

Coaches Folder

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1. Sharks and Minnows

Equipment Needed Cones and football flags

Set Up Create a 20x20 yard area with cones.

How to Play

1. 10 players start at 1 End Zone, each with a football (if available). 2 DBs are stationed in the middle of the field.
2. The object is for the RBs to run past the DBs to the opposite End Zone without getting their flags pulled.
3. If a RB has his/her flag pulled, he/she sits out.
4. Stop the drill after RBs reach the opposite End Zone. Identify kids with pulled flags and allow players to catch their breath.
5. The drill continues then by changing direction until there is one RB remaining.

Tips

- Instead of RB sitting out after his/her flag is pulled, have him/her switch to a DB and assist in pulling other RB's flags.

2. NFL Ultimate

Equipment Needed Cones and footballs

Set Up Created a 20x40 yard area with the cones.

How to Play

1. Divide the class into 2 teams.
2. The concept is for the team with the football to pass the ball to teammates without dropping the ball, all the while moving the ball toward the End Zone.
3. The player with the football has 10 seconds to pass or pitch the ball to a teammate.
4. The ball can be passed or pitched forward, sideways, or backwards.
5. The player with the ball can only take 2 steps after catching the ball.
6. The Offensive players without the ball can move anywhere on the field.
7. The ball always has to be passed toward the End Zone- 6 points are awarded for a Touchdown.
8. After a Touchdown, the team that was on Defense switches to Offense and takes possession of the ball from the point of the turnover.
9. Each Defensive player must stay at arm's length from the player with the ball. The Defensive play is similar to that of the basketball.

3. Numbers Game

Equipment Needed Cones and footballs

Set Up Create a football playing field with 2 end zones marked by cones.

How to Play

1. Divide the class into 2 teams and give each team its own set of number's i.e. - 1- however many are on the team.
2. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
3. Each player will have a same number as one other player on the other team.
4. Call a number and throw out two balls.
5. The players from the different teams with the same number must run out and get a ball, and run it into their team's end zone.
6. First player to score a touchdown in their team's end zone gets a point.
7. After the player scores, return ball to the instructor as fast as possible, then return to their team.

Tips

- Award points for a player who runs back to his/her team faster than the other player, for cheering loud, and for sitting Indian style.
- Have players throw the ball back to the instructor instead of running with it.

4. Red Zone

Equipment Needed Cones and Footballs (flags)

Set Up Create a 'Red Zone' field with an end zone (nor more than 20 yards)

