

Flag Football (Age 4-7)

Week 1

Dynamic Warm Up

Jog around perimeter of the field

High Knees

Butt Kicks

Side Shuffle (*All for 20yds. down and back)

Static Stretches

Standing shoulder stretch

Overhead triceps stretch

Standing straight leg hang downs

(*All left and right side 10 count)

Skill: Offense

1. Coaches will welcome everyone to the beginning of the season. Briefly relay information that is needed regarding important dates and equipment.
2. Demonstrate and explain the YMCA rules when engaging on offense. Stress the importance of playing the game in a manner that keeps all participants safe. Provide an example for the kids to see how to properly snap the ball between their legs, as well as, running the ball when it is handed off to them.
3. Break down the proper steps to snapping the ball and getting it to the intended target, the quarterback. Have participants pair off and practice the technique of snapping 5 yards apart from each other. Allow up to 15 minutes of practice. Coaches must circulate ensuring the players are using the proper technique and hand placement. If the participants are having a difficult time completing the task, demonstrate a modified version of snapping the ball.
4. With the help of an assistant coach, separate the team into two groups with an even number in each (if possible). Coaches will take their kids to a designated area of the field, have them form a single-file line and run hand-offs to a designated target or cone. Once the runner makes it to the cone, they will run the ball back to coach and join the back of the line. Incorporate the commands “down-set-hut” in order for athletes to gain perspective on how to properly play football. Challenge the players to juke, spin or cut at the cone after a few attempts. Allow up to 20 minutes of practice.

Activity

Down-Set-Hut: Play a modified version of “Red-light/Green-light.” Instead of using the colors of the light, use the commands “Down” for Red-light (Stop), “Set” for Yellow-light (Slow) and “Hut” for Green-light (Go). All participants will line shoulder-to-shoulder on one side of the field, with the coach on the opposing sideline. At the coaches’ command, athletes are expected to make their way across the field while responding to the commands “Down-Set-Hut.” If there is movement outside of a command, the child will be sent to the starting line. Play for the remainder of practice.

Flag Football (Age 4-7)

Week 2

Dynamic Warm Up

Jog around perimeter of the field

High Knees

Butt Kicks

Side Shuffle (*All for 20yds. down and back)

Static Stretches

Standing shoulder stretch

Overhead triceps stretch

Standing straight leg hang downs

(*All left and right side 10 count)

Skill: Defense

1. Welcome everyone and briefly review the skills that were taught the previous week. Allow 10-15 minutes of practice in order to refresh these skills.
2. Demonstrate and explain the YMCA rules when engaging on defense. Inform each participant the importance of playing the game with minimal contact in order to ensure the safety of all participants. Show athletes how to control their speed, break down and successfully pull the opposing team flags.
3. Split the group of kids into two equal lines approximately 10 yards across from each other. One line will be defense, while the other line practices handoffs and running. At the coaches' command, the first person in each line will run with the intent of making it to the opposite side of their zone. Encourage students to stay within a reasonable boundary and allow several practice attempts. Once the child has had their turn, they must join the end of the line they did not start off in. Allow 10 minutes of flag pulling.

Activity:

Sharks and Minnows: The coach will select up to four kids (may vary depending on practice turn out) who will be considered the first "sharks" of the game. All other teammates will be told to line up shoulder-to-shoulder on a designated side of the field, the "minnows." Upon the coaches' command, the "minnow" participants are expected to cross the field with the intent of not having their flag pulled and becoming a "shark." Once a child has had their flag successfully removed from their person, they must join the "shark" team until there is only one participant remaining. The remaining "minnow" will begin the next round as a "shark" along with a few of their teammates of the coaches choosing. The next round will begin and the game continues for the duration of practice.

