behind the center.
2. The snap should be quick and straight back at the QB. If it is too high, the QB will have to reach for it and it can disrupt the timing of the play.

COACHING TIPS:

- Prior to the snap, the QB should have their hands out in front of them and their eyes forward looking at the defensive coverage.
- Since this snap is commonly used in flag football, it should be practiced regularly during the course of a season.

7.

COMEBACK CATCH DRILL

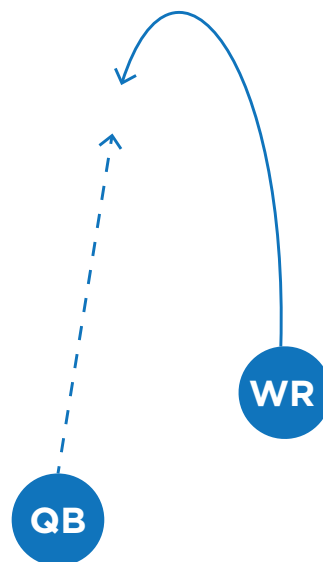


PURPOSE:

Receivers focus on catching and learning the proper comeback route. QBs work on throwing.

SETUP:

You can set up a couple of groups of receivers and throwers in this drill. Split the receivers out about 7 yards to the left or right of the QB.



Receiver comes back to the QB to make the catch.

HOW IT WORKS:

1. Before the drill starts, indicate to the players which way you want them to comeback – either to the outside or the inside.
2. On the snap of the ball, the receiver will run out 7 yards and then plant the foot opposite the direction of the cut back. So, for instance if the receiver is on the right side of the QB and does an inside hook, they will plant their right foot.
3. The player should take two steps back toward the QB at a 45 degree angle with his or her hands outstretched waiting for the pass.
4. QB passes the ball to the receiver.

COACHING TIPS:

- The QB should learn to throw the ball as the receiver plants to make the cut.
- For very young players, consider having the coaches throw passes.

8.

PROGRESSIVE THROWING DRILL

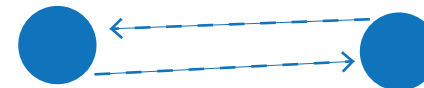


PURPOSE:

ffects throwing motion while using only the throwing arm.

SETUP:

Pair off participants into two parallel lines.



Players pass the football back and forth.

HOW IT WORKS:

1. Players start on both knees, throwing to their partners five yards away.
2. After several throws, have players switch to kneeling on right knee.
3. Then after several throws that way, have them switch to left knee.
4. Next, have them throw standing up with feet together.
5. Finally, have them practice a three-step drop, then a five-step drop before throwing.

COACHING TIPS:

- Kids should focus on the throwing motion without the use of their legs in this drill.
- Point - step - throw.
- Passing motion is the same as throwing a baseball, javelin, or handball.
- The hand without the football points to the target or the receiver.
- Make sure kids follow through on their throws.
- The receiver forms a target with both hands, palms facing out with thumbs and pointing fingers touching. The receiver's fingers should form a triangle.

9.

TWO RECEIVER DRILL

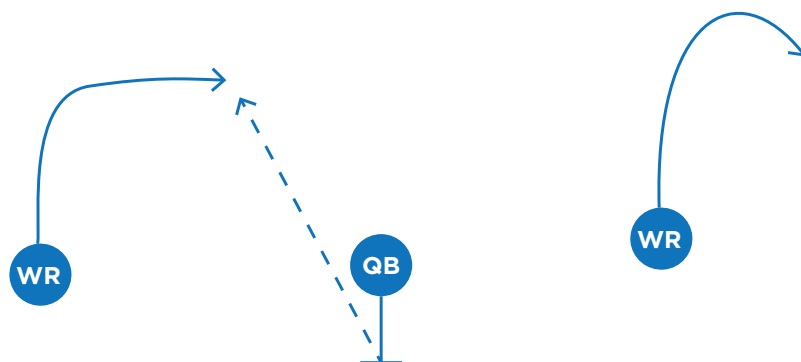


PURPOSE:

The QB learns to read and react to having two receivers in action on a play.

