

Flag Football Drills

1. Warm Up – Form Running Drills
 - Sprints
 - High Knees
 - Butt Kicks
 - Karaoke – Step behind/front
2. Circle of Love Drill – 5-10 min for endurance
 - 4 Cones in a large square
 - 2-3 on one cone and 2-3 on another cone and rest in middle. Coaches blows whistle and the kids on the cones run around the square while the kids in the middle do pushups/squats/situps Rotate kids and again.
3. Teach QB/Center Exchange Drill
 - Under center with open hands, palms together
 - Center rotates ball on snap
 - Shotgun snap center tip of the ball to the QB
4. Handoff Drill – Coach/Player Handoff
 - Arms open – Ball in and close
 - Handoff run between players and have defensive back ready to pull flag

5. Blocking Drill

- Handoff and Guard sealing the block for RB to go around him then 5 -10 yards down the WR sealing block on CB. Using correct blocking style.

6. Flag Pulling Drill

- Hand off straight up the field and defender coming from sideline straight at player to pull flag.
- Teaching Defensive Ends to “Stay Home” on a sweep or reverse and shedding block to pull flag.

7. Turn Around Catch Drill

- Hand-Eye Coordination
- All line up and first guy in line turns around and looks at rest of team. On the coaches “go” turns around fast to catch the ball

8. Distraction Catch Drill

- All line up and one player on the sideline. On the coaches “go” player run across field and between players to catch the ball from the coach.