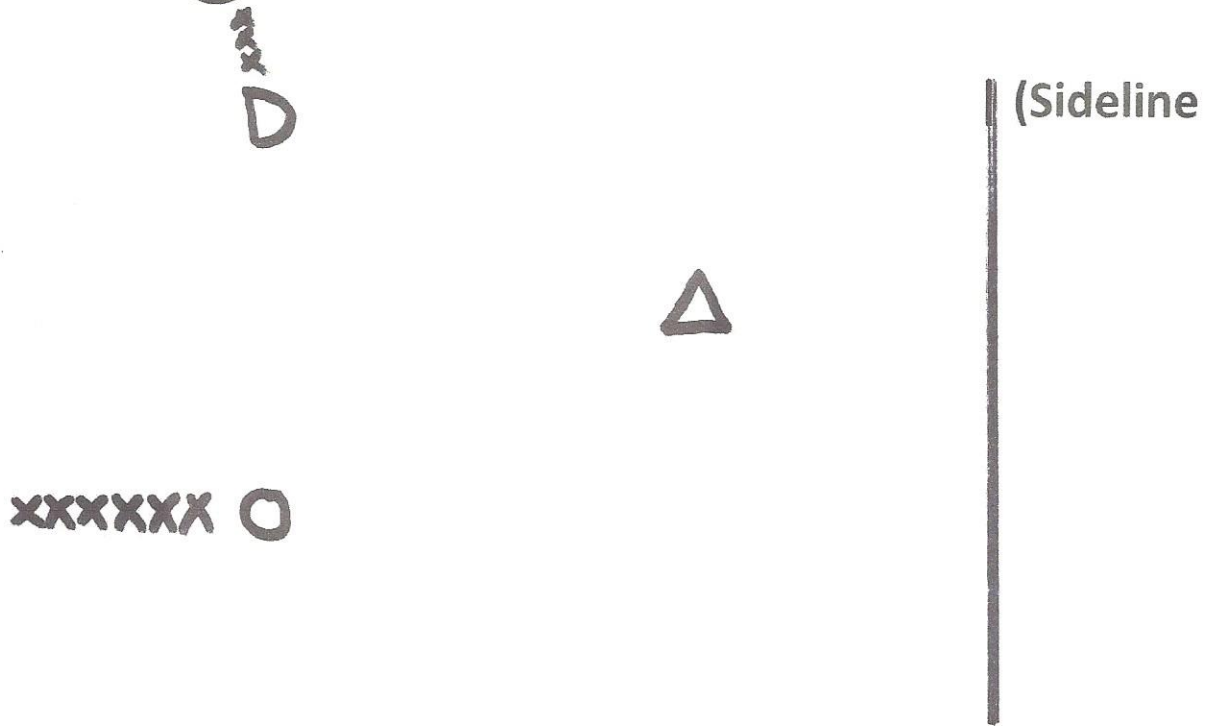
How to Play

1. These are 'mini' games.
2. Split players into teams.
3. Each team starts with the ball on the 20 yard line.
4. They have 3 plays to score a touchdown.
5. This must be "Man to Man" defense coverage.
6. No rushing the quarterback.
7. Teams switch from offense to defense after a touchdown or defensive stop/fumble/interception.

Tips

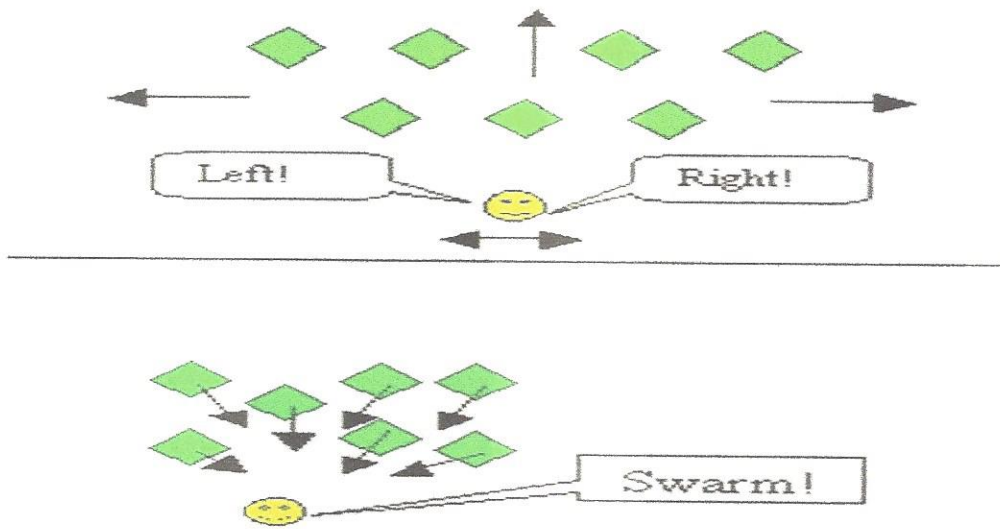
- This is a fantastic game to get everyone involved quickly.
- Teach kids to hurry back to the huddle.
- Teach the defense to get excited and try to know down a pass.
- This game can also be done without using flags.
- One hand touch can be just as good if not better for this game.
- Using a time limit instead of three downs is another good variation for a possession.