SETUP:

Set up a group of 3 players on the line of scrimmage with a quarterback and one receiver on each side.



QB decides who to throw to from two targets.

HOW IT WORKS:

1. The QB will discuss with the receivers the patterns that he or she wants them to run.
2. The QB will snap the ball and take a 3 or 5 step drop and then make a pass to one of the players.

COACHING TIPS:

- You can cover one player and force the read to the second receiver, or you can instruct the QB to look at one receiver first and then throw to the other.
- To increase the difficulty you can add defensive players to the drill.

10.

SQUARE IN, SQUARE OUT DRILL

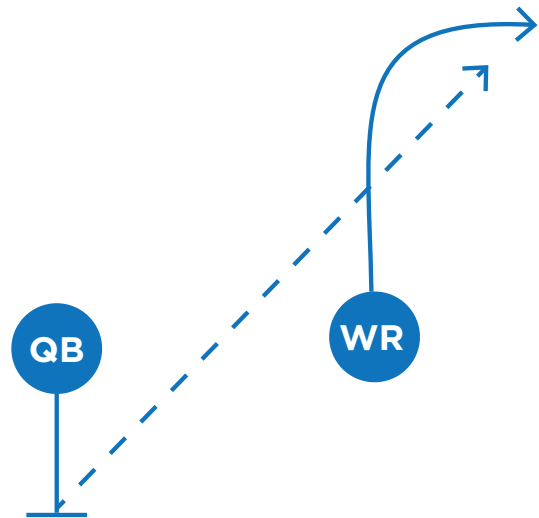


PURPOSE:

Improves the timing of QBs and WRs on in and out patterns.

SETUP:

Players can line up anywhere on the field. You can have two or more stations of this drill working at one time, but each station should have a quarterback and a group of pass catchers.



Receiver running a square out pattern.

HOW IT WORKS:

1. This drill starts with the QB snapping the ball to himself and dropping back
2. The receiver runs 7 yards and then cuts straight in or straight out.
3. The QB should get in the habit of throwing the ball just as the receiver is making the 90 degree cut to the inside or the outside.

COACHING TIPS:

- Make sure that the receivers work with all of the quarterbacks, and that they work on this drill on each side. This allows them to learn to catch the ball on both sides and allows for teaching the cuts in each direction – and on both sides of the field.
- It is important to develop good timing on this route, which is an important short route in flag football.

11.

AIR BALL DRILL

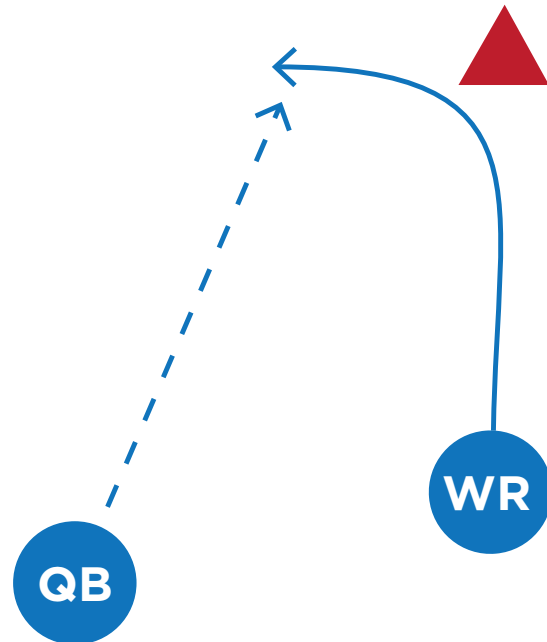


PURPOSE:

WRs learn to get open, QBs and WRs develop timing and DBs improve their pass defense skills.

SETUP:

Set up a field area that is about 20 yards wide and 40 yards long. The QB and receiver will discuss a pass pattern to run that is from the team's passing tree.



