



2nd and 3rd Grade Flag Football

Practice Plans

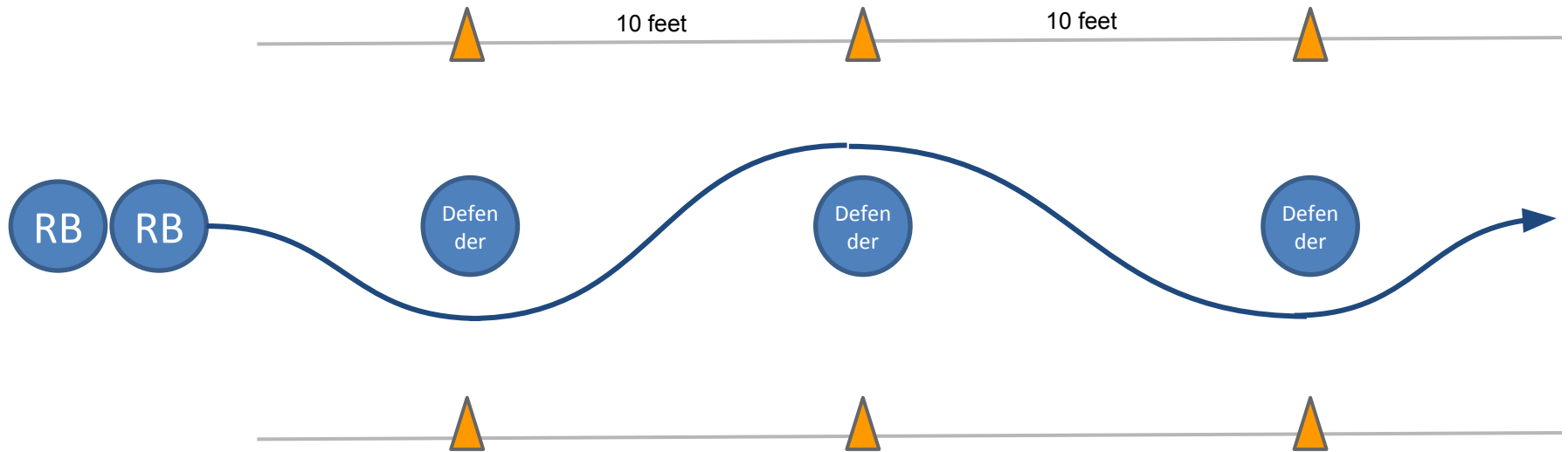
Wayzata Plymouth Youth Football



Flag Football Practice Plans

Run Drill

Avoid 1 Defender



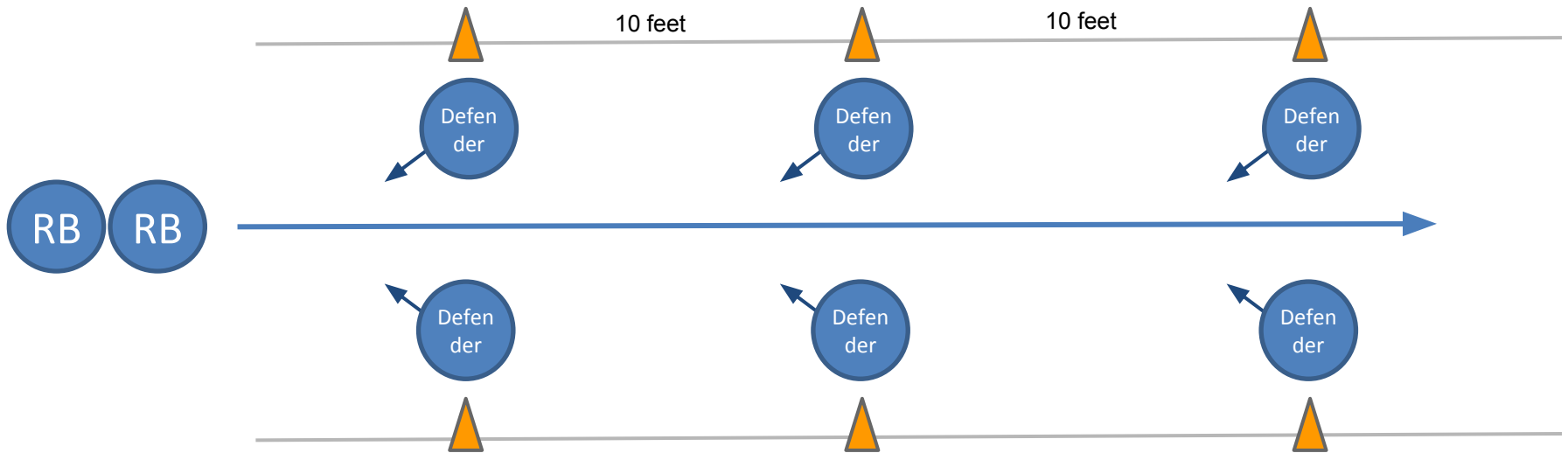
- Ball carrier runs with ball avoiding defenders, while staying between cones while trying to prevent flags from being pulled
- Defenders take on ball carrier 1-1 in their area(s), work on taking correct angle to engage runner
- **Optional:** Add a blocker ahead of the ball carrier (NO CONTACT)