Angle of Pursuit – Drill



- 1.) On whistle, offensive player runs to the gap between cone and sideline and tries to beat defender into the end zone
 - a. Cannot cut back before the cone
- 2.) Add defenders and drill progresses
 - a. 1st defender must not get beat up the sideline
 - b. 2nd defender must not get beat with a cut-back
- 3.) Rotate offense and defense after each play.

Swarm Drill



How to Play:

- 1.) Make a large square using cones
 - a. Create another line of cones about 10 yards from square
- 2.) Players line up on sideline
- 3.) Call the first amount (3-6) of players into the square
- 4.) Coach calls out directions
 - a. Extends ball to the side (Left or Right)
 - b. Arm back to throw – players back peddle
- 5.) Coach brings ball to ground – yells "SWARM"
- 6.) Players sprint to the line 10 yards behind drill

Coaching points:

Coverage Team:

- 1.) Players must shuffle their feet (NEVER cross over)
- 2.) Pump arms when back peddling.
- 3.) Eyes should always be in the backfield (at the coach)
- 4.) Players on sideline are encouraged to yell out directions and SWARM

Punt Return Drill

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How to Play:

- 1.) 3 players on each side (Receiving and Coverage)
 - a. Rest of team lines up on side line
- 2.) Coverage team kicks (throws) ball to receiving team.
- 3.) Receiving team must try to run ball into end zone
 - a. Laterals are encouraged
- 4.) Switch groups – next 3 from each team is in
- 5.) After all participants have gone – switch sides of field.

Coaching points:

Coverage Team:

- 1.) Players must stay in their lane
- 2.) Get down field as fast as they can
- 3.) Break-Down and pull flag
 - a. Look at the player's waist – not feet!

Receiving Team:

- 1.) One player must call for the ball ("I got it")
- 2.) Once the player attains possession of the ball
 - a. Run straight forward
 - b. Look for possible lateral
- 3.) Players without the ball
 - a. Block OR
 - b. Stay slightly behind the ball for a possible lateral

Passing Receivers Open – Drill



DB

DB(Add)

-----(L.O.S)

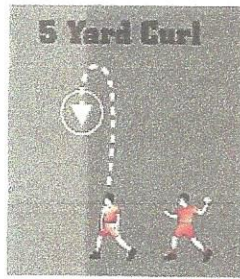
WR

WR(Add)

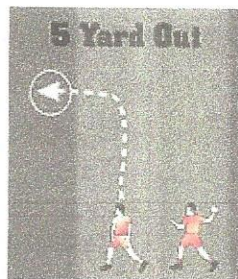
QB

- 1) QB Hikes Ball - Throws ball to one Area
- 2) WR must beat DB & Catch ball in Cened off Area

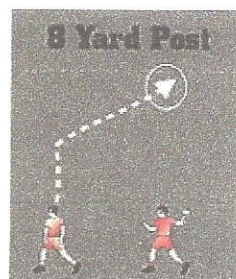
Michigan Youth Flag Football Drill #5: Individual Pass Patterns



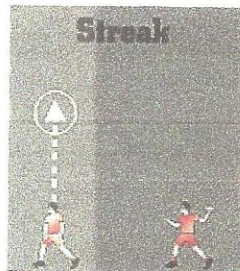
5 Yard Curl:
The WR runs up the field 5 yards, stops, and returns back towards the QB.



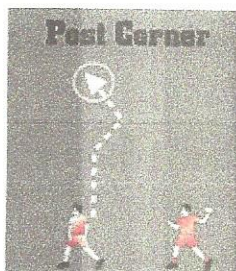
5 Yard Out:
The WR runs up the field 5 yards and cuts to the sideline.



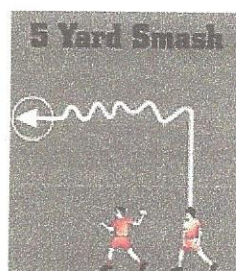
8 Yard Post:
A WR runs up field 8 yards and cuts toward the centre of the field on a 45-degree angle



Streak:
The WR runs straight up the field as fast as possible.