WR works against DB while QB looks to make the pass.

HOW IT WORKS:

1. You can set this drill up with a QB and receiver on one side, and a defensive back as the defender.
2. When the ball is snapped, the receiver runs the route and the QB tries to pass him or her the ball, while the defensive back attempts to prevent the completion.
3. The QB should get rid of the ball before 5 seconds is up, or it is a loss of down.
4. Give the offensive players 5 downs to make the entire 40 yards for a score.

COACHING TIPS:

- You can get more players involved by including a center, having 2 receivers versus 2 DBs, or 2 receivers against 3 DBs.
- DBs should be watching the receivers waists not their heads or shoulders.
- DBs also need to keep an eye on the QB so they know when the ball is coming.

12.

RUN & SHOOT DRILL

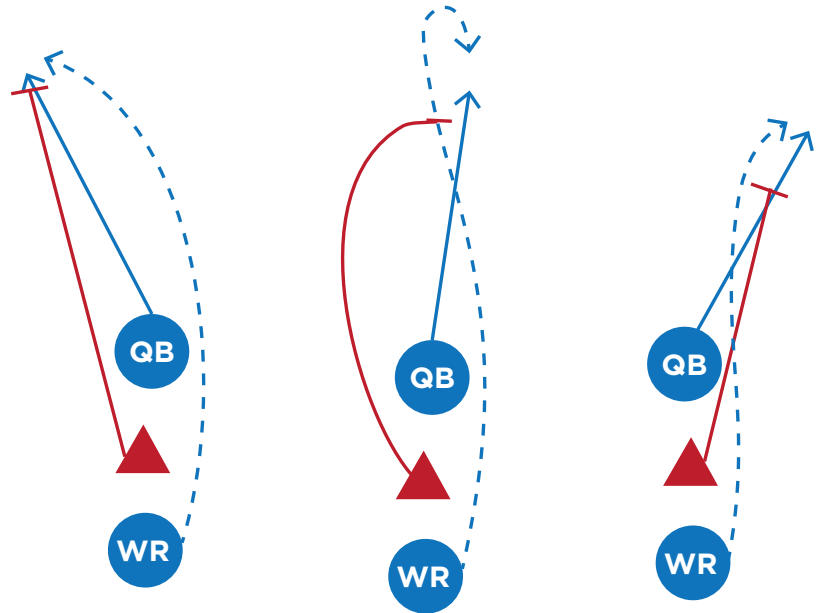


PURPOSE:

Players learn simple passing routes from the perspective of both quarterback and receiver. Also, passers learn accuracy and how to lead receivers; receivers learn how to run pass routes; and defensive backs learn how to watch receivers and cut to the ball.

SETUP:

Divide your team into three groups and form three lines. The first player in line is the first passer; the second goes out to play defensive back; the third is the receiver.



Players take turns playing quarterback, receiver and defensive back.

HOW IT WORKS:

1. The outside groups run simple 10-yard square-out patterns, while the middle group runs 10-yard turn-ins or buttonhooks.
2. Rotate each line this way: After passing, the quarterback becomes the next receiver; the next player in line becomes the passer; the first receiver becomes the defensive back; and the first defensive back moves on to the next group.

COACHING TIPS:

- Make sure players get chances at all three positions.
- Receivers' fingers should be forming a triangle on the catch.
- Defensive back should be watching both QB and WR.

13.

PLANT AND CATCH DRILL



PURPOSE:

Develops running, passing, and receiving skills.



SETUP:

Set out a 20 x 20-yard area and divide the team into 2 or 4 even groups. Set cones 5 yards from each end line and 10 yards apart. Each group gets a football.



Players run to the cones to receive a pass, then run back to line.

HOW IT WORKS:

1. First person in line is QB and gets a ball.
2. Second person is WR, he runs to cone, plants hard, turns and catches the throw from the QB.
3. WR then runs back to line handing the ball off to the QB.
4. Next WR runs to cone.
5. Drill continues until all WRs have gone.
6. Then one of the WRs becomes QB and drill is repeated.
7. Drill ends once everyone has played QB.

