

## Flag Football Clinic Agenda

### Week 1

- 1) Introduction of Coaches and Rules
- 2) Split kids into teams
- 3) Distribution of yellow and red flags
- 4) Chase Down Game
  - a) 1<sup>st</sup> Whistle- Player with ball takes off running
  - b) 2<sup>nd</sup> Whistle- Next player chases him down
- 5) Split yellow and red teams in half
  - a) Half from each team go to play Flag Tag
  - b) Half go to group stations
    - i. 1<sup>st</sup> Station: Hand Off through the gauntlet
    - ii. 2<sup>nd</sup> Station: Button Hook Pass Pattern
    - iii. 3<sup>rd</sup> Station: Deep Fly Pass Pattern
- 6) Switch After 15-20 minutes
- 7) Water Break
- 8) 3 Fields already set up for controlled scrimmage (5 vs. 5) with subs.
  - a) OTA Instructors are QB
- 9) Bring them in and cool down speech
- 10) Dismissal

## Week 2 Agenda

- 1) Introduction of Coaches, Rules
- 2) Split Kids into Teams, Distribute Flags
- 3) Warm Up With Jingle Jangle
  - a) Run Through Cones to one Corner
  - b) Side Slide to next corner
  - c) Sprint to the finish
- 4) Group Relays
  - a) Each Team Is Spread out in a stack (5-10 yards between each)
  - b) Relay One: Snap ball down the line (like a center, shotgun snap)
  - c) Relay Two: Underhand Pitch Down the line (option lateral)
  - d) Relay Three: Overhand Throw Down the line (like a QB to WR)
- 5) Chase Down Game
  - a) 1<sup>st</sup> Whistle- Player with ball takes off running
  - b) 2<sup>nd</sup> Whistle- Next player chases him down
- 6) Stations ( 5-10 minutes for each)
  - a) Throw To Coach
  - b) Button Hook Route
  - c) Hand Off, Weave Through Cones
  - d) Sack The Coach (Kids have a certain amount of time to run through obstacles and sack coach)
- 7) Water Break
- 8) Fields Already Set Up to have controlled scrimmage (5 on 5)
  - a) OTA Instructors are QB, Sub Frequently
- 9) Review, Cool Down Speech
- 10) Dismissal



## Week 4

- 1) Introduce Coaches, Rules, Trivia, Split into Teams (hand out flags)
  
- 2) Warm-Up Game- Steal the Bacon Using Footballs (more than one player at a time)
  
- 3) Split each team in half for stations:
  - a) Punt Return- Run Back for a Touchdown (one at a time)
  - b) Pass Defense- Covering a Receiver, knocking down a pass
  - c) WR Station- Route Running, Catching
  
- 4) Scrimmage- Two Games (7-on-7, Coaches Automatic QB)
  
- 5) Review of Skills Learned, Collection of Flags, Dismissal

## Week 5

- 1) Introduce Coaches, Rules, Trivia, Split into Teams (hand out flags)
  
- 2) Warm-Up Game- Tag Tournament Red vs. Yellow Teams (Pulling off Flags)
  
- 3) Split each team in half for four stations:
  - a) QB Scramble
    - Coaches Are QBs
    - Players begin at line of scrimmage
    - Players try to tag scrambling coach
  - b) WR Station
    - Route Running (Button Hook, Quick Slant off LOS, Catching)
  - c) Option Station
    - Pair Players In Two
    - One Runs at coach with the ball
    - Laterals to teammate before being tagged
    - Teammate runs into end zone
  
- 4) Red Zone Challenge
  - Split Group Into Their Teams
  - Each team has two plays to Score from "15 Yard Line"
  - Switch after score/unsuccessful drive
  
- 5) Scrimmage- Two Games (7-on-7, Coaches Automatic QB)
  
- 6) Review Of Skills Learned, Collection Of Flags, Dismissal

## Week 6

- 1) Introduce Coaches, Rules, Trivia, Split into teams (Hand out flags)
- 2) Warm-Up Game: Steal The Bacon Using Footballs (more than one player at a time)
- 3) Chase Down Game
  - a. 1<sup>st</sup> Whistle- Player with ball takes off running
  - b. 2<sup>nd</sup> Whistle- Next player chases him down
- 4) Split Teams Into groups for Stations:
  - a. QB Station
    - i. Passing Form, Kids Passing To Kids
  - b. Punt Return
    - i. Run Back for a TD (one at a time)
  - c. Pass Defense
    - i. Covering Receiver, Knocking Down/Intercepting Passes
- 5) Scrimmage- Two Games (7-on-7, Coaches Automatic QB)
- 6) Review Of Skills Learned, Collection Of Flags, Dismissal

## Week 7

- 1) Introduce Coaches, Rules, Trivia Split Into Teams (hand out Flags)
- 2) Warm-Up Game- Flag Tag Tournament Red vs. Yellow Teams (Pulling off Flags)
- 3) Review of Pass Patterns Learned
  - a. Difference between Post/Corner, In/Out
  - b. Review which routes are short, medium, long
  - c. Stress importance of Running Different types of routes  
(everyone can't go long on one play)
- 4) Scrimmage- Two Games (7-on-7, Coaches Automatic QB)
- 5) Cool Down Speech, Collection Of Flags, Dismissal

## Week 8

- 6) Introduce Coaches, Rules, Trivia Split Into Teams (hand out Flags)
- 7) Warm-Up Game- Flag Tag Tournament Red vs. Yellow Teams (Pulling off Flags)
- 8) Review of Defense Techniques Learned
  - a. Calling out your man on defense, communication of who is open
  - b. Pass Rushing Techniques
  - c. Playing Until Whistles Blows
- 9) Scrimmage- Two Games (7-on-7, Coaches Automatic QB)
- 10) Cool Down Speech, Collection Of Flags, Dismissal



## Reminders

- At Least 30 minutes should be spent scrimmaging each class (about an hour for last few classes)
- Be Sure to review skill sets and why they are important to the game of football
- If things are taking too long, you can move up the scrimmaging on the agenda.