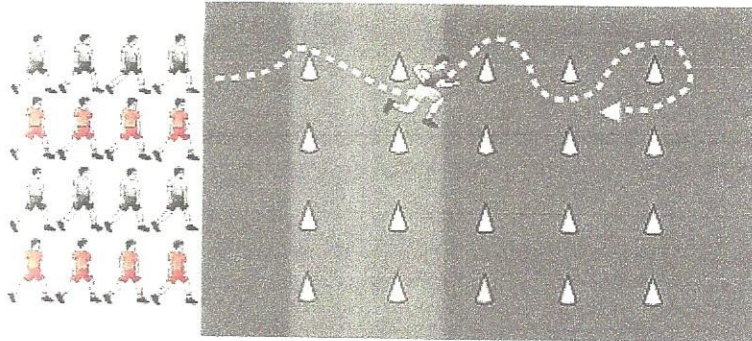


Post Corner:
The WR runs up the field. At 8 yards he cuts toward the centre of the field and after 2 yards runs towards the corner of the end zone.



5 Yard Smash:
The WR runs up the field 5 yards and then turns toward the QB and side shuffles with body facing the QB.

Michigan Youth Flag Football Drill #13: Running The Ball



Purpose: To develop running skills.

Organization: Set out a 20 x 20-yard area. Cones are set 8 yards apart to simulate a mini-end zone. One ball per team. The entire class can participate. If cones are limited, use t-shirts, shoes, or tape on the floor as markers.

Drill Outline:

- This is a relay race between teams.
- The first participant in each line has a football and will run with the football around each cone and then come back to the beginning of his/her line.
- When the participant returns to the line, they will hand off to the next participant at the front of the line, then go to the back of the team's line.
- The race is won by the first team to have each participant complete the race.

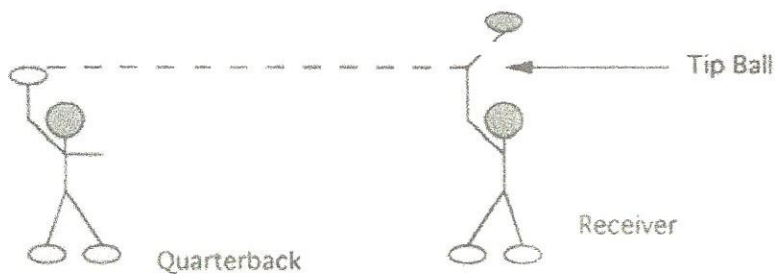
Progression: Have players backpedal or hop over the cones.

Key Coaching Points:

- Player switches arms carrying the football, with the football always carried in the arm nearest the sideline.

Players cut on their outside foot, not crossing their legs over when they go around a cone.

Tip Drill:

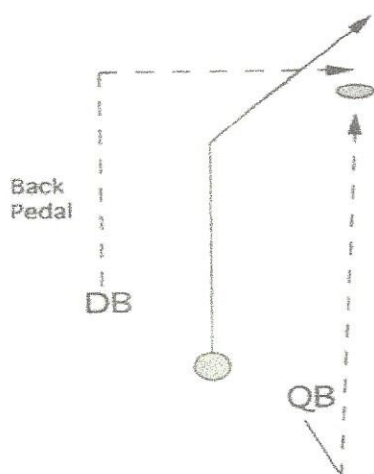


- 1.) On "Go" first two players in line run straight at the QB
- 2.) QB throws ball in the air – just out of the reach of Player 1
- 3.) Player 1 TIPS ball as high as they can in air
- 4.) Player 1 tries to catch tipped ball.