COACHING TIPS:

- 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.

14.

RED ZONE DO OR DIE

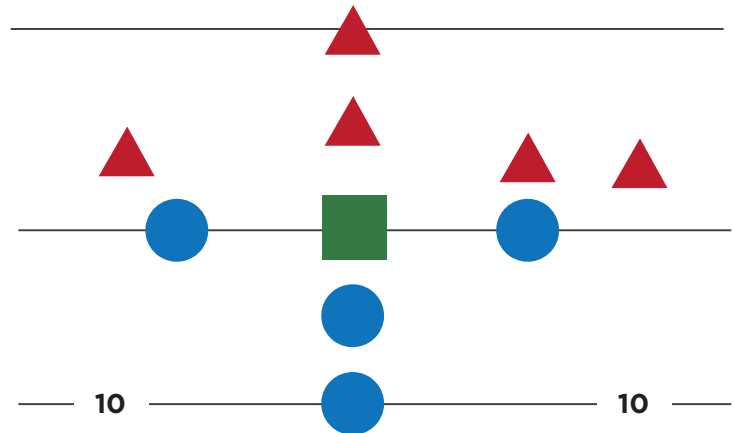


PURPOSE:

Teams can practice their red zone offense and defense

SETUP:

Field a full offense against a full defense. The offense starts 5 yards from the end zone.



Offense tries to score from 5 yards out

HOW IT WORKS:

1. The offense has one down to gain 5 yards and score, while the defense is trying to get a stop
2. The offense gets 5 turns. The distance resets after each attempt.
3. Each score counts as one point
4. After those 5 turns, switch offense to defense and repeat
5. Team with the most points wins the game

COACHING TIPS:

- In many flag football leagues, this area is the “no-run zone” – only passing plays are allowed
- This is also a great way to practice your PAT plays
- Feel free to vary the distance from the end zone – 5 yards, 10 yards or 15 yards out

15.

BEAT THE DB DRILL

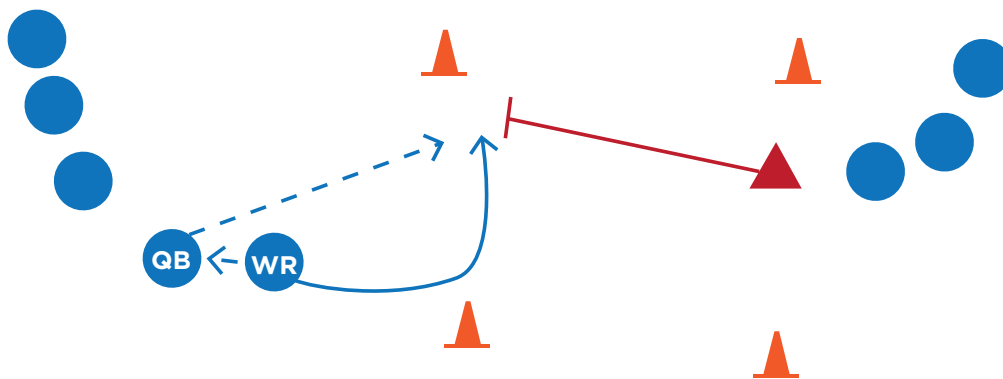


PURPOSE:

Helps players learn proper pass patterns and improve their defensive skills.

SETUP:

Set out a 20 x 20-yard area and place two sets of cones on either end of the drill, 5 yards off the end line. Divide into two equal teams. One half of each team starts on offense, the other half starts on defense. Each team has a football.



Receiver works to get open against a defensive back.

