



Flag Football

Volunteer Coach Skill Development Packet

Created By
City of Peoria
Community Services Department
Youth Sports Programs
Updated: January 1016

TABLE of CONTENTS

DEFENSIVE Skill Development Coaching Points	2
DEFENSIVE Drills	3
OFFENSIVE Skill Development Coaching Points	3-4
OFFENSIVE DRILLS	5
PRACTICE SCHEDULE TEMPLATE.....	6

DEFENSIVE Skill Development Coaching Points

DEFENSIVE TWO POINT STANCE

- Knees Flexed
- Feet Staggered
- Weight Evenly Distributed
- Arms in Ready Position
- Head Up
- Eyes on Intended Key

FLAG PULLING

- Do NOT come to a stop to pull flag when ball carrier is coming
- Shorten stride of steps as you close in on ball carrier

BACKPEDAL

- Feet Staggered
- Push off Front Foot
- Stay Low
- Keep Eyes over Toes
- Stay on the Balls of Feet
- Accelerate Forward to close the space between you and the Opponent

BACKPEDAL AND TURN

- Feet Staggered
- Push off Front Foot
- Stay Low
- Open Hips
- Throw Elbow
- Snap Head & Shoulders Around
- Accelerate Up-Field to stay with Receiver



DEFENSIVE Drills

DEFENSIVE BALL DRILLS

- Backpedal Breaks (Work Catching during this time)
 - 1) Head On Low
 - 2) 45 Right
 - 3) 90 Right
 - 4) 135 Right
 - 5) Head On High
 - 6) 135 Left
 - 7) 90 Left
 - 8) 45 Left
 - 9) Head On Jump Ball
- Incorporate Partner in Above Breaks
- Find the ball (Do Several Times)
- Playing the Ball
 - 1) Short Toss over Head (Rt / Lt Arm)
 - 2) Over the Shoulder (Rt / Lt Shoulder)

FLAG PULLING DRILLS

- 5 x 10 yard box
 - 1) 1 on 1
 - 2) 2 on 1 (If able to block downfield)
 - 3) Sideline Pull (Lt / Rt)
- 10 x 10 yard box
 - 1) Team vs 1 (20-30 sec's)

OFFENSIVE Skill Development Coaching Points

POSITION: CENTERS

- Snapping (or Hiking) the Football
- Small Hand = Place towards top of ball
- Large Hand = Place towards middle of ball
- Laces come into QB's hand
- Thumb on laces for under center
- Throwing grip in shotgun
- Keep Head Up

POSITION: QUARTERBACKS

TAKING A SNAP

- Feet are Parallel
- Keep knees bent / Eyes on Defense
- Top hand is throwing hand
- Heels of hands together
- Fingers Spread Apart
- Top Hand Applies Pressure
- Eyes downfield on Defense

3-STEP DROP

- First step with foot of throwing arm
- Step sequence: Long, quick, quick
- Ball close to chest
- Plant on third step and throw
- Point foot at target when throwing
- Throwing elbow and wrist snap downward



OFFENSIVE Skill Development Coaching Points

POSITION: RUNNING BACKS

2-POINT STANCE

- Knees Bent
- Feet Parallel;
- Weight Evenly Distributed on both Feet
- Hands on Thighs
- Head Up / Eyes on the Target

RECEIVING A PITCH

- Use the Hands to 'Cradle' the ball
- Watch the Ball ALL the WAY into the HANDS
- Tuck the ball away to protect it
- Eyes up to find the 'HOLE'

RECEIVING the HAND-OFF

- Ball placed in the Running Backs Belly
- Inside Arm = Up (Thumb Down, Thumb in Center of Chest, Palm Out)
- Outside Arm = Down (Just below Belly button)
- Running Back should focus on 'Target HOLE' (Eyes up)
- Quarterback lets go of the ball as the Running Back grasps the ball.

POSITION: WIDE RECEIVERS

2-POINT STANCE

- Knees Bent
- Feet Staggered
- Weight over Front Foot
- Arms in Ready Position or Relaxed
- Head Up / Eyes on Ball to see snap
- No False Step

RUNNING ROUTES

- Fly Pattern
- Post Pattern
- Curl Pattern
- Flag Pattern
- Hitch Pattern
- Out Pattern
- Slant Pattern
- Go Pattern's
- Bubbles / Quicks

RECEIVING the PASS

- Pinky Fingers together for balls below the waist or over the Shoulder
- Diamond Fingers, look through window for balls above the waist
- Watch the ball ALL the WAY into the HANDS
- Use the hands to catch the ball, not the chest
- Chin tuck with ball tuck

OFFENSIVE Drills

QUICK GAME THROWING

- First step with foot of throwing arm
- Throwing arm side, Two steps at target
- Opposite side, foot of throwing arm steps behind other foot, other foot steps to target



OFFENSIVE Drills

THROWING

- Fingertips on the ball, loose grip
- Air pocket between palm and ball
- The ball should be 1 to 3 inches away from chest
- The 'off' hand should be on the ball to protect
- Feet shoulder width apart, balls of feet
- Three Cameras
 - 1) Opposite Shoulder
 - 2) Middle of Chest
 - 3) Throwing Shoulder
- The throwing elbow should be at shoulder level (Get bicep close to ear)
- Rotate Hips when throwing
- At end of throw, the thumb should be pointed down, opposite pocket

CENTER DRILLS

- Snap and Run Block
- Snap and Pass Block
 - 1) Quick Passes
 - 2) 3 Step Passes
 - 3) Rollout (Lateral Hinge)
- Snap and Run Route

QUARTERBACK DRILLS

- Warm-Up (Focus on Mechanics)
 - 1) Cross Field Drops
 - 2) Knee Throws
 - 3) Feet in Concrete (Parallel, Easy, Hard)
 - 4) Seesaw
 - 5) Down the line
- Diagonal Throws
 - 1) Quick Throws (Rt / Lt)
 - 2) 3-Step (Rt / Lt)
 - 3) Rollout (Rt / Lt)
- Read and React
 - 1) Pressure to Rollout (Rt / Lt)
 - 2) Step-up in Pocket

WIDE RECEIVER DRILLS

BALL DRILLS (RT / LT) - WORK TECHNIQUE

- 1) Easy Toss
- 2) One Hand
- 3) Bad Ball
- 4) Over the Shoulder
- 5) Head On
- 6) Break Out

RUNNING BACK DRILLS

MESH DRILLS (RT / LT) - WORK TECHNIQUE

- 1) Rotating Handoffs
- 2) Run Plays

ROUTE DRILLS (RT / LT)

- 1) Run Routes



PRACTICE SCHEDULE TEMPLATE

RECOMMEND TWO, ONE HOUR PRACTICES PER WEEK, FOCUSING ON ONE SIDE OF THE BALL AT EACH PRACTICE

:00	TEAM <u>DYNAMIC</u> WARM-UP
:05	TEAM CHALLENGE
:10	FLAG PULLING DRILLS (EVERY DAY)
:20	BALL DRILLS
:35	DEFENSIVE ALIGNMENT OR ROUTES VS AIR
:45	TEAM
1:00	STRETCH

MAKE YOUR KIDS HUSTLE DURING PRACTICE AND CONDITIONING IS NOT NEEDED.

ALWAYS STATIC STRETCH AT END.