Add:

- 1.) Once players get the hang of it add a second and third player
- 2.) Player 1 tips ball
- 3.) Player 2 tries to catch ball (WR offense)
- 4.) Then:
- 5.) Player 3 tries to knock down tip, intercept the ball

Post Break Drill:

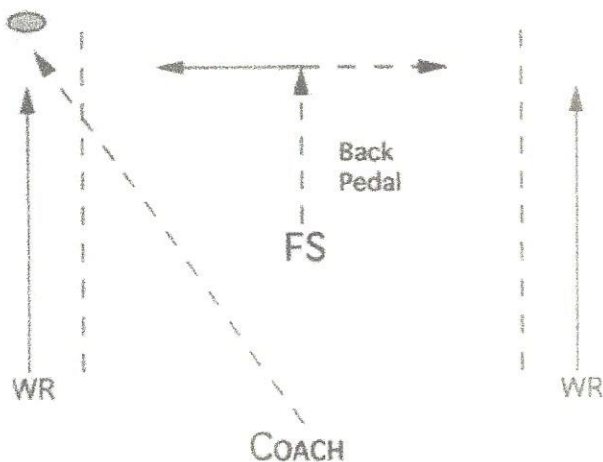


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- 1.) Have the DB and the WR on their Stomachs facing each other about 5 yards apart
 - 2.) On "Go" they pop up and run their route.
 - 3.) QB tries to complete pass

Coaching Points:

- 1.) Get a quick start – SNAP UP!
- 2.) Defense
 - a. Immediately get in your back-peddle
 - b. Read the receiver AND the QB
 - c. Make a break on the ball
- 3.) Offense
 - a. Run a crisp route
 - b. Fake outside and juke inside
 - c. Open up to the QB for the pass
 - d. Catch ball at the highest point.

Read and React Drill:

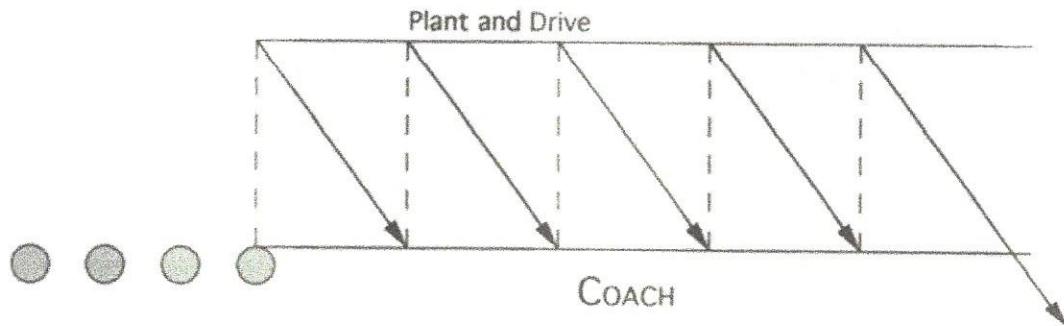


- 1.) Have WRs about 5-10 Yards outside of QB/Coach
- 2.) DBs should be playing Press Man to Man coverage
- 3.) Have FS start on their stomach facing the QB
- 4.) QB tries to complete pass

Coaching Points:

- 1.) FS: Get a quick start – SNAP UP!
 - a. Immediately get in your back-peddle
 - b. Read the receivers AND the QB
 - c. Make a break on the ball
- 2.) Offense
 - a. Run a crisp Fly route – focus on speed – NO jukes
 - b. Catch ball at the highest point.

M-Drill



This is a great warm-up drill. It can be used as a variation of Jingle Jangle or to work on footwork.

How to Run Drill:

- 1.) Set two lines of cones as shown above about 5 yards apart
- 2.) Create one line at the beginning of the drill
- 3.) Players sprint in a straight line to the first cone
- 4.) When they reach the cone the plant their foot into the ground and drive towards the next cone in a diagonal fashion.
- 5.) They continue this to the end of the drill.

Variation:

- 1.) Players back-peddle to the first cone
- 2.) When they reach the cone, they explode off their back foot to the second cone in a diagonal fashion.
- 3.) You can also reverse the variation and have the players sprint to the first cone and back-peddle to the second (advanced – for the older campers).