

# FLEX FOOTBALL

## PRACTICE GUIDE

PRACTICE SCHEDULES, SKILLS  
ROUTES AND DRILLS





# OVERVIEW - FLEX FOOTBALL PRACTICE GUIDE

0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
DYNAMIC WARM UP	INDIVIDUAL PERIOD <ul style="list-style-type: none"><li>individual skill / technique based</li><li>EDDs - every day drills</li></ul>	WATER	GROUP PERIOD <ul style="list-style-type: none"><li>Group work as a unit</li><li>Or competition based</li><li>Multiple positions working on concepts or situational play</li></ul>	WATER	TEAM PERIOD <ul style="list-style-type: none"><li>Offensive or Defensive based</li><li>Install / gameplan</li><li>Can be competitive - if numbers allow</li></ul>	EXTRA TIME <ul style="list-style-type: none"><li>Conditioning</li><li>Team period overflow</li><li>Review Etc</li></ul>

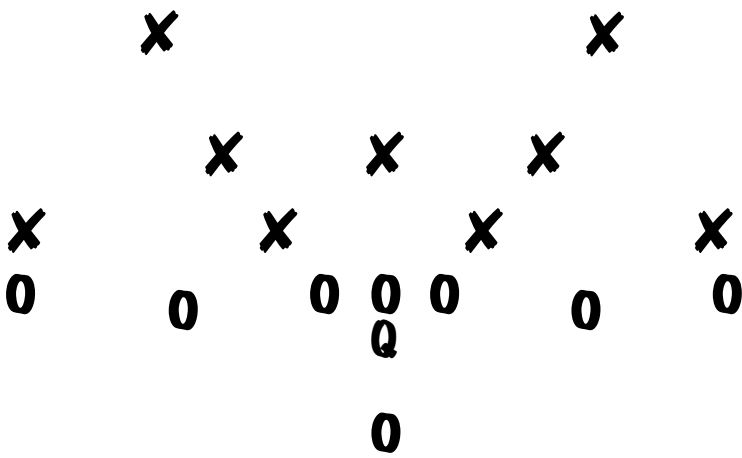
**INDIVIDUAL PERIOD** focuses on skills and technique that each specific position will use during the course of play. For example, a DB's individual period will include E.D.Ds (everyday drills) which include the following and more – back pedal, turn and go, angles, breaks, ball catching etc.

**GROUP PERIOD** focuses on combining player positions to introduce an offensive or defensive concept. It can be offensive unit or defensive unit specific or even allow for competition. For example, the receivers and QB can work on route combinations while the RB and OL work on pass protections. Or competitive style of play can include “one on ones” receivers vs DBs or ½ line work.

**TEAM PERIOD** is offensive and defensive based, it can include O/D installs and/or 9v9 competition between units. Depending on numbers, specific days can focus on one side of the ball or even allow for a team offensive unit vs a team defensive unit if numbers allow.

**THE 1<sup>ST</sup> WEEK** of Flex Football practice will be focused on standard basics of football while introducing the Flex style of play. Your practice progression will vary depending on your age group and level of football IQ. This general practice script is a great starting point to formulate your own Flex Football practice. Depending on the number of coaches and athletes, it may be appropriate to split up days to have a single offensive and single defensive focused practices or cover both offense and defense within one practice.

**THE BREAKDOWN** of Flex Football's practices are built by periods that best reflect a day to day progression of your choice. The periods can be modified or customized depending on your coaching style and goals. The practice schedule allows for a 10 minute overflow that can be added in where needed. For example, early in the season, it may be appropriate to add 10 minutes to the individual period as coaches evaluate where players should be positioned or the 10 minutes can be kept for coaches choice – conditioning, review or general overflow.



The last page is a Flex Football Practice template that you can add to or edit after printing out.

# SKILLS

# FLEX FOOTBALL PRACTICE 1

# OFFENSE

0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
<b>DYNAMIC WARM UP</b>	<b>INDIVIDUAL PERIOD</b>	<b>WATER</b>	<b>GROUP PERIOD</b>	<b>WATER</b>	<b>TEAM PERIOD</b>	<b>EXTRA TIME</b>
High knees Butt kickers Shuffle Left / Right Cross overs Straight leg kicks Walking quad pull Walking toe touch Lunge and reach Run forward Backwards run Static stretch	<ul style="list-style-type: none"> <li>Receiver angle drill</li> <li>Ball catching mechanics</li> <li>Hand off drill</li> <li>Reference drill database* for more drills</li> </ul>		<ul style="list-style-type: none"> <li>Skill positions stalk and block</li> </ul>		<ul style="list-style-type: none"> <li>Offensive 9 man alignment</li> <li>1 to 2 formation installs</li> </ul>	<ul style="list-style-type: none"> <li>Conditioning</li> <li>Team period overflow</li> <li>Review Etc</li> </ul>

## INDIVIDUAL PERIOD

Focus on skills and technique that each specific position will use during the course of play.

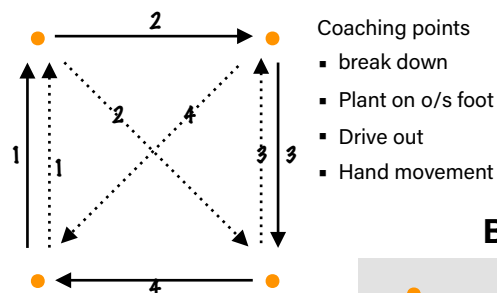
## GROUP PERIOD

Coach how to engage in Flex contact appropriately. Feet first, hand strike and head out. Progress from in approach, to hand engagement then competition.

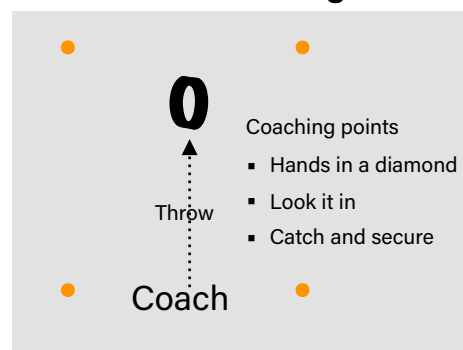
## TEAM PERIOD

Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.