Run Drill

Avoid 2 Defenders Short Pursuit

Flag Football Practice Plans



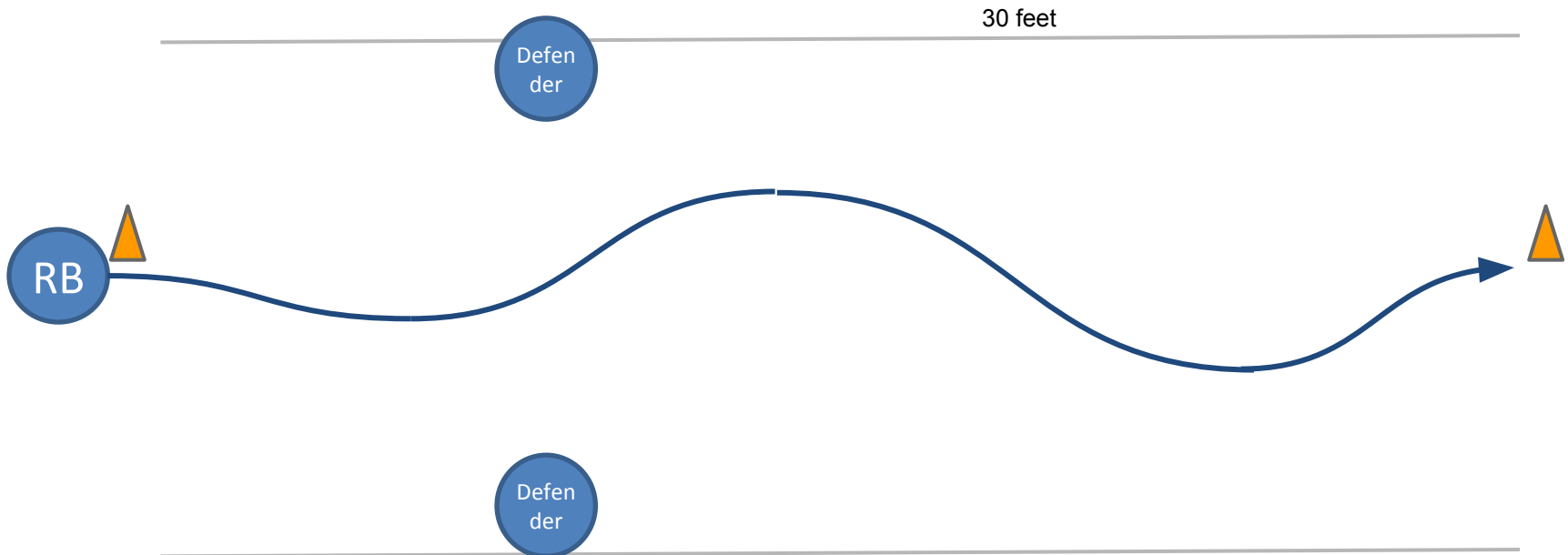
- Ball carrier runs through sets of defenders, while trying to prevent flags from being pulled
- Defenders take on ball carrier 2-1 in their area(s), work on taking correct angle to engage runner
- **Optional:** Add a blocker ahead of the ball carrier (NO CONTACT)



Flag Football Practice Plans

Run Drill

Avoid 2 Defenders Long Pursuit



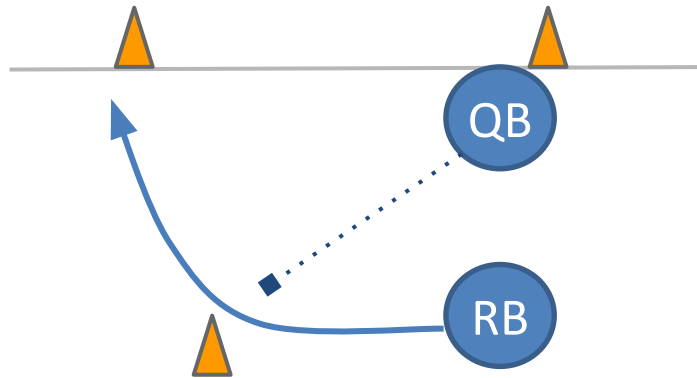
- Ball carrier runs with ball avoiding defenders trying to get to the end cone, while trying to prevent flags from being pulled
- Defenders work as a team to take on the ball carrier over the entire distance
 - Focus angles to engage runner and working as a team
 - First defender slow forward progress, while second defender pull flag
- **Optional:** Add a blocker ahead of the ball carrier (NO CONTACT)