HOW IT WORKS:

1. The WR snaps the football to the QB and the WR runs a 5-yard "out" pattern. The cones are set out to indicate direction.
2. When the ball is snapped, the DB runs to the area where the WR will try to catch the football.
3. If a catch is made, the WR must then try to run past the DB and score without having his/her flag pulled.
4. The WR then goes to the end of the DB line and the DB goes to end of the offensive line on their own team.
5. The WR will give the football to the DB after the drill.
6. The DB will hand the football to the QB in the DB's new line.

COACHING TIPS:

- QB passes to where the WR will be at end of his/her pattern.
- WR looks back for football when he makes the turn to the second cone.
- DB watches WR's hips for any fakes, not the shoulders or head.

16.

ROUTE COMBO DRILL

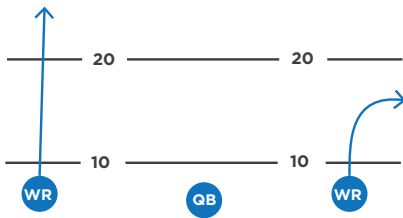


PURPOSE:

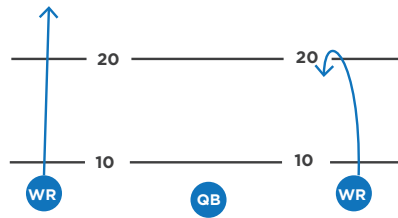
QBs and WRs learn pass pattern combinations.

SETUP:

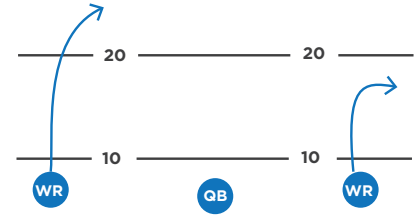
Set up one quarterback and the line of scrimmage with two or more receivers



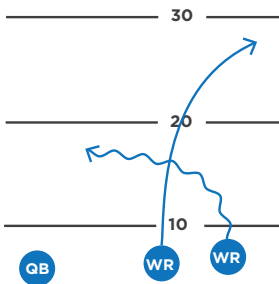
Streak Out.



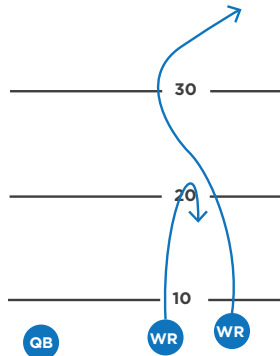
Streak Curl.



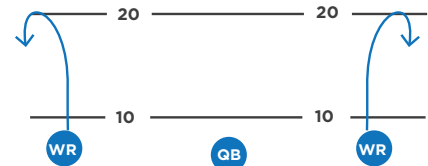
Post Out.



Corner Smash.



Curl Post Corner.



Twin Curl.

HOW IT WORKS:

1. Coach announces name of route combination to run and which receiver will run each route
2. Coach says, "Go."
3. QB drops back to pass.
4. WRs run the proper combination.
5. QB passes to one of the receivers.
6. Drill repeats with coach announcing a new route combination.
Combinations include:
7. Streak Out
8. Streak Curl
9. Post Out
10. Corner Smash
11. Curl Post Corner
12. Twin Curl

COACHING TIPS:

- You could add a defensive back or two to the drill to increase the difficulty.
- Coach could also announce one of the WRs is covered so QB has to find his secondary target.

17.

GOAL BALL



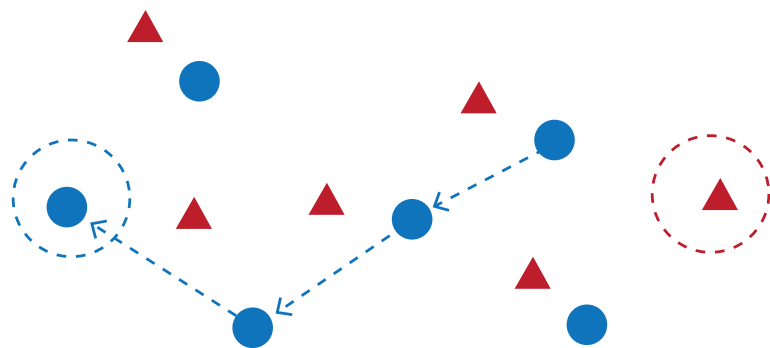
PURPOSE:

Helps develop proper receiving and passing skills. Also, teaches players how to spread out and use the entire field.