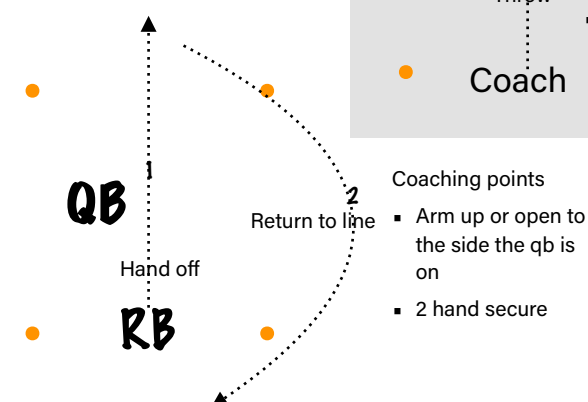
### Receiver angle drill



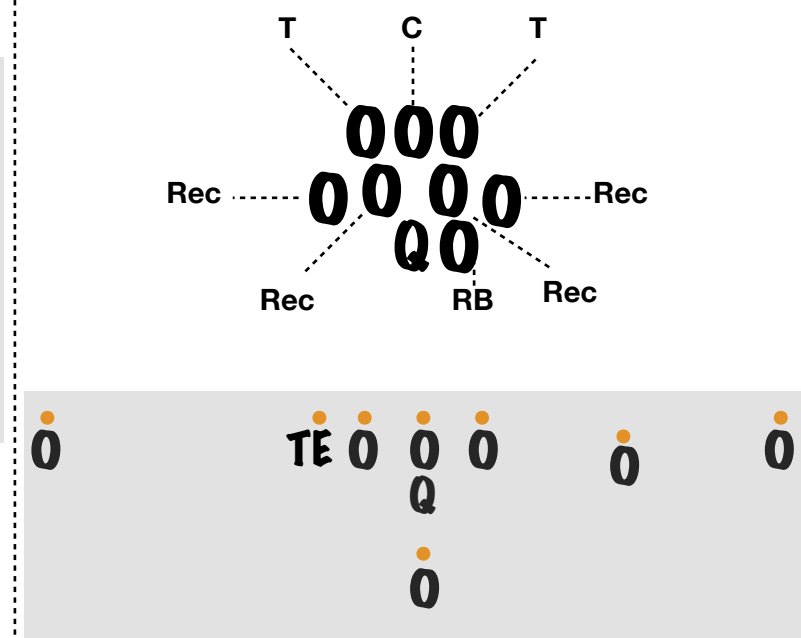
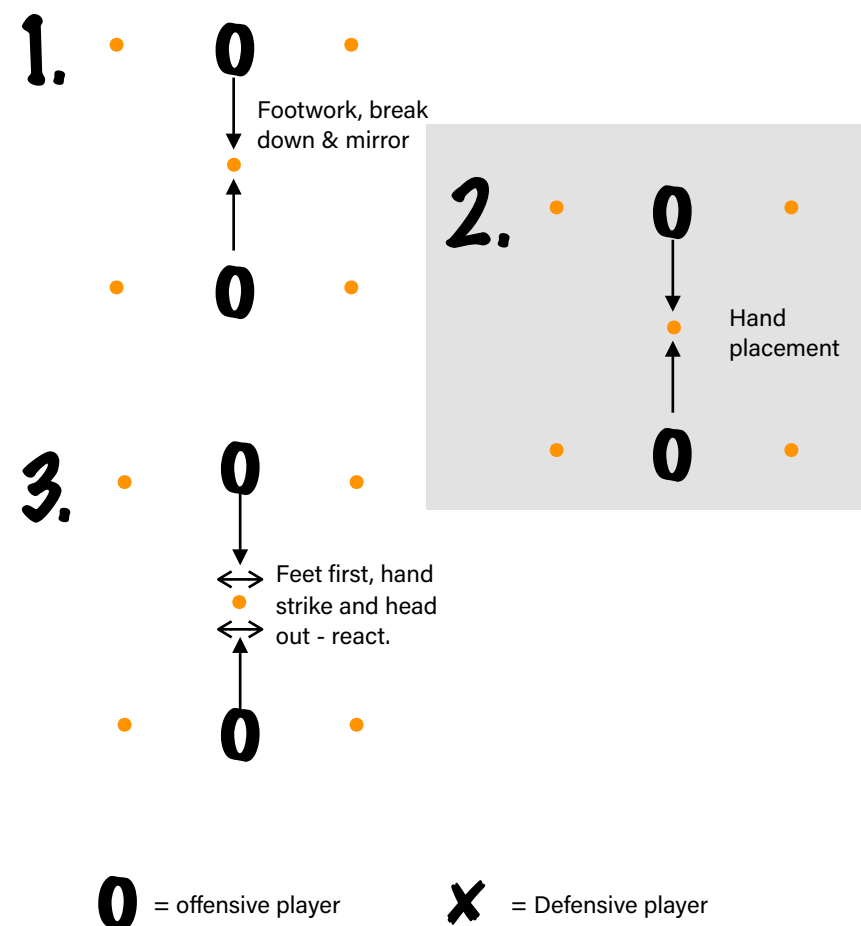
### Ball catching



### Hand off drill



● = cone



0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
<b>DYNAMIC WARM UP</b>	<b>INDIVIDUAL PERIOD</b>	<b>WATER</b>	<b>GROUP PERIOD</b>	<b>WATER</b>	<b>TEAM PERIOD</b>	<b>EXTRA TIME</b>
High knees Butt kickers Shuffle Left / Right Cross overs Straight leg kicks Walking quad pull Walking toe touch Lunge and reach Run forward Backwards run Static stretch	<ul style="list-style-type: none"> <li>Reference drill database*</li> <li>Stance</li> <li>Pass set</li> <li>Stance at LOS</li> <li>Center QB exchange</li> </ul>		<ul style="list-style-type: none"> <li>Group work as a unit with stand in defenders</li> <li>Flex Contact intro to blocking</li> <li>Feet 1st - progress from stance and pass set coached in the individual period</li> <li>Hand Strike - work on hand placement</li> <li>Head out - eyes up</li> <li>React - simple mirror with hand placement, not a true competition drill</li> </ul>		<ul style="list-style-type: none"> <li>Offensive or Defensive based</li> <li>Install / gameplan</li> <li>Can be competitive - if numbers allow</li> </ul>	<ul style="list-style-type: none"> <li>Conditioning</li> <li>Team period overflow</li> <li>Review Etc</li> </ul>

## INDIVIDUAL PERIOD

Focus on getting o-linemen in the proper stance individually at first (everyone get in a left Tackle stance etc). Eventually work individual pass sets. Finish with proper LOS alignment and spacing.

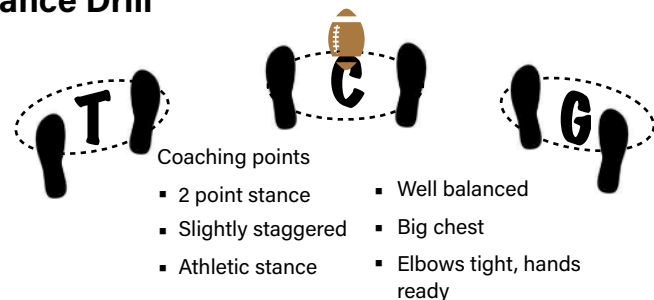
## GROUP PERIOD

Coach the progression of Flex Contact to involve stance, start, hand placement then eventually a light mirror drill.

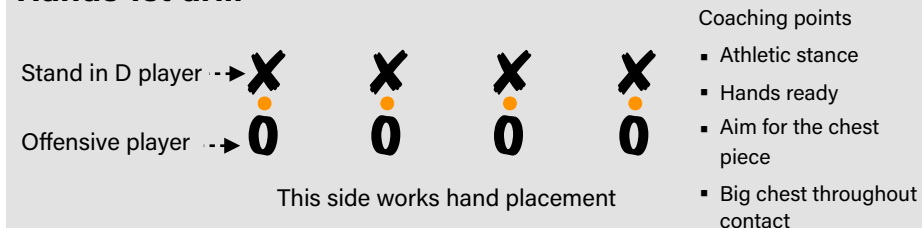
## TEAM PERIOD

Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.