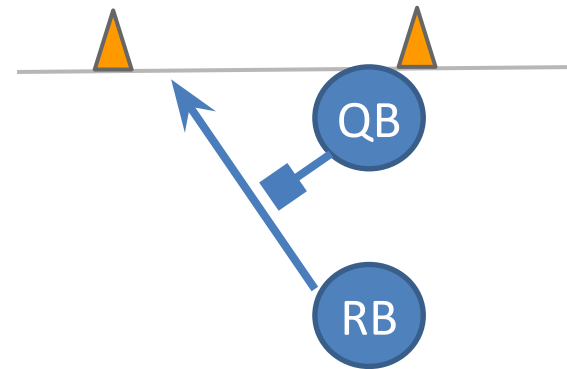
Flag Football Practice Plans

Run Drill

Quick Pitch / Handoff



Pitch



Handoff

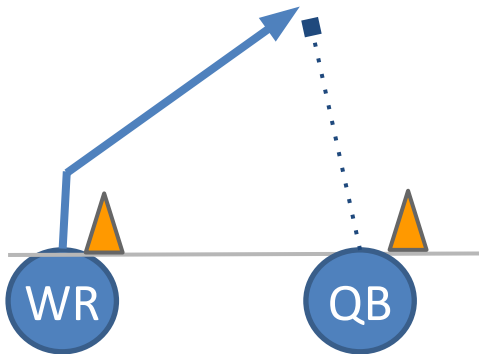
- In pitch, RB runs towards first wide cone as QB quick pitches ball. RB then runs towards second cone to proceed up field.
- In handoff, RB runs to cone and receives quick hand off from QB
- **Optional:** Alternate pitch / handoff to Left and Right
- **Optional 2:** Add defender(s) to pull RB flag. Emphasize pursuing RB, as soon as QB releases the ball
- **Optional 3:** Add Tight End as lead blocker (NO CONTACT)