SETUP:

Set out a 40 x 40-yard playing area. Divide the team into two teams.

Using cones or hula hoops, create a circular "goal" on either side of the playing area. Place one player from each team inside the "goal"



Teams try to score by passing the ball to their teammate inside the circular goal

HOW IT WORKS:

1. Team 1 starts on offense. One player has the ball in the middle of the field. His teammates spread out across the field and try to get open
2. Team 2 starts on defense. Each defender matches up with an offensive player.
3. The object of the game is for the offensive team to throw the ball to the player standing inside the goal. They can throw it directly to that player or throw it to a series of teammates first.
4. The player with the ball can only take two steps, similar to basketball. Everyone else can move around freely. Except the player in the goal, who cannot leave that area.
5. The ball must be passed within 10 seconds or the other team gets possession of the ball.
6. The defensive team tries to knock down or intercept the pass. If the ball is dropped or intercepted, the defensive team takes possession and tries to score.
7. 6 points are awarded each time the ball is passed to a player in the goal area.

COACHING TIPS:

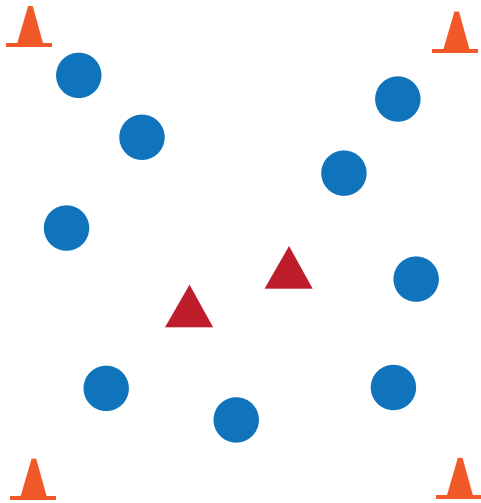
- Stress the importance of spreading out and being in position to receive a pass from a teammate. In a game situation, the offense has an advantage when there is more room to move.



PRACTICE PLANS

1.

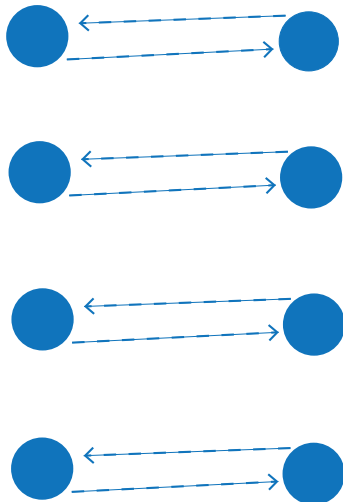
60 MINUTE PASSING GAME FLAG FOOTBALL PRACTICE (BEGINNER)



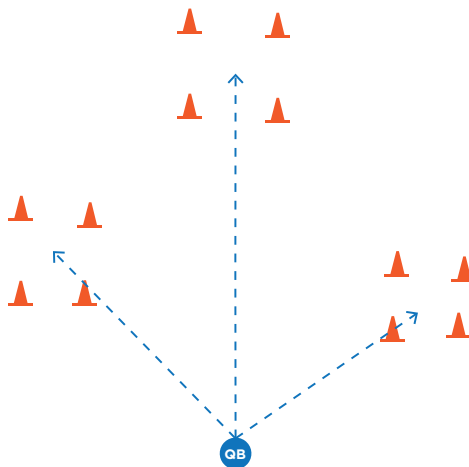
Flag Tag:
10 minutes



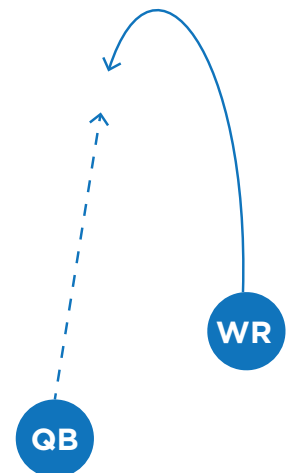
Snap and Drop Back Drill:
5 minutes



Progressive Throwing Drill:
10 minutes



Three Target Passing Drill:
10 minutes



Comeback Catch 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 PASSING GAME FLAG FOOTBALL PRACTICE (INTERMEDIATE)