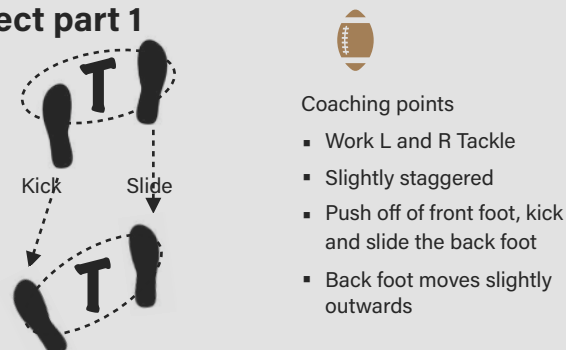
### Stance Drill



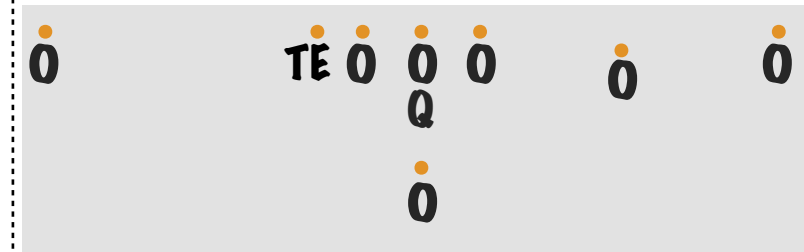
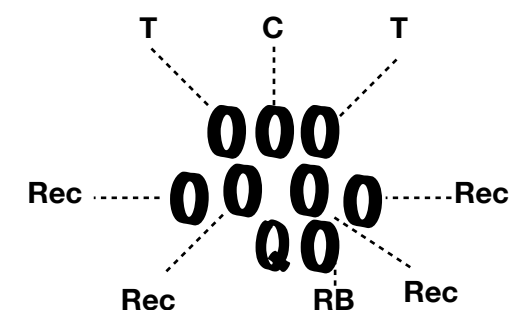
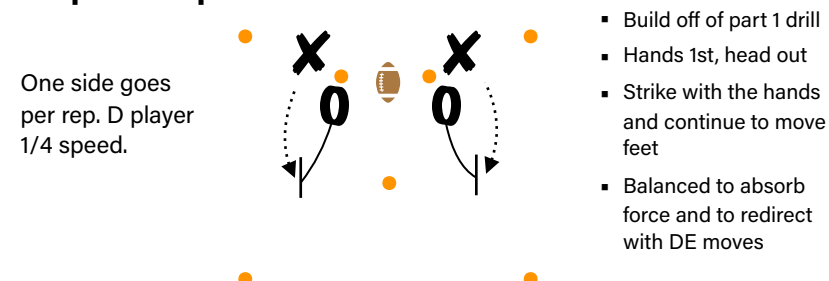
### Hands 1st drill



### Pass protect part 1



### Pass protect part 2



● = cone

O = offensive player

X = Defensive player

# SKILLS

# FLEX FOOTBALL PRACTICE 3

# DEFENSE

0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
<b>DYNAMIC WARM UP</b> High knees Butt kickers Shuffle Left / Right Cross overs Straight leg kicks Walking quad pull Walking toe touch Lunge and reach Run forward Backwards run Static stretch	<b>INDIVIDUAL PERIOD</b> <ul style="list-style-type: none"> <li>1. Back peddle</li> <li>2. Turn and go</li> <li>3. Back peddle with various breaks for DB</li> <li>4. W drill</li> <li>5. Ball drills</li> <li>Reference drill database*</li> </ul>	<b>WATER</b>	<b>GROUP PERIOD</b> <ul style="list-style-type: none"> <li>Skill positions getting off stalk blocks, engaged blocks</li> </ul>	<b>WATER</b>	<b>TEAM PERIOD</b> <ul style="list-style-type: none"> <li>Offensive 9 man alignment</li> <li>1 to 2 formation installs</li> </ul>	<b>EXTRA TIME</b> <ul style="list-style-type: none"> <li>Conditioning</li> <li>Team period overflow</li> <li>Review Etc</li> </ul>

## INDIVIDUAL PERIOD

Focus on skills and technique that each specific position will use during the course of play.

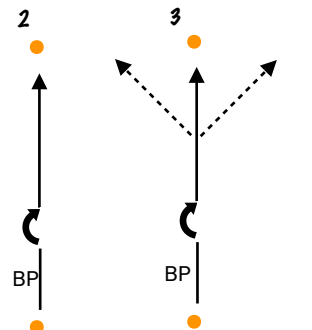
## GROUP PERIOD

Coach how to engage in Flex contact appropriately. Feet first, hand strike and head out. Progress from approach, to hand engagement then competition.

## TEAM PERIOD

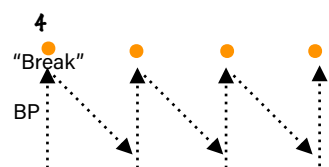
Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.

### DB & LB individual



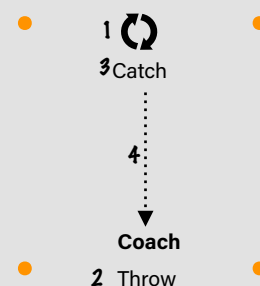
#### Coaching points

- BP = Back Peddle
- Stay low
- Smooth arm movement
- During turn, throw turn side elbow back
- Knee up and over
- Every angle is a rep
- 90° L / R
- Deep 45° L / R
- Can work in coach throwing the ball



#### Coaching points

- Stay low
- Smooth arm movement
- T- step outside plant foot



- Quickly turn 180°
- Coach throw (high, low, left, right)
- Catch
- Run back to coach

● = cone

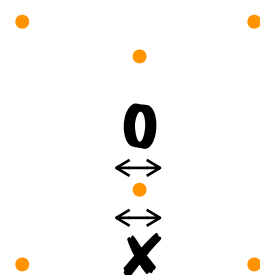
### Hands 1st drill

Defensive player  
Stand in O player

This side works hand placement

#### Coaching points

- Press and extend against blockers chest
- Throw by
- Knock hands down
- Swim move

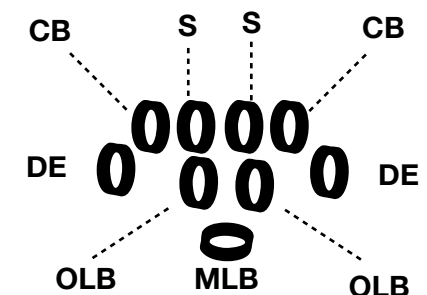


#### Coaching points

- Players start engaged
- O player wants to protect the cone right behind him
- D player wants to use skills to get rid of blocker
- 1/4 - 1/2 speed
- O player gives slight advantage to D
- Throw by
- Knock hands down
- Swim move
- Evade

O = offensive player

X = Defensive player



# BIGS

# FLEX FOOTBALL PRACTICE 4

# DEFENSE

0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
<b>DYNAMIC WARM UP</b>	<b>INDIVIDUAL PERIOD</b>	<b>WATER</b>	<b>GROUP PERIOD</b>	<b>WATER</b>	<b>TEAM PERIOD</b>	<b>EXTRA TIME</b>
<ul style="list-style-type: none"> <li>High knees</li> <li>Butt kickers</li> <li>Shuffle Left / Right</li> <li>Cross overs</li> <li>Straight leg kicks</li> <li>Walking quad pull</li> <li>Walking toe touch</li> <li>Lunge and reach</li> <li>Run forward</li> <li>Backwards run</li> <li>Static stretch</li> </ul>	<ul style="list-style-type: none"> <li>Stance drill</li> <li>Get off</li> </ul>		<ul style="list-style-type: none"> <li>Engagement drill</li> <li>Light competition - defeating blocks</li> </ul>		<ul style="list-style-type: none"> <li>Defensive 9 man alignment</li> <li>1 to 2 formation installs</li> <li>Single high safety man to man</li> </ul>	<ul style="list-style-type: none"> <li>Conditioning</li> <li>Team period overflow</li> <li>Review Etc</li> </ul>

## INDIVIDUAL PERIOD

Focus on skills and technique that each specific position will use during the course of play.

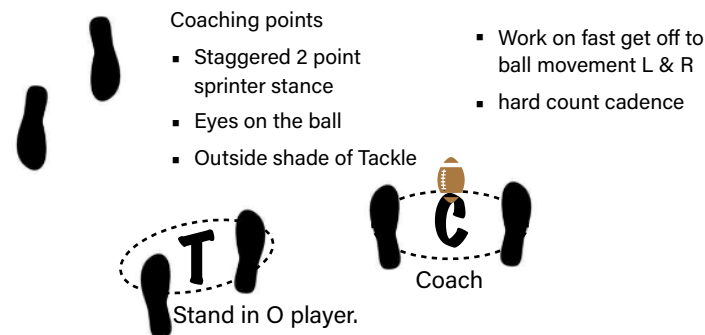
## GROUP PERIOD

Coach how to engage in Flex contact appropriately. Feet first, hand strike and head out. Progress from in approach, to hand engagement then competition.

