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
- Easy Toss
- One Hand
- Bad Ball
- Over the Shoulder
- Head On
- Break Out

RUNNING BACK DRILLS
MESH DRILLS (RT / LT) - WORK TECHNIQUE
- Rotating Handoffs
- Run Plays

ROUTE DRILLS (RT / LT)
- Run Routes
PRACTICE SCHEDULE TEMPLATE

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

:00     TEAM DYNAMIC 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.