Dynamic Warmup: 5 minutes



High Knee



Buttkicker



Frankenstein



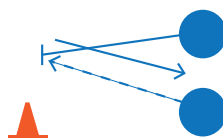
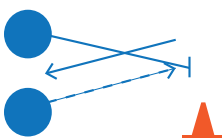
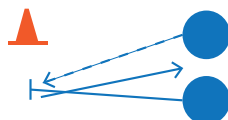
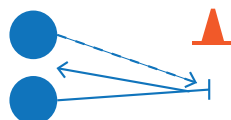
Walking Lunge &
Twist



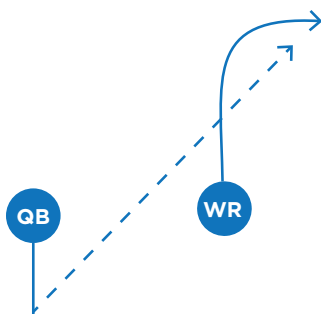
Walking Knee Hug



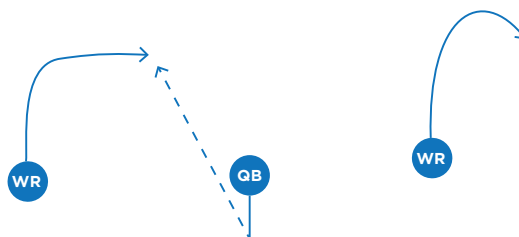
Straight Leg
Run



Plant and Catch Drill:
10 minutes



Square In, Square Out Drill:
10 minutes



Two Receiver Drill:
10 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.

3.

60 MINUTE PASSING GAME FLAG FOOTBALL PRACTICE (INTERMEDIATE)

Dynamic Warmup: 5 minutes



High Knee



Buttkicker



Frankenstein



Walking Lunge &
Twist



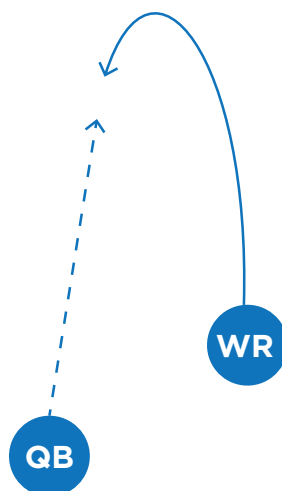
Walking Knee Hug



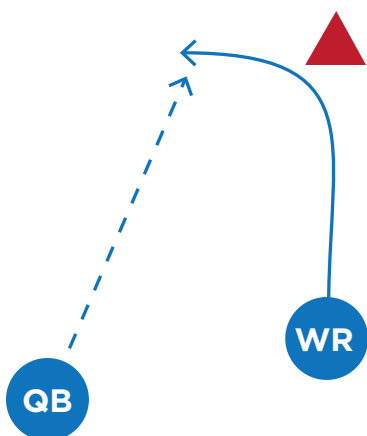
Straight Leg
Run



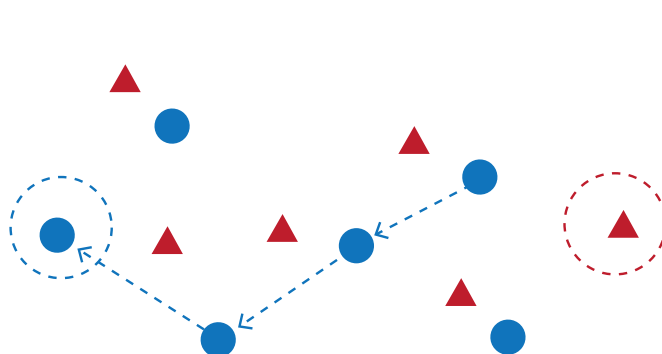
Shotgun Snap Drill:
10 minutes



Comeback Catch Drill:
10 minutes



Air Ball Drill:
10 minutes



Goal Ball:
20 minutes

4.