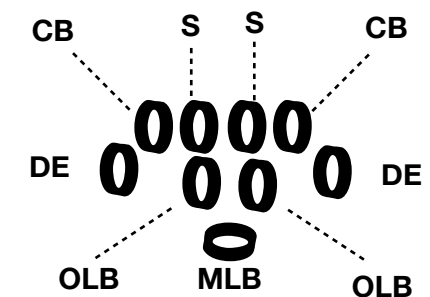
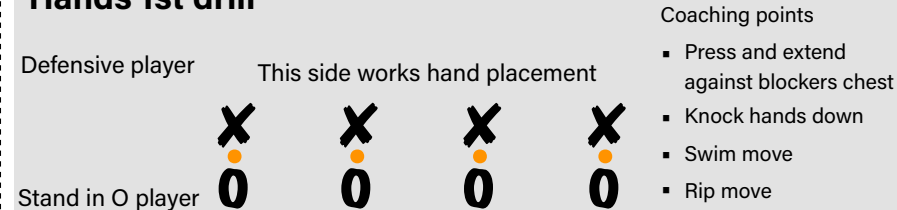
## TEAM PERIOD

Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.

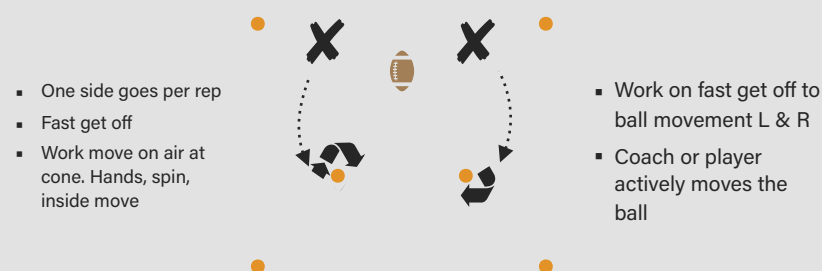
### DE Stance & get off Drill



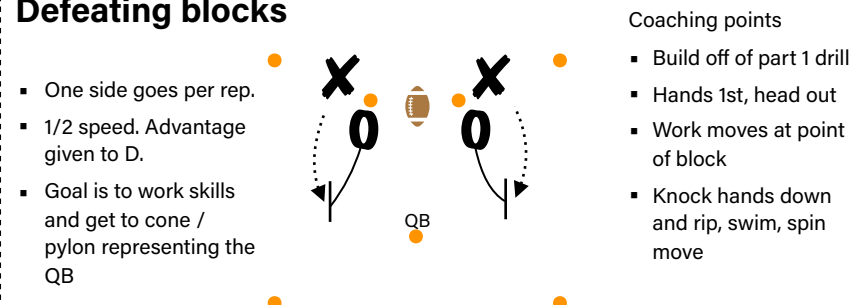
### Hands 1st drill



### Defeating blocks



### Defeating blocks



● = cone

○ = offensive player

✕ = Defensive player

# SKILLS

# FLEX FOOTBALL PRACTICE 5

# OFFENSE

0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
<b>DYNAMIC WARM UP</b> High knees Butt kickers Shuffle Left / Right Cross overs Straight leg kicks Walking quad pull Walking toe touch Lunge and reach Run forward Backwards run Static stretch	<b>INDIVIDUAL PERIOD</b> <ul style="list-style-type: none"> <li>Reference drill database* for more drills</li> </ul>	<b>WATER</b>	<b>GROUP PERIOD</b> <ul style="list-style-type: none"> <li>Introduce the route tree</li> <li>Run 0, 2 &amp; 4 while working on pass catching mechanics</li> </ul>	<b>WATER</b>	<b>TEAM PERIOD</b> <ul style="list-style-type: none"> <li>Offensive 9 man alignment</li> <li>1 to 2 formation install</li> </ul> <b>Huddle quick view:</b> T C T Rec Rec Rec Rec QB RB	<b>EXTRA TIME</b> <ul style="list-style-type: none"> <li>Conditioning</li> <li>Team period overflow</li> <li>Review Etc</li> </ul>

## INDIVIDUAL PERIOD

Focus on skills and technique that each specific position will use during the course of play.

## GROUP PERIOD

Introduce limited competition. Run drills that are primarily for the offense with defensive players providing a "look". For example, a DB may be used to cover a receiver but will let the receiver work on catching the ball

## TEAM PERIOD

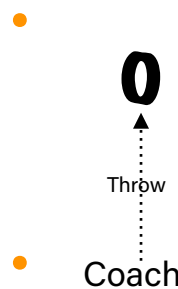
Start with your huddle and basic formations, then install a few plays out of that formation.



### Around the cone drill

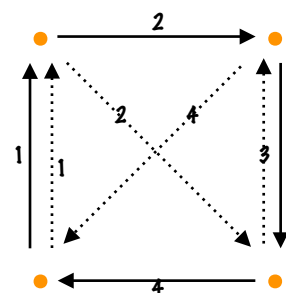
- Coaching points
- Establish starting side L
  - Shoulders & feet always face down field
  - Break down, use feet and hips to circle cone
  - Break up to other side in a figure 8 like fashion

### Ball catching



- Coaching points
- Hands in a diamond
  - Look it in
  - Catch and secure
  - Work various angles
  - Ex: over the shoulder (rec stands facing away)
  - 90 route - rec stands perpendicular

### Receiver angle drill



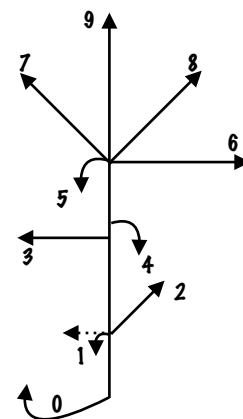
- Coaching points
- break down
  - Plant on o/s foot
  - Drive out
  - Hand movement

● = cone

O = offensive player

X = Defensive player

### Route Tree



Coaching points

0. Bubble
1. Quick out / hitch
2. Slant
3. Out
4. Curl
5. Comeback
6. Dig
7. Corner / Flag
8. Post
9. Fade

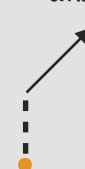
#### BUBBLE



Coaching points

- Initially gain depth, give qb a good target
- Bubble wide, catch ball on the run
- Stay outside / run towards sideline

#### SLANT



Coaching points

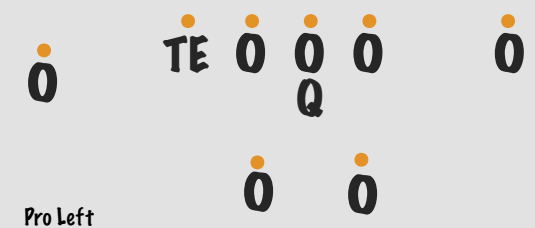
- Foot to side of the ball is up (right)
- 3 steps and break
- Ball will be quick