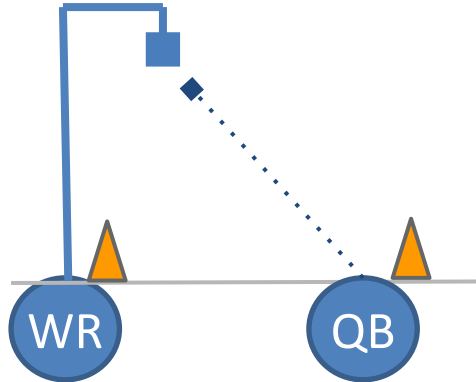
Flag Football Practice Plans

Pass Drill

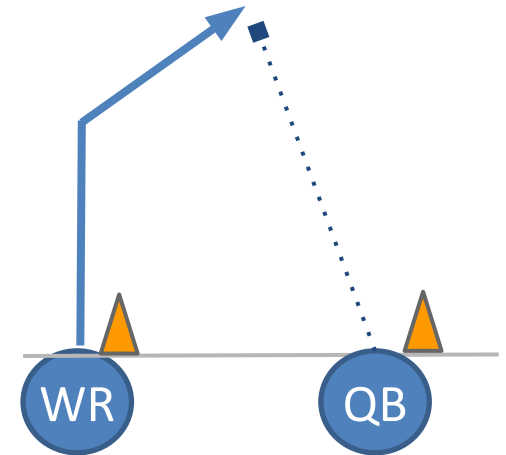
Various Passing Routes



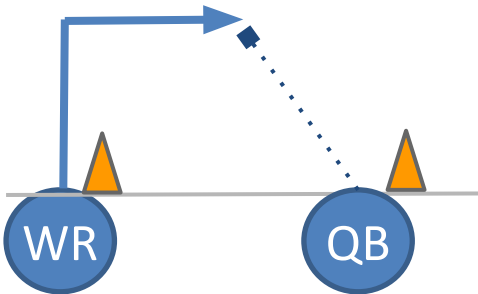
Slant



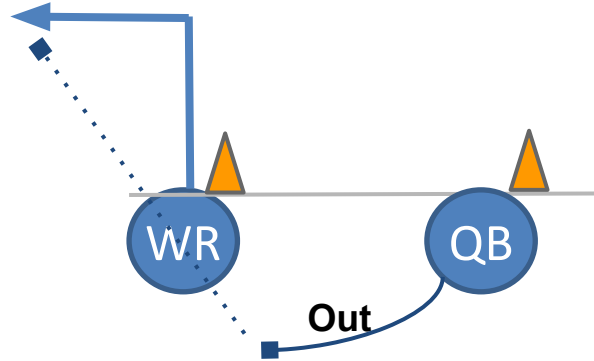
Hook / Hitch



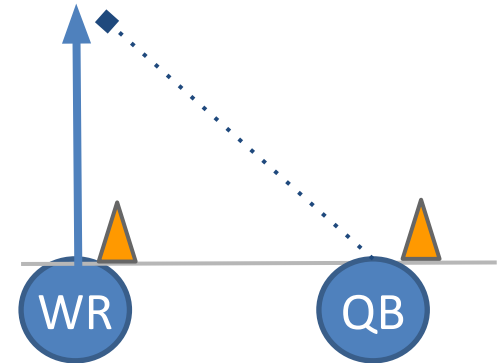
Post



In



Out



Go

- QB throws on different routes
- **Optional:** Roll the QB out of the pocket before the throw
- **Optional 2:** Add defender(s) to pull RB flag.



WPYF SAMPLE PRACTICE PLAN 1




www.usafootball.com

Practice Plan for: August 18, 2015 - August 24, 2015

Week: 1

Day: 1

NO.	ACTIVITY NAME	TIME	LEVEL OF CONTACT
1.	Dynamic Warm-up	10 min	Air
Coach			
	HIGH KNEES; BUTT KICKS; JUMPING JACKS; 1/2 SPEED JOGGING; DYNAMIC STRETCHING		
2.	Offensive Possition/Formation Review	5 min	Air
Coach			
	ALIGN AND REVIEW STANDARD OFFENSIVE SET		
3.	Defensive Possition /Fromation Review	5 min	Air
Coach			
	ALIGN AND REVIEW PLAYERS IN STANDARD DEFENSIVE SETS.		
4.	Drill Period 1	10 min	Air
Coach			
	PICK FROM DRILLS IN PACKET OR OTHER DRILL DESIRED		
5.	Drill Period 2	10 min	Air
Coach			
	PICK FROM DRILLS IN PACKET OR OTHER DRILL DESIRED.		
6.	Water/Fluids	5 min	Air
Coach			
7.	Offensive Run Period 1 (From Playbook)	5 min	Air
Coach			
	RUN THROUGH HAND-OFF PLAYS		
8.	Offensive Run Period 2 (From Playbook)	5 min	Air

Coach RUN THROUGH PITCH PLAYS				
9.	Water/Fluids			5 min Air
Coach				
10.	Offensive Pass Period 1 (From Playbook)			10 min Air
Coach INSTALL PASS PLAYS				
11.	Offensive Pass Period 2 (From Playbook)			10 min Air
Coach INSTALL PASS PLAYS				
12.	Scrimmage 6v6			10 min Air
Coach SPLIT TEAM TO 6V6				
Full Contact Limit USA Football recommends limiting full-contact drills to 30-minutes per practice and up to 120-minutes per week in the preseason and up to 90-minutes per week in the regular season.				30 minute limit (recommended) 
Practice Notes				



WPYF SAMPLE PRACTICE PLAN 2



www.usafootball.com

Practice Plan for: **August 25, 2015 - August 31, 2015**

Week: 1

Day: 1

NO.	ACTIVITY NAME	TIME	LEVEL OF CONTACT
1.	Dynamic Warm-up	10 min	Air
Coach HIGH KNEES; BUTT KICKS; JUMPING JACKS; 1/2 SPEED JOGGING; DYNAMIC STRETCHING			
2.	Offensive Run Period (From Playbook)	5 min	Air
Coach INSTALL RUN PLAYS			
3.	Offensive Pass Period (From Playbook)	5 min	Air
Coach INSTALL PASS PLAYS			
4.	Game	20 min	Air
Coach 6V6 GAME 20 MINUTE HALFS W/ 5 MINUTE HALFTIME			
5.	Halftime	5 min	Air
Coach			
6.	Game	20 min	Air
Coach			
Full Contact Limit USA Football recommends limiting full-contact drills to 30-minutes per practice and up to 120-minutes per week in the preseason and up to 90-minutes per week in the regular season.		30 minute limit (recommended) <div style="background-color: #cccccc; width: 100%; height: 15px; margin-top: 5px;"></div>	
Practice Notes			