

Flag Football Skills/Drills

1. Offense (Center/QB Exchange) -

- a. Center should have knees bent with head up
- b. Center should place ball on ground before snapping
- c. QB should be in a balanced stance with hands open
- d. If Center can snap ball with one hand then they should, otherwise use two
- e. Center should not look through their legs when snapping the ball

*Drill: Have the students all practice with a partner snapping the ball through their legs. If the students have a hard time with this, let them do it from the side; across their body. (Shotgun Snap)

2. Passing -

- a. Players should be instructed that throwing a football is the same as throwing a baseball, handball, etc.
- b. The ball should be gripped with the laces, towards the back of the ball
- c. Opposite arm should point to target while bringing the ball back
- d. Ball should be thrown overhand, no side arm
- e. Opposite foot from throwing arm should step forward
- f. Point – step – throw
- g. Remind players to follow through (thumbs should end up pointing down)

*Drill: Have them practice with a partner or keep them in their stacks and have them throw to the instructor.

3. Pass Patterns -

- a. Quick steps
- b. Sharp movements
- c. Emphasize V cuts, stutter steps, head fakes

*Drill: Put the players in stacks and demonstrate each pattern. Make sure they don't start looking for the ball until they make their cut; unless it is a deep pattern.

4. Passing and Receiving –

- a. QB's should lead receivers
- b. Receivers should catch balls with their hands
- c. Arms should be outstretched with hands open to form target
- d. Receivers hands should give with ball (soft hands)

*Drill: Keep the players in their stacks and rotate positions. Passers go to receiver, receiver goes to the end of the line. (short and long route)

5. Pass Pattern Combos –

- a. Instructors should explain different passing routes
- b. Streak, Curl, Out, Post, Corner, Smash (see games for descriptions)
- c. DB's should be given instruction on back peddling, watching the pattern, the QB's eyes, and how to move to the ball
- d. DB's should watch hips, not shoulders or head to avoid being faked by receivers pass patterns

*Drill: Put the players in stacks and demonstrate each pattern. Make sure they don't start looking for the ball until they make their cut; unless is a deep pattern

6. Tosses/Hand Offs –

- a. QB's should look at the stomach area of the back that will receive the ball
- b. QB will make the pitch to that area
- c. QB should plant a lead foot when making pitch
- d. Back should show target with open hands to receive pitch
- e.

*Drill: Keep the players in their stacks: Have 3 players in the drill: snapper, quarterback, and running back. The snapper snaps the ball to the quarterback; and the quarterback tosses or hands the ball off to the running back

Rotation: Snapper to quarterback – quarterback to running back – running back to end of line – NEW SNAPPER

7. Running with Ball –

- a. Instructor should discuss quick feet
- b. Players should be reminded to tuck ball in the arm closest to a sideline
- c. When running up the middle, players should have two hands on the ball
- d. Review making fakes when trying to avoid a defensive player
- e. Players should never cross feet when running with the ball
- f. Players should make cuts on their outside foot
- g. Players should keep their head up so they can see the open field

*Drill: Set up obstacle course for players to take hand off from instructor and complete the challenge to get to the end zone.

8. Defense –

- a. Rushing the passer should be done using fakes, not by using contact
- b. Hands should be kept up to block passes
- c. Blocking is achieved by moving your feet and body not by using your arms or holding

*Drill: Set up players to block with their arms behind their backs, they can only move their legs. Instructor should be quarterback. Defense should try to 'sack' Instructor. Practice defense by running pass patterns with defenders to try and intercept pass

9. Kicking / Punting –

- a. The shoelace portion of a player's foot is where one should strike the ball when place kicking and punting
- b. A punt is achieved by dropping the ball down while meeting the ball with your foot and keeping your leg straight. (head should be kept down)
- c. Place kicking is achieved by running to meet the ball, keeping your head down, but leaning back slightly

*Drill: Kick and Chase – Have the players kick the ball as far as they can and mark it off to see which player can kick the farthest. Demonstrate the correct way to kick before letting them kick. Once they kick their ball, they need to chase down the ball. Have 3 or 4 players going at once in their stacks. If you have a 'T' you can practice field goals