#### 5 YARD CURL

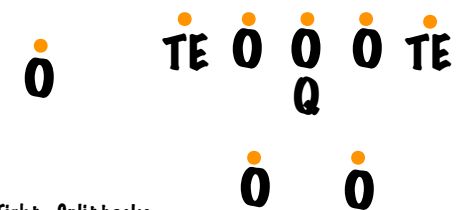


Coaching points

- 5 yards
- break down, pump arms, o/s foot plant, extend arms and catch ball



Pro Tight - Split backs





0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
<b>DYNAMIC WARM UP</b> High knees Butt kickers Shuffle Left / Right Cross overs Straight leg kicks Walking quad pull Walking toe touch Lunge and reach Run forward Backwards run Static stretch	<b>INDIVIDUAL PERIOD</b> <ul style="list-style-type: none"> <li>Reference drill database*</li> <li>Stance - quick review</li> <li>Pass set - multi direction</li> <li>Stance at LOS</li> <li>Center QB exchange</li> </ul>	<b>WATER</b>	<b>GROUP PERIOD</b> <ul style="list-style-type: none"> <li>Involve tight ends</li> <li>Group work as a unit with stand in defenders</li> <li>Feet 1st - progress from stance and pass set coached in the individual period</li> <li>Hand Strike - work on hand placement</li> <li>Head out - eyes up</li> <li>React - simple mirror with hand placement, not a true competition drill</li> <li>Re-focus in on hand placement and footwork.</li> </ul>	<b>WATER</b>	<b>TEAM PERIOD</b> <ul style="list-style-type: none"> <li>Offensive 9 man alignment</li> <li>1 to 2 formation install</li> </ul> <p><b>Huddle quick view:</b></p> <pre>       T  C  T     Rec Rec Rec Rec       QB  RB           </pre>	<b>EXTRA TIME</b> <ul style="list-style-type: none"> <li>Conditioning</li> <li>Team period overflow</li> <li>Review Etc</li> </ul>

## INDIVIDUAL PERIOD

Focus on getting o-linemen in the proper stance individually at first (everyone get in a left Tackle stance etc). Eventually work individual pass sets. Finish with proper LOS alignment and spacing.

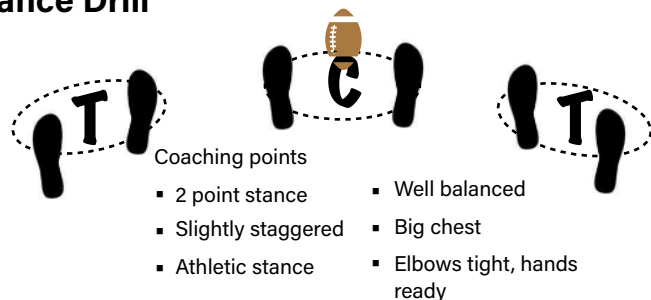
## GROUP PERIOD

Coach the progression of Flex Contact to involve stance, start, hand placement then eventually a light mirror drill.

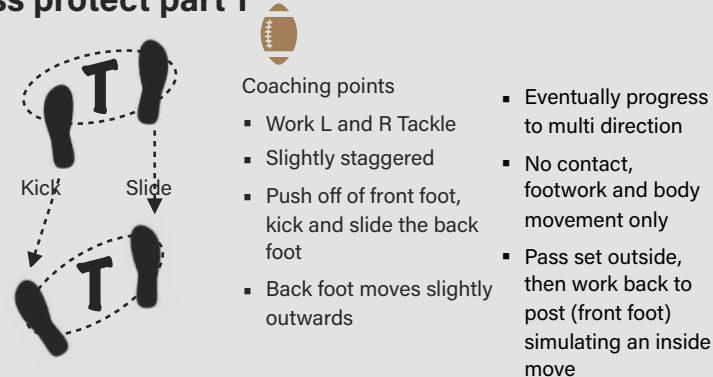
## TEAM PERIOD

Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.

### Stance Drill

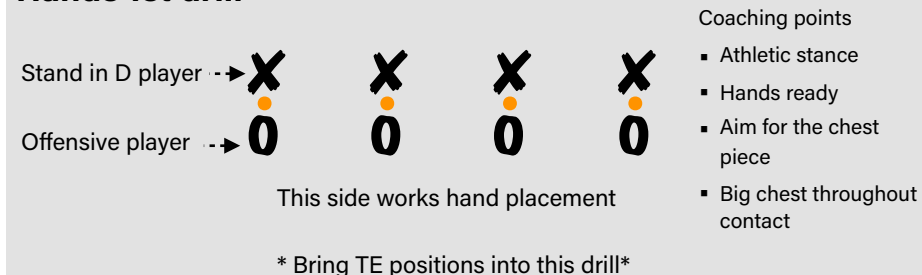


### Pass protect part 1

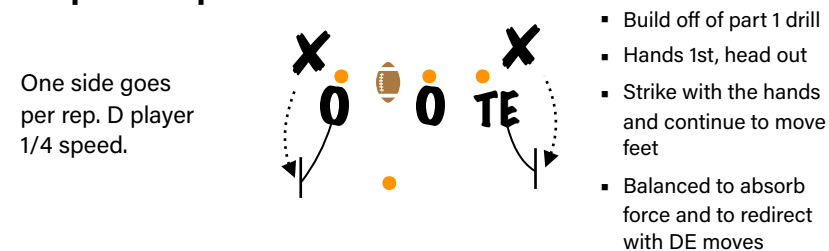


● = cone

### Hands 1st drill



### Pass protect part 2



○ = offensive player

✕ = Defensive player



# SKILLS

# FLEX FOOTBALL PRACTICE 7

# DEFENSE

0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
<b>DYNAMIC WARM UP</b> High knees Butt kickers Shuffle Left / Right Cross overs Straight leg kicks Walking quad pull Walking toe touch Lunge and reach Run forward Backwards run Static stretch	<b>INDIVIDUAL PERIOD</b> <ul style="list-style-type: none"> <li>1. Back peddle</li> <li>2. Turn and go</li> <li>3. Back peddle with various breaks for DB</li> <li>4. Weave drill</li> <li>5. W drill</li> <li>6. Ball drills</li> <li>Reference drill database*</li> </ul>	<b>WATER</b>	<b>GROUP PERIOD</b> <ul style="list-style-type: none"> <li>Skill positions getting off stalk blocks, engaged blocks</li> </ul>	<b>WATER</b>	<b>TEAM PERIOD</b> <ul style="list-style-type: none"> <li>Offensive 9 man alignment</li> <li>1 to 2 formation installs</li> </ul> <b>Huddle quick view:</b> CB S S CB DE OLB OLB DE MLB	<b>EXTRA TIME</b> <ul style="list-style-type: none"> <li>Conditioning</li> <li>Team period overflow</li> <li>Review Etc</li> </ul>

## INDIVIDUAL PERIOD

Focus on skills and technique that each specific position will use during the course of play.

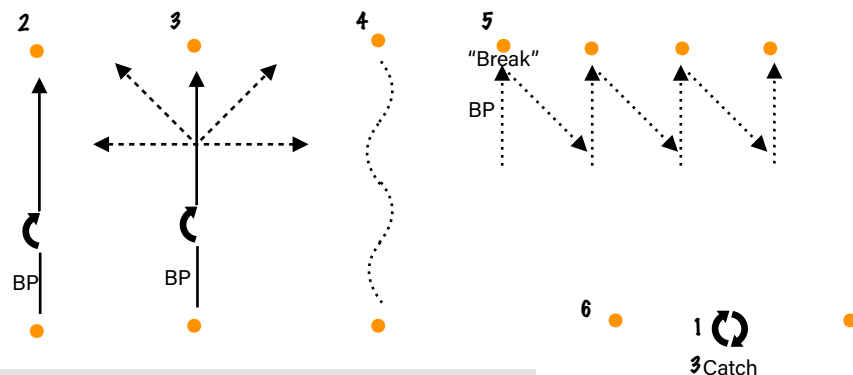
## GROUP PERIOD

Coach how to engage in Flex contact appropriately. Feet first, hand strike and head out. Progress from approach, to hand engagement then competition.

## TEAM PERIOD

Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.

