

Flag Football Camp – KEY NOTES

Skills Station Work Section

To locate all games, skills, drills, and instructions use our online resources.

www.otathletics.com > Instructor Login Portal > Curriculum Resources > Flag Football > Skills and Drills

- All skill stations are designed for one purpose only, teaching campers the fundamentals.
- OTA Coaches are leading and demonstrating the techniques, movements, footwork, etc.
- Divide campers into small groups with an OTA Coach on a designated area of field.
- Stations can be assigned by skill (ex. Station 1 is Passing, 2 is Throwing, etc.) OR each camp group can practice all the skills with their assigned coach.
- Rotate skills every 20min.

Team Practice & Coaches Practice Plan Section

Team practice should be used to give smaller group fundamental coaching/instruction to campers.

Team practice time is for OTA Coaches to prepare campers for scrimmage play and tournament play.

Team Practice plans should start with the following:

- 1.) Break the huddle correctly (5 minutes)
- 2.) Running routes (Add defenders)
- 3.) Defensive Drills
 - a. Read and React
 - b. Post Corner
 - c. Flag Pull Drill
 - d. Tip Drill
- 4.) Offensive plays from playbook
 - a. Number players for easier substitutions
 - b. Players should keep their numbers in games

OTA Coaches are encouraged to add anything to the above in their practices that builds on basic football fundamentals.

Demonstrations / “Blowout Games & Segments” Section

These camp segments are a chance to showcase your camp to participants and parents. Use these segments to excite campers, teach campers and demonstrate to parents the value they are getting from this camp. Examples:

- Guest speakers – bring in a former or current player or coach to talk
- Anything labeled “Blowout” signals that game/activity should be high energy, lots of participation, and showcases the “fun” campers are having at camp. Use this at the end of a camp day while parents are showing up to watch/pick up.

Game Play & Rules Section

Camp scrimmage play can be as rule oriented as you want. Use whatever game play rules you want for your own camp. The below are basic scrimmage/game play rules every game should use at a minimum.

General Rules

- Decide based on the size of your playing field a safe scrimmage number: 6v6, 7v7, 8v8
- Players must wear flag belts around waist and shirt
- No jewelry allowed
- No metal cleats
- There are no fumbles. Once ball is dropped, play stops at that spot.
- Play is “dead” once an offensive player’s knee touches the ground with ball at any time.
- No flag guarding on offense – an attempt by the offensive player to obstruct the defensive player to grab their flag belt.

Game Play

- Four (8) min running clock quarters
- Touchdown = 6 points
- Extra Points = 1 point from 5yd line or 2 points from the 10 yd line
- Offense gets 5 possessions (“downs”) to score. After 5 possessions, it’s a turnover to other team where last play ended.
- *If you have a big enough field, you can make the 50 yd line and allow 4 downs to cross the 50 yd line, then 4 downs to score.
- Penalties can be added for anything. Make penalties either a loss of down or loss of yardage.
- Substitutions should happen every 2min or every 2 plays. How to Substitute:
 - At the beginning of the game number your player
 - Player 1 always sits out first
 - Begin the game with the same number of players as the opposing team
 - Substitute players every 2-4 plays
 - Yell “2 Out – 1 In” after designated number of plays.

Game Scheduling & Tournament Play Section

Each camp will vary based on the number of teams you have. The idea of games and tournament play should be centered on creating evenly talented teams to allow for competitive games. You don’t want blow-out games or “loaded” teams at camp. Below are the basic rules of thumb for organizing games.

- For game schedules during the week, simply rotate matchups with those teams. Ex. Game 1: Ravens vs Falcons, Game 2: Cowboys vs Raiders, etc.
- Make sure teams are not sitting out for more than 1 game in a row.
- Playoffs should be done on the last day of camp. Several options:
 - Round robin style – every team plays each other once, best record wins
 - Bracket style – put teams into a win or go home bracket by seeds

Demonstrations

1.) Water Balloon Hail Mary:

- a. Coaching Points
 - i. Soft Hands!
 - ii. See the ball all the way into your hands (NOT one hand)
- b. How to Demonstrate:
 - i. Have coach select several players
 - ii. Select a distance for each to start from
 - iii. Coach throws water balloon to player
 - 1. Players who catch the balloon without it breaking move to a further distance