Flag Football (Age 4-7)

Week 3

Dynamic Warm Up

Jog around perimeter of the field

High Knees

Butt Kicks

Side Shuffle (*All for 20yds. down and back)

Static Stretches

Standing shoulder stretch

Overhead triceps stretch

Standing straight leg hang downs

(*All left and right side 10 count)

Skill: Throwing and Catching

1. Greet everyone and briefly review the concepts that were taught the previous week. Allow 10-15 minutes of practice in order to refresh any of these skills.
2. Throw on Command: Demonstrate the proper way to throw and catch a football. On your whistle, all players will quickly get into the throwing position across from each other. Coaches must ensure that each participant has the proper hand placement before each throw. Emphasize “throwing stance” (legs apart, dominant/throwing side foot must be behind the body, opposite shoulder is pointing in direction of target, throwing arm back and up forming an “L” shape, follow through releasing ball by the ear, end with throwing hand pointing at target). Repeat. Challenge the athletes to distance themselves after several successful attempts. Allow up to 15 minutes of practice.
3. Coach Throws: Line participants shoulder to shoulder facing the coach. The coach will distance himself 5-10 yards from the line of participants. Throw a football demonstrating proper technique to the first person in line, who will then catch the ball and throw it back. The coach will continue to throw the ball to the rest of the students in line. After each participant has had a few practice rounds, have the kids count the number of consecutive catches. If necessary, decrease the distance in order for each athlete to be successful. Allow up to 10 minutes of practice.

Activity

Ultimate Football: Number each participant 1 or 2, and have them join with their designated team members. Introduce the kids to the game of Ultimate Football. Emphasize that the focus of this game is to practice the proper technique for throwing a football as well as understanding field awareness. The athletes are expected to make as many successful passes within the boundaries in order to make their way across the field, and, into their corresponding end zone. Upon each successful catch, the receiver is not allowed to move. Keeping their feet stationary, they must complete a pass to one of their teammates in order to progress up the field. If a pass is dropped or intercepted, the team on defense picks up where the ball is turned over. Challenge the participants to complete a certain number of passes before scoring. Assure that each child is having the opportunity to be successful and participate. At first, have the opposing team back off from the thrower to improve the quality of throws. Play for the remainder of practice.

Flag Football (Age 4-7)

Week 4

Dynamic Warm Up

Jog around perimeter of the field

High Knees

Butt Kicks

Side Shuffle (*All for 20yds. down and back)

Static Stretches

Standing shoulder stretch

Overhead triceps stretch

Standing straight leg hang downs

(*All left and right side 10 count)

Skill: Put it Together

1. Welcome everyone and briefly review the skills and regulations that were taught the previous weeks.
2. Allow up to 10 minutes of practice on snapping.
3. Have the participants form a single line, inform the group they will now practice running routes to the cone where they will be expected to make a successful catch. Once caught, the ball is to be ran back to coach and the child joins the back of the line. Have a different child snap the ball to the coach every throw. After running several straight/streak routes, challenge the players to run quick routes, flat, posts, etc.... Changing directions at the cone. Allow up to 20 minutes of practice.
4. Provide up to 10 minutes of practice on running the ball to a designated target or cone.
5. Spend up to 10 minutes practicing defense and pulling flags.

Activity

Game Time: Separate the group into two equal teams (4v4, 5v5, however turnout permits).

Emphasize the importance of keeping each other safe while engaging in gameplay, and, briefly go over the rules of the game for anyone that is unfamiliar. The coach should also stress the importance of staying within the boundaries of the field and being aware of their location during gameplay. Each team will be allowed four attempts to cross midfield (first down), and four attempts to score from midfield (touchdown). Game will be played for the remainder of practice.

Flag Football (Age 4-7)

Week 5

Dynamic Warm Up

Jog around perimeter of the field

High Knees

Butt Kicks

Side Shuffle (*All for 20yds. down and back)

Static Stretches

Standing shoulder stretch

Overhead triceps stretch

Standing straight leg hang downs

(*All left and right side 10 count)

Skill: Offense

1. Welcome everyone and briefly review the skills and regulations that were taught the previous weeks. Clarify anything the children are having difficulty with.
2. Running routes to a cone with perfect hand off placement. At least 15 minutes.
3. Each individual should be given the opportunity to throw to a partner. Allow for the students to pair off, distance themselves 10 yards from each other and practice throwing using perfect technique. Coach should circulate assuring that each individual is successful and has proper hand placement. Allow up to 15 minutes.
4. Route passing drills with a different snapper each time. After the catch is made, the student is expected to run the ball back to coach and form in the snapping line. At least 20 minutes. Focus on short routes. Teach the importance of completions and gaining yards to progress up the field.