### DB & LB individual



- Coaching points
- BP = Back Peddle
  - Stay low
  - Smooth arm movement
  - During turn, throw turn side elbow back
  - Knee up and over
  - Every angle is a rep
  - 90° L / R
  - Deep 45° L / R
  - Can work in coach throwing the ball

1. Quickly turn 180°
2. Coach throw (high, low, left, right)
3. Catch
4. Run back to coach

● = cone

### Hands 1st drill

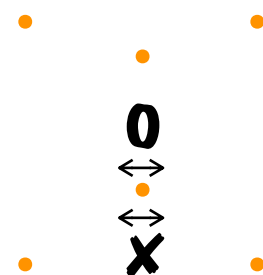
Defensive player

Stand in O player

This side works hand placement

0 0 0 0

- Coaching points
- Press and extend against blockers chest
  - Throw by
  - Knock hands down
  - Swim move



Coaching points

- Players start engaged
- O player wants to protect the cone right behind him
- D player wants to use skills to get rid of blocker
- 1/4 - 1/2 speed
- O player gives slight advantage to D
- Throw by
- Knock hands down
- Swim move
- Evade
- Progress to letting D player come from depth

0 = offensive player

X = Defensive player

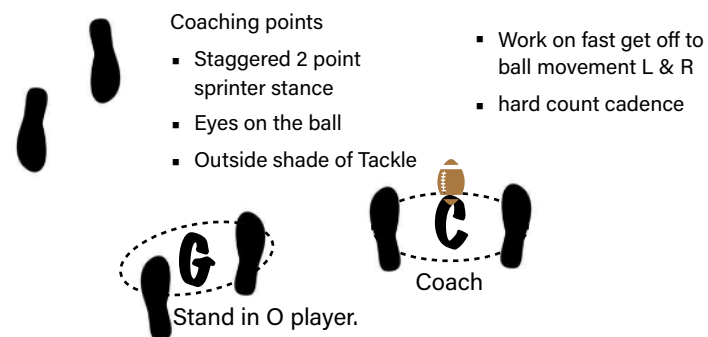


0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
<b>DYNAMIC WARM UP</b> High knees Butt kickers Shuffle Left / Right Cross overs Straight leg kicks Walking quad pull Walking toe touch Lunge and reach Run forward Backwards run Static stretch	<b>INDIVIDUAL PERIOD</b> <ul style="list-style-type: none"> <li>Stance drill</li> <li>Get off</li> </ul>	<b>WATER</b>	<b>GROUP PERIOD</b> <ul style="list-style-type: none"> <li>Engagement drill</li> <li>Light competition - defeating blocks</li> </ul>	<b>WATER</b>	<b>TEAM PERIOD</b> <ul style="list-style-type: none"> <li>Defensive 9 man alignment</li> <li>1 to 2 formation installs</li> <li>Single high safety man to man</li> </ul>	<b>EXTRA TIME</b> <ul style="list-style-type: none"> <li>Conditioning</li> <li>Team period overflow</li> <li>Review Etc</li> </ul>

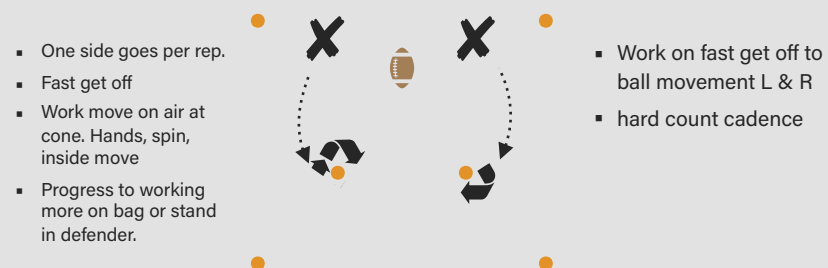
## INDIVIDUAL PERIOD

Focus on skills and technique that each specific position will use during the course of play.

### DE Stance & get off Drill



### Defeating blocks



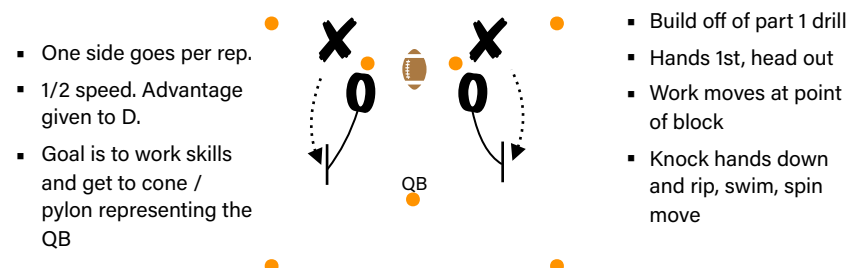
## GROUP PERIOD

Coach how to engage in Flex contact appropriately. Feet first, hand strike and head out. Progress from the approach, to hand engagement then competition.

### Hands 1st drill



### Defeating blocks



## TEAM PERIOD

Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.



● = cone

O = offensive player

X = Defensive player

# SKILLS

# FLEX FOOTBALL PRACTICE 9

# OFFENSE

0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
<b>DYNAMIC WARM UP</b> High knees Butt kickers Shuffle Left / Right Cross overs Straight leg kicks Walking quad pull Walking toe touch Lunge and reach Run forward Backwards run Static stretch	<b>INDIVIDUAL PERIOD</b> <ul style="list-style-type: none"> <li>Reference drill database* for more drills</li> </ul>	<b>WATER</b>	<b>GROUP PERIOD</b> <ul style="list-style-type: none"> <li>Introduce the route tree</li> <li>Run 3, 5 &amp; 6 while working on pass catching mechanics</li> </ul>	<b>WATER</b>	<b>TEAM PERIOD</b> <ul style="list-style-type: none"> <li>Offensive 9 man alignment</li> <li>1 to 2 formation install</li> </ul> <b>Huddle quick view:</b> T C T Rec Rec Rec Rec QB RB	<b>EXTRA TIME</b> <ul style="list-style-type: none"> <li>Conditioning</li> <li>Team period overflow</li> <li>Review Etc</li> </ul>

## INDIVIDUAL PERIOD

Focus on skills and technique that each specific position will use during the course of play.

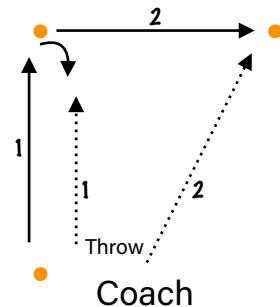
## GROUP PERIOD

Introduce limited competition. Run drills that are primarily for the offense with defensive players providing a "look". For example, a DB may be used to cover a receiver but will let the receiver work on catching the ball

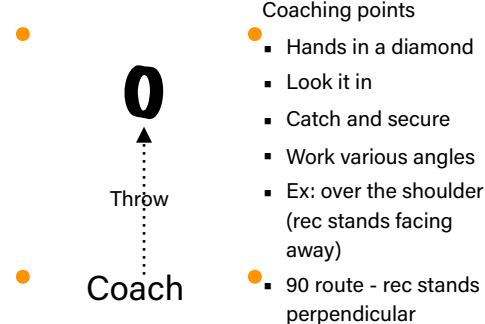
## TEAM PERIOD

Start with your huddle and basic formations, then install a few plays out of that formation.