90 MINUTE PASSING GAME FLAG FOOTBALL PRACTICE (ADVANCED)

Dynamic Warmup: 5 minutes



High Knee



Buttkicker



Frankenstein



Walking Lunge & Twist



Walking Knee Hug



Straight Leg Run

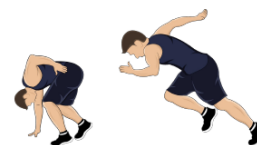
Speed Circuit: 5 minutes



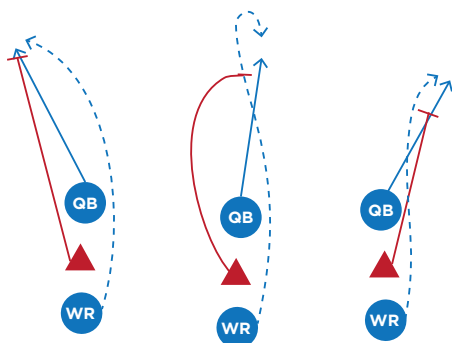
Waterfall Starts



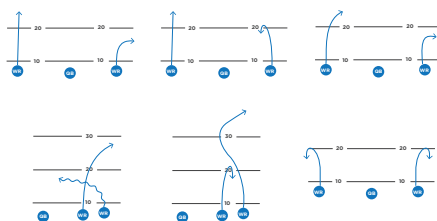
Mountain Climber Starts



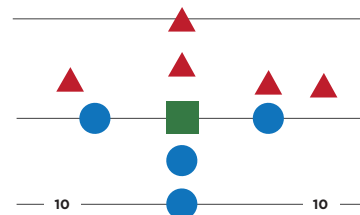
Sprinter Starts



Run and Shoot Drill:
15 minutes



Route Combo Drill:
15 minutes



Red Zone Do or Die:
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 PASSING GAME FLAG FOOTBALL PRACTICE (ADVANCED)

Dynamic Warmup: 5 minutes



High Knee



Buttkicker



Frankenstein



Walking Lunge & Twist



Walking Knee Hug



Straight Leg Run

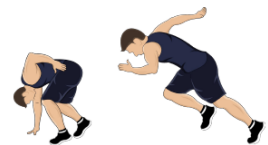
Speed Circuit: 5 minutes



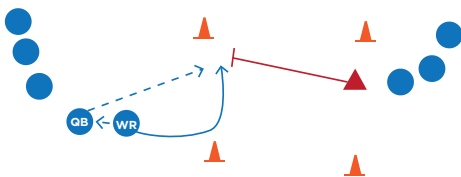
Waterfall Starts



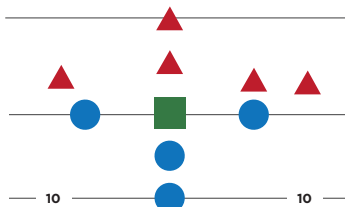
Mountain Climber Starts



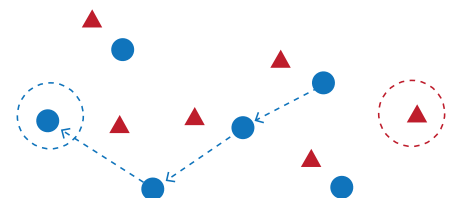
Sprinter Starts



Beat the DB Drill:
15 minutes



Red Zone Do or Die:
20 minutes



Goal Ball:
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.