2.) Hard Snap Count

- a. Coaching Point
 - i. Defense must always watch the ball – not anticipate the snap count.
 - ii. Fire off line when center “Hikes” ball
- b. How to Demonstrate:
 - i. 2 coaches are necessary for drill
 - ii. One coach is the center – other is the QB
 - iii. Coach selects several players to play defense
 - iv. QB coach uses creative (funny) snap counts and tries to draw defense offside

3.) Breaking the Huddle Correctly

- a. Coaching points
 - i. Players must listen closely to QB
 - ii. Be in a tight huddle so defense cannot listen in or observe play
- b. How to Demonstrate:
 - i. Coach (QB) takes knee 5 yards off LOS
 - ii. Players surround QB in tight circle
 - iii. QB give instructions to each player
 - iv. QB Breaks huddle
 - 1. Ready on 3, ready on 3, 1-2-3 “BREAK – w/clap”
 - v. Player sprint to their positions.

4.) How to Receive a Pitch or Handoff

- a. Coaching points
 - i. Players MUST secure ball (One hand over, one hand under)
 - ii. Players must cut UP-field when ball is secured
- b. How to Demonstrate
 - i. Coach is QB
 - ii. Selects player to be RB

- iii. Throws pitch or hands-off
- iv. Critiques players form

5.) Wide Receiver Stance (Line of Scrimmage)

- a. Coaching points
 - i. Inside foot up, flat on the ground but weight slightly on the toes. 80% of weight on front foot, 20% on back foot.
 - ii. Back foot heel is slightly off the ground, about an inch. Back foot is just under a foot behind the front foot. Needs to be comfortable. Back leg should be slightly bent, so not so far back that it needs to be straight.
 - iii. Feet are underneath the armpits.
 - iv. Front knee is over the front foot toes.
 - v. Chest is over the knee and over the toes.
 - vi. Chin, turned inside, also ends up over the chest which is over the knees and over the toes.
 - vii. Hands relaxed/or hand up – Players choice
 - viii. On the snap, push off the back toes to roll and then press off the front foot to explode upfield.
- b. How to Demonstrate
 - i. Self-Explanatory

6.) Juke Move – Shudder Step

- a. Coaching Points
 - i. Locate defender(s)
 - ii. Signal you may go in either directions (head, shoulders and/or torso)
 - iii. Fake in one direction (don't over commit!)
 - iv. Quickly switch to other direction and sprint out of move
 - 1. Always cut UP-field
 - 2. Stick to one juke move at first (Don't slow down or waste time)
- b. How to Demonstrate:
 - i. Self-Explanatory

7.) Running Off DB (defense)

- a. Coaching Points
 - i. Speed Kills!
 - ii. One move and break!
 - iii. Hard, Deep cut into the ground
- b. How to Demonstrate:
 - i. Show players the proper way to run a button-hook or post route.

8.) Cross Patterns (Pick-Plays)

- a. Coaching Points
 - i. WRs must be on the same page – Run same route on opposite sides of the field (In Route, Slant, ETC.)
 - ii. (WR1 – receives pass | WR2 – sets pick)
 - iii. Both must get off line quickly and into their individual routes
 - iv. WR2 must “rub” “Screen” “pick” WR1 DB using proper stance
- b. How to Demonstrate
 - i. Select 2 players to be WR and 2 to be DB
 - ii. Run route

9.) Break Down Play

- a. Coaching Points
 - i. WR must have internal clock
 - ii. WR eyes must come back to QB
- b. How to Demonstrate:
 - i. Have WR run sloppy routes – DB stays close to WR
 - ii. WR break off routes and run back towards QB in attempt to get open.

10.) Proper Flag Football Blocking

- a. Coaching Points
 - i. Similar to setting a pick in basketball
 - ii. Both feet must be firmly planted in ground
 - iii. Player CANNOT extend arms

Pass Patterns:

- 1. Button Hook**
- 2. Down and In (to middle)**
- 3. Post**
- 4. Slant**
- 5. Fly (Bomb / Hail Mary)**
- 6. Down and Out (to sideline)**
- 7. Swing**
- 8. Stop and Go (stutter)**
- 9. Wheel Route**