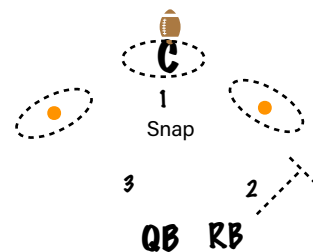
### Receiver 90° Pass and Catch



### Ball catching

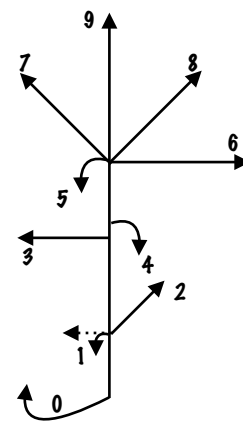


### RB Blocking Drill



- Coaching points
- Snap
  - RB steps up to help set edge and block with hands
  - Repeat with new snap on other side of QB
  - Add in release for check down

### Route Tree



- Coaching points
0. Bubble
  1. Quick out / hitch
  2. Slant
  3. Out
  4. Curl
  5. Comeback
  6. Dig
  7. Corner / Flag
  8. Post
  9. Fade

#### 3 Out Route



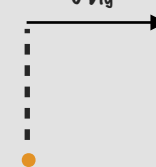
- Coaching points
- Explosive off the line
  - Drop hips and plant with o/s foot
  - Head whip back to QB and hands ready for ball

#### 5 comeback



- Coaching points
- Get to desired landmark
  - break down, pump arms, o/s foot plant, hands ready
  - Come back to the ball

#### 6 Dig

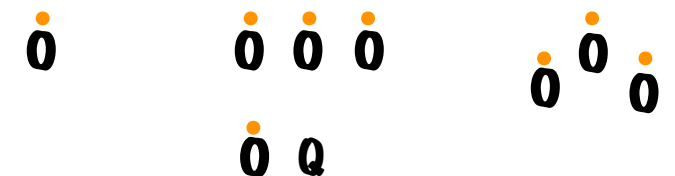


- Coaching points
- Get to desired landmark
  - break down, pump arms, o/s foot plant, hands ready
  - Keep on running route across, don't slow down

### Trips Left



### Trips bunch right



● = cone

○ = offensive player

✕ = Defensive player

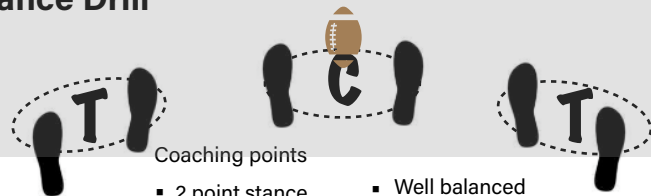
NFX

0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
<b>DYNAMIC WARM UP</b> High knees Butt kickers Shuffle Left / Right Cross overs Straight leg kicks Walking quad pull Walking toe touch Lunge and reach Run forward Backwards run Static stretch	<b>INDIVIDUAL PERIOD</b> <ul style="list-style-type: none"> <li>Reference drill database*</li> <li>Stance - quick review</li> <li>Pass set - multi direction</li> <li>Stance at LOS</li> <li>Center QB exchange from shotgun and under center</li> </ul>	WATER	<b>GROUP PERIOD</b> <ul style="list-style-type: none"> <li>Involve tight ends</li> <li>Group work as a unit with stand in defenders</li> <li>Feet 1st - progress from stance and pass set coached in the individual period</li> <li>Hand Strike - work on hand placement</li> <li>Head out - eyes up</li> <li>React - simple mirror with hand placement, not a true competition drill</li> <li>Re-focus in on hand placement and footwork.</li> </ul>	WATER	<b>TEAM PERIOD</b> <ul style="list-style-type: none"> <li>Offensive 9 man alignment</li> <li>1 to 2 formation install</li> </ul> <b>Huddle quick view:</b> T C T Rec Rec Rec Rec QB RB	<b>EXTRA TIME</b> <ul style="list-style-type: none"> <li>Conditioning</li> <li>Team period overflow</li> <li>Review Etc</li> </ul>

## INDIVIDUAL PERIOD

Focus on getting o-linemen in the proper stance individually at first (everyone get in a left Tackle stance etc). Eventually work individual pass sets. Finish with proper LOS alignment and spacing.

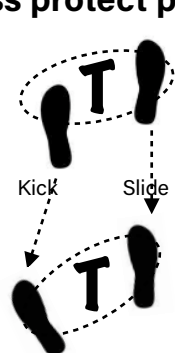
### Stance Drill



Coaching points

- 2 point stance
- Slightly staggered
- Athletic stance
- Well balanced
- Big chest
- Elbows tight, hands ready

### Pass protect part 2



Coaching points

- Work L and R Tackle
- Slightly staggered
- Push off of front foot, kick and slide the back foot
- Back foot moves slightly outwards
- Work in multi direction
- No contact, footwork and body movement only
- Pass set outside, then work back to post (front foot) simulating an inside move

● = cone

## GROUP PERIOD

Coach the progression of Flex Contact to involve stance, start, hand placement then eventually a light mirror drill.

### Hands 1st drill



This side works hand placement

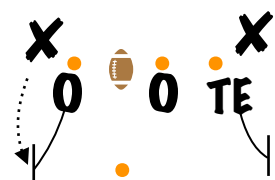
\* Bring TE positions into this drill\*

Coaching points

- Athletic stance
- Hands ready
- Aim for the chest piece
- Big chest throughout contact

### Pass protect part 2

One side goes per rep. D player 1/2 speed.



Coaching points

- Build off of part 2 drill
- Hands 1st, head out
- Strike with the hands and continue to move feet
- Balanced to absorb force and to redirect with DE moves

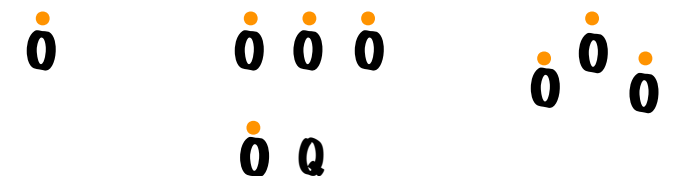
## TEAM PERIOD

Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.

Trips Left



Trips bunch right



○ = offensive player

✕ = Defensive player



# SKILLS

# FLEX FOOTBALL PRACTICE II

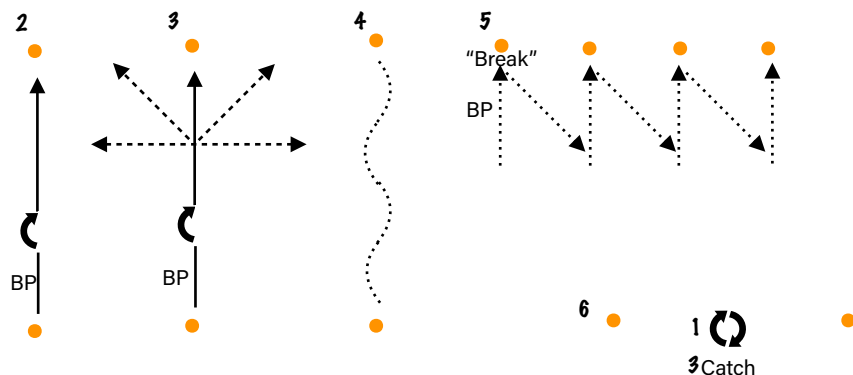
# DEFENSE

0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
<b>DYNAMIC WARM UP</b>	<b>INDIVIDUAL PERIOD</b>	<b>WATER</b>	<b>GROUP PERIOD</b>	<b>WATER</b>	<b>TEAM PERIOD</b>	<b>EXTRA TIME</b>
High knees Butt kickers Shuffle Left / Right Cross overs Straight leg kicks Walking quad pull Walking toe touch Lunge and reach Run forward Backwards run Static stretch	<ul style="list-style-type: none"> <li>1. Back peddle</li> <li>2. Turn and go</li> <li>3. Back peddle with various breaks for DB</li> <li>4. Weave drill</li> <li>5. W drill</li> <li>6. Ball drills</li> <li>Reference drill database*</li> </ul>		<ul style="list-style-type: none"> <li>Skill positions getting off stalk blocks, engaged blocks</li> </ul>		<ul style="list-style-type: none"> <li>Offensive 9 man alignment</li> <li>1 to 2 formation installs</li> </ul> <p><b>Huddle quick view:</b></p> <p>CB S S CB DE OLB OLB DE MLB</p>	<ul style="list-style-type: none"> <li>Conditioning</li> <li>Team period overflow</li> <li>Review Etc</li> </ul>

## INDIVIDUAL PERIOD

Focus on skills and technique that each specific position will use during the course of play. Continue EDDs - every day drills and incorporate more ball drills.