Activity

Game Time: Separate the group into two equal teams (4v4, 5v5, however turnout permits). Emphasize the importance of keeping each other safe while engaging in gameplay, and, briefly go over the rules of the game for anyone that is unfamiliar. The coach should also stress the importance of staying within the boundaries of the field and being aware of their location during gameplay. Each team will be allowed four attempts to cross midfield (first down), and four attempts to score from midfield (touchdown). Game will be played for the remainder of practice.

Flag Football (Age 4-7)

Week 6

Dynamic Warm Up

Jog around perimeter of the field

High Knees

Butt Kicks

Side Shuffle (*All for 20yds. down and back)

Static Stretches

Standing shoulder stretch

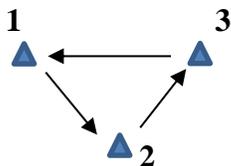
Overhead triceps stretch

Standing straight leg hang downs

(*All left and right side 10 count)

Skill: Defense

1. Welcome everyone and briefly review any skills and regulations that need to be refreshed from the previous weeks.
2. Defensive drills practicing snap count, flag pulls and pursuit of the ball. Up to 20minutes.
3. Practice defensive plays. Briefly explain the importance of each position. Allow up to 15 minutes of practice making sure to clear up any confusion.
4. Cone drills practicing how to break down on the cone and change directions. The coach has the option on the type of exercise the participants is expected to perform at the cone. For example, the coach can have the kids sprint to the first cone, backpedal to the next and bear crawl through the final cone. Up to 20 minutes.



Activity

Game Time: Separate the group into two equal teams (4v4, 5v5, however turnout permits).

Emphasize the importance of keeping each other safe while engaging in gameplay, and, briefly go over the rules of the game for anyone that is unfamiliar. The coach should also stress the importance of staying within the boundaries of the field and being aware of their location during gameplay. Each team will be allowed four attempts to cross midfield (first down), and four attempts to score from midfield (touchdown). Game will be played for the remainder of practice.

Flag Football (Age 4-7)

Week 7

Dynamic Warm Up

Jog around perimeter of the field

High Knees

Butt Kicks

Side Shuffle (*All for 20yds. down and back)

Static Stretches

Standing shoulder stretch

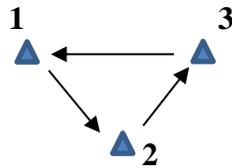
Overhead triceps stretch

Standing straight leg hang downs

(*All left and right side 10 count)

Skill: Full Practice

1. Cone drills practicing how to break down on the cone and change directions. The coach has the option on the type of exercise the participants is expected to perform at the cone. For example, the coach can have the kids sprint to the first cone, backpedal to the next and bear crawl through the final cone. Up to 15 minutes.



2. Offensive running plays with perfect hand off placement. At least 15 minutes.
3. Offensive route passing drills with snaps. At least 15 minutes.

Activity

Game Time: Form two equal teams and play the largest game possible. Ex. 4vs.4, 5vs.5. The coach should also stress the importance of staying within the boundaries of the field and being aware of their location during gameplay.

Flag Football (Age 4-7)

Week 8

Dynamic Warm Up

Jog around perimeter of the field

High Knees

Butt Kicks

Side Shuffle (*All for 20yds. down and back)

Static Stretches

Standing shoulder stretch

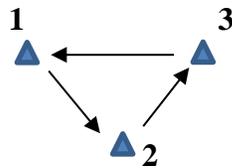
Overhead triceps stretch

Standing straight leg hang downs

(*All left and right side 10 count)

Skill: Full Practice

1. Cone drills practicing how to break down on the cone and change directions. The coach has the option on the type of exercise the participants is expected to perform at the cone. For example, the coach can have the kids sