

## Flag Football Practice Plan Week 1 Practice 1: Offensive Focus

For basics on stance, starts, hand positions, etc. see the Coach Training Guides here:

<https://www.eaasports.org/page/show/2755247-flag-football>

6:15 - Introductions

6:20 - Warmups

- Butt kicks
- High knees
- Karaoke (both ways)
- Backpedal
- Sprint

6:25 - Individual Drills (split kids up)

- Coach 1: Stance/Starts (Receivers and RBs)
  - Receiver
    - Inside foot up (foot facing QB is forward)
  - Running Back
    - Feet shoulder width apart
    - Feet even with each other
    - Hands on hips on the side or placed where pockets would be
- Coach 2: Handoff (how to take a handoff)
  - Stance/Start w/ Handoff w/ cones to run around
  - Inside elbow up (elbow facing QB should be up)

6:40 - Throwing and Catching

- Discuss how to hold a football when throwing (split kids up who want to play QB)
- Discuss how to hold a football after catching
  - 5 points of contact (fingers, palm, forearm, bicep, chest)
- Partner catch, focus on mechanics of throwing
  - Coaches critique

6:50 - Routes on Air

- Introduce routes (slant and corner)
  - QBs throwing

7:05 - Team Offense (routes on air - 2 QBs with a couple lines)

- Lineup in your main formation for the routes

7:25 - Flag Pulling

- Sharks/Minnows

7:30 - Closing / Hand out gear

## Flag Football Practice Plan Week 1 Practice 2: Defensive Focus

For basics on stance, starts, hand positions, etc. see the Coach Training Guides here:

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### 6:15 - Warmups

- Butt kicks
- High knees
- Karaoke (both ways)
- Backpedal
- Sprint

### 6:20 - Individual Drills (Defense)

- Coach 1: Stance/Starts (DBs and LBs)
  - Whichever foot comfy is back
  - Back foot is at insole or heel
  - T-Step or Quickstep break (whichever you prefer, see Defensive Coaching guide above for more details)
- Coach 2: Backpedal 10-15 yards, one at a time
  - Then add Backpedal and break on the ball (which way the QB turns to throw)
    - Have coach be QB and turn shoulders, have DB break on the ball
    - Coach throw the ball, DB pick 6 and return ball to QB

### 6:35 - Flag pulling

- Talk about watching the hips and breaking down
- Open Field Drill
  - Set cones up in 5 yards by 5 yards
  - One line of offense on one side and defense on the other side
  - On coach's call, athletes go 1 on 1. Offense tries to gain 5 yards, Defense tries to pull flag before they get five yards
  - Offense must stay inside the 5x5 box

### 6:50 - Zone Defense intro

- Set up cones for the zones (Determine what coverage you will run)
  - Cover 4 (w/ 2 LBs)
  - Cover 2 with 4 LBs
- Receivers run routes, make sure athletes stay in their zones

### 7:05 - Pursuit Drill

- Coach is the ball carrier, everyone taps his hips
  - See linked document above for angles
- Talk about pursuit angles; set up cones on the sideline where athletes should spring to
- Ball carrier starts with ball in middle of the field and runs to the sideline and up the sideline. Continue so all athletes work on their pursuit. Athletes chop feet until coach blows whistle to start over.

### 7:15 - Team Defense (½ field - because likely don't have enough to do 6v6)

- ½ field zone
- Run combo routes and teach after each play

7:30 - Wrap Up

- One thing you learned

## Flag Football Practice Plan Week 2 Practice 3: Offensive Focus

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### 6:15 - Warmups

- Butt kicks
- High knees
- Karaoke (both ways)
- Backpedal
- Sprint

### 6:20 - Route Tree (QB's split up and focus on 2 out of 4 routes)

- Slant
- Arrow
- 5 Yd In
- 5 Yd Out
- Every kid run each route at least twice

### 6:40 - Individual Drills (split kids up)

- Coach 1: WR:
  - Stance/Starts - everyone lines up across a single line and gets set and sprints 5 yards and then gets set again
    - Coach critiques stances
  - Talk about how to catch and tuck
  - Talk about proper way to hold a football
  - Routes on Air: focus on catch/tuck and then run upfield
    - Discuss getting upfield after the catch
- Coach 2: RB:
  - Review Handoffs and how to take them
    - Review how to hold a football
  - Stance/Start w/ zigzag cones (or speed ladder if you have it)

### 6:55 - Team Offense: Install plays and formations:

- Plays (pick a couple plays to install)
- Focus on Huddle and get to line of scrimmage
  - Hustle in and out of huddle
  - Know your assignment (you shouldn't have to ask after breaking the huddle)

### 7:15 - Scrimmage (Half field: 2 LB / 2 DB)

- Offense vs Defense: Run our plays vs D (from what we've installed)
- Stop scrimmage to teach/learn after every play

## Flag Football Practice Plan Week 2 Practice 4: Defensive Focus

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### 6:15 - Warmups

- Butt kicks
- High knees
- Karaoke (both ways)
- Backpedal
- Sprint

### 6:20 - Individual Drills (Defense)

- Coach 1: DB
  - Review stance/starts
    - Line up on line and all backpedal 5 yards, stop and line up again, repeat
  - Deep coverage, practice turning and running with receiver
    - Backpedal until cushion is getting close to gone, then turn and run with receiver
  - W drill: backpedal and sprint forward across the field in a W shape w/ cones
    - Set up cones about 5 yards apart in a zigzag across the field
    - Have athletes start in a line on the first cone
    - Athletes backpedal to first cone, then sprint forward to next cone, then backpedal, sprint, etc.
- Coach 2: LB
  - LB coverage practice: This may look different depending on what your coverage looks like.
    - Work on LB staying in their zone; have as many LB as RB's and have the LB's stay at home with misdirection, etc.
    - Run a bunch of split back and off direction stuff, etc.
  - Talk about sprinting to flats or your passing zone on passes, etc.

### 6:35 - Flag pulling

- Sweep drill (sideline drill) - Talk about the field and the sidelines, etc
  - Drill is kind of like open field but we are sweeping towards sideline and can cut back after get past the cutback cone
    - Coach stand on sideline
  - Talk about sideline as an extra defender
  - Always want to make offense cut back inside where you have the help of your teammates
    - Idea is to keep your outside arm free, funnel them back to your teammates, don't let them get the sideline, etc.
  - Add a second defender to help make the play after each kid has a chance to run through it

### 6:50 - Team defense

- Formation recognition: Walk through different formations and how to react to them and line up on them with zone defense...
- One coach run the offense (our offense, full offense with our plays)

#### 7:20 - Pursuit Drill

- Put target cones out for athletes to run to as they pursuit coach
- Emphasize that everyone needs to attack the ball carrier, it's a team effort until the whistle blows
- Coach is the ball carrier, everyone taps his hips
- Start in our Defensive Front

## Flag Football Practice Plan Week 3 Practice 5: Offensive Focus

For basics on stance, starts, hand positions, etc. see the Coach Training Guides here:

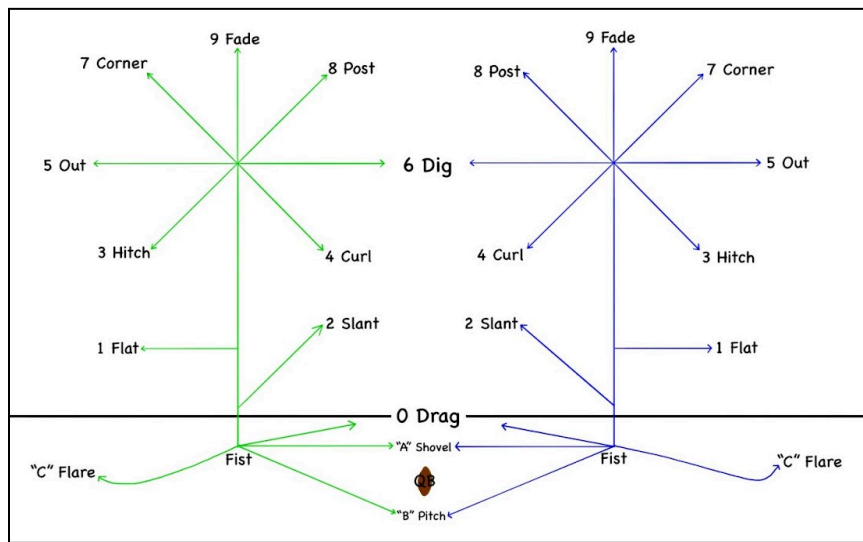
<https://www.easports.org/page/show/2755247-flag-football>

### 6:15 - Warmups

- Butt kicks
- High knees
- Karaoke (both ways)
- Backpedal
- Sprint

### 6:20 - Route Tree (QB's split up and focus on 2 out of 4 routes)

- Slant/Flat
- In/Out
- Every kid run each route at least twice



### 6:40 - Team Defense (split kids up)

- Formation Recognition
  - Formation recognition: Walk through different formations and how to react to them and line up on them with zone defense...
- DB's vs 4 receivers
- LB's vs 2-3 RBs

### 7:00 - Team Offense: Install plays and formations:

- Plays (Install 2-3 more plays)
- Focus on Huddle and get to line of scrimmage
  - Hustle in and out of huddle
  - Know your assignment (you shouldn't have to ask after breaking the huddle)

### 7:20 - Scrimmage (Half field: 2 LB / 2 DB)

- Offense vs Defense: Run our plays vs D (from what we've installed)
- Stop scrimmage to teach/learn after every play

## Flag Football Practice Plan Week 4 Practice 6: Offensive Focus

For basics on stance, starts, hand positions, etc. see the Coach Training Guides here:

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### 6:00 - Warmups

- Butt kicks
- High knees
- Karaoke (both ways)
- Backpedal
- Sprint

### 6:05 - Routes on Air - work through route tree

- Start with 1 line, 1 QB
  - After line goes through, QB sprint to other end of field, then go back
- 2 receiver lines, 1 QB
  - Both receivers on same side of the field and run combo routes (hopefully from your playbook)
  - Coach jump one of the routes, QB throw to correct receiver, other coach throw to covered receiver

### 6:20 - Team Run

- Only ball carriers and run through running plays
- Perfect timing and critique handoffs, etc

### 6:30 - Gauntlet - Flag Pulling

- 1 defender between 2 cones
- All others line up 5 yards away and try to run through cones
- Defender tries to pull flags from the whole line; once whole line goes through, switch defenders
- Offense must run through the cones. This is a drill to improve flag pulling. No faking for offense, just pick a side of the defender and sprint through the cones.

### 6:40 - Team Offense

- Plays on Air
- Scrimmage ½ field if getting stale with plays on air



## Flag Football Practice Plan Week 4 Practice 7: Defensive Focus

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### 6:00 - Warmups

- Butt kicks
- High knees
- Karaoke (both ways)
- Backpedal
- Sprint

### 6:05 - Individual Drills (coaches split up for Backpedal Drill)

- Coach 1: Backpedal, shuffle (depending on which way QB turns), open up (when QB lifts ball to throw), pick 6
  - DB backpedals until QB (coach) turns shoulders
  - DB shuffles direction coach turns
  - QB lifts ball to throw, signaling DB to open up and turn to run
  - QB throws ball, DB picks ball off at highest point and returns for a pick 6
- Coach 2: W drill

### 6:15 - Team Run: LB focus (3 LBs out)

- Only ball carriers and have LBs stay at home and all pursue once RB gets ball (Coach calls out "Run Run Run" when RB gets the ball)

### 6:25 - Team Pass: DB focused (3 DBs)

- Run plays at DBs
- Focus on staying in your zone and talking
  - Tell your teammates when a receiver is coming into their zone

### 6:45 - Offensive plays on air - run our plays on air (no defense)

- Talk about outlets/checkdowns for QB
- Find holes in the zone, don't sit right behind someone

### 6:55 - Pursuit Drill

## Flag Football Practice Plan Week 5 Practice 8: Offensive/Defensive Focus

At this point in the season you only have 1 practice a week. Focus on what you need to improve upon from the last week's games.

### 6:00 - Warmups

- Butt kicks
- High knees
- Karaoke (both ways)
- Backpedal
- Sprint

### 6:05 - Routes on Air

### 6:20 - Install and plays on air

- Add additional plays in you want or work on your plays and improve timing/execution

### 6:40 - Team Defense

- $\frac{1}{2}$  field
- Focus on attacking ball in air
- Focus on your zone and no one behind you in your zone

### 6:50 - Open Field

- One on One flag pulling drill from earlier in the season

## Flag Football Practice Plan Week 6 Practice 9: Offensive/Defensive Focus

At this point in the season you only have 1 practice a week. Focus on what you need to improve upon from the last week's games.

### 6:00 - Warmups

- Butt kicks
- High knees
- Karaoke (both ways)
- Backpedal
- Sprint

### 6:05 - Install and plays on air

- Add additional plays in you want or work on your plays and improve timing/execution

### 6:25 - Routes on Air

### 6:40 - Team Defense

- ½ field
- Focus on attacking ball in air (want a pick six)
- Focus on your zone and no one behind you in your zone

### 6:50 - Pursuit Drill

## Flag Football Practice Plan Week 7 Practice 10: Offensive/Defensive Focus

At this point in the season you only have 1 practice a week. Focus on what you need to improve upon from the last week's games.

### 6:00 - Warmups

- Butt kicks
- High knees
- Karaoke (both ways)
- Backpedal
- Sprint

### 6:05 - Routes on Air

### 6:20 - Install and plays on air

- Add additional plays in you want or work on your plays and improve timing/execution

### 6:40 - Team Defense

- $\frac{1}{2}$  field
- Focus on attacking ball in air
- Focus on your zone and no one behind you in your zone

### 6:50 - Open Field

- One on One flag pulling drill from earlier in the season

## Flag Football Practice Plan Week 8 Practice 11: Offensive/Defensive Focus

At this point in the season you only have 1 practice a week. Focus on what you need to improve upon from the last week's games.

### 6:00 - Warmups

- Butt kicks
- High knees
- Carioca (both ways)
- Backpedal
- Sprint

### 6:05 - Install and plays on air

- Add additional plays in you want or work on your plays and improve timing/execution

### 6:25 - Routes on Air

### 6:40 - Team Defense

- $\frac{1}{2}$  field
- Focus on attacking ball in air (want a pick six)
- Focus on your zone and no one behind you in your zone

### 6:50 - Pursuit Drill