### DB & LB individual



- Coaching points
- BP = Back Peddle
  - Stay low
  - Smooth arm movement
  - During turn, throw turn side elbow back
  - Knee up and over
  - Every angle is a rep
  - 90° L / R
  - Deep 45° L / R
  - Start to develop breaking in and out of transitions, simulating tracking the receiver and then catching the ball

- Quickly turn 180°
- Coach throw (high, low, left, right)
- Catch
- Run back to coach

● = cone

## GROUP PERIOD

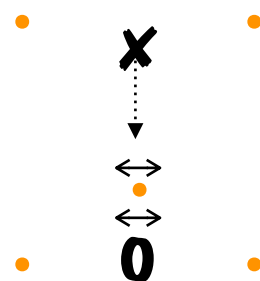
Coach how to engage in Flex contact appropriately. Feet first, hand strike and head out. Progress from approach, to hand engagement then competition.

### Hands 1st drill

Defensive player  
Stand in O player

This side works hand placement

- Coaching points
- Press and extend against blockers chest
  - Throw by
  - Knock hands down
  - Swim move
  - Step by - now incorporate getting hips to one side of the blocker and stepping through



- Coaching points
- Players start engaged
  - O player wants to protect the cone right behind him
  - D player wants to use skills to get rid of blocker
  - 1/4 - 1/2 speed
  - O player gives slight advantage to D
  - Throw by
  - Knock hands down
  - Swim move
  - Evade
  - D player approaches from depth

O = offensive player

X = Defensive player

## TEAM PERIOD

Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align. Align in a new formation each time.

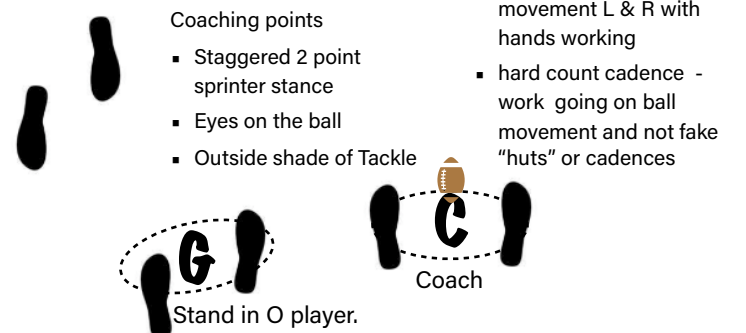


0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
<b>DYNAMIC WARM UP</b>	<b>INDIVIDUAL PERIOD</b>	<b>WATER</b>	<b>GROUP PERIOD</b>	<b>WATER</b>	<b>TEAM PERIOD</b>	<b>EXTRA TIME</b>
High knees Butt kickers Shuffle Left / Right Cross overs Straight leg kicks Walking quad pull Walking toe touch Lunge and reach Run forward Backwards run Static stretch	<ul style="list-style-type: none"> <li>Stance drill</li> <li>Get off</li> <li>Active hands</li> </ul>		<ul style="list-style-type: none"> <li>Engagement drill</li> <li>Light competition - defeating blocks</li> </ul>		<ul style="list-style-type: none"> <li>Defensive 9 man alignment</li> <li>1 to 2 formation installs</li> <li>Single high safety man to man</li> </ul>	<ul style="list-style-type: none"> <li>Conditioning</li> <li>Team period overflow</li> <li>Review Etc</li> </ul>

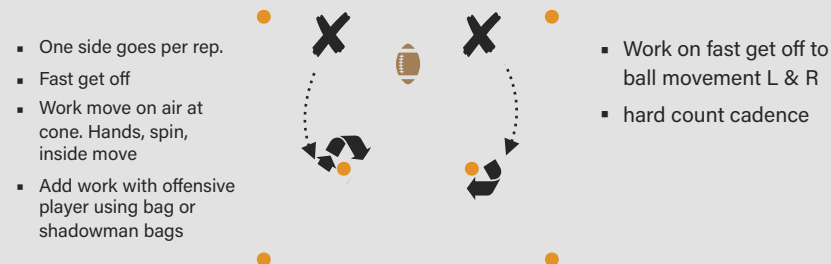
## INDIVIDUAL PERIOD

Focus on skills and technique that each specific position will use during the course of play.

### DE Stance & get off Drill



### Defeating blocks

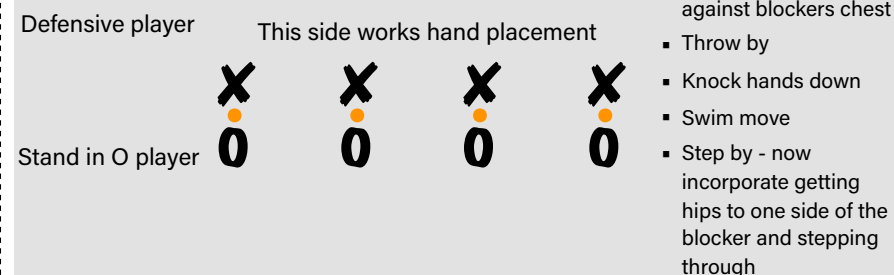


● = cone

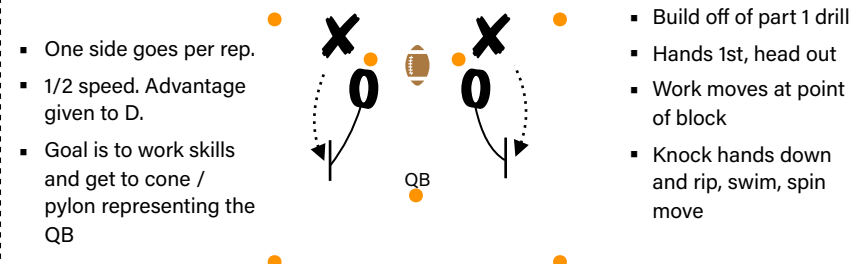
## GROUP PERIOD

Coach how to engage in Flex contact appropriately. Feet first, hand strike and head out. Progress from the approach, to hand engagement then competition.

### Hands 1st drill



### Defeating blocks



○ = offensive player

✕ = Defensive player

## TEAM PERIOD

Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align. Align in a new formation each time.



## COMBO DAY

# FLEX FOOTBALL PRACTICE

## COMBO DAY

0:00 - 0:10	0:10 - 0:25		0:30 - 0:50		0:55 - 1:15	1:15-1:30
<b>DYNAMIC WARM UP</b>	<b>0 INDIVIDUAL PERIOD</b>	<b>WATER</b>	<b>OFFENSIVE PERIOD</b>	<b>WATER</b>	<b>D INDIVIDUAL PERIOD</b>	<b>DEFENSIVE PERIOD</b>
High knees Butt kickers Shuffle Left / Right Cross overs Straight leg kicks Walking quad pull Walking toe touch Lunge and reach Run forward Backwards run Static stretch	<ul style="list-style-type: none"> <li>Work on offensive EDD in practice 1 and 2 of this week</li> </ul>		<ul style="list-style-type: none"> <li>Work on offensive concept installs for this weeks game plan</li> </ul>		<ul style="list-style-type: none"> <li>Work on Defensive EDD in practice 1 and 2 of this week</li> </ul>	<ul style="list-style-type: none"> <li>Work on offensive concept installs for this weeks game plan</li> </ul>

## 0 INDIVIDUAL PERIOD

## OFFENSIVE PERIOD

## D INDIVIDUAL PERIOD

## DEFENSIVE PERIOD



# FLEX FOOTBALL PRACTICE TEMPLATE

[illegible]

## INDIVIDUAL PERIOD

## GROUP PERIOD

## TEAM PERIOD

