

OTA Flag Football League: Wed Practice Plan

*Sample Plan (90 Minute Practice)

Set Up Fields / Split Up Flags / Put out Footballs

20min

1. Warm Up
 - Announcements
 - Player Lap
 - Stretching and Calisthenics
 - Relay Sprints (hand off and tuck ball)

2. Team Break Down
 - Pass Patterns
 - i. Button Hook
 - ii. Down and In
 - iii. Post
 - iv. QB Call (only throw if correct pattern is run)
 - Pass Patterns (add defender)

****RULES WORKSHOP**

30min

3. The NFL Combine (FIVE Stations - Coach stays at their station while teams rotate)
 - Wide Receivers (pass patterns)
 - Add Defender
 - Running Back (handoffs, pitches, etc.)
 - Add Defender
 - Defense
 - Flag Grab (Team Flag Tag and 1on1 Steal the Bacon)
 - Interceptions
 - Knocking Down Passes
 - Special Teams
 - Returns
 - Kicking/Punting
 - Quarterbacks
 - Throwing
 - Scrambling

**Players Rotate with their team to each station (may not get to every station each week)

40min

4. Scrimmaging
 - Red Zone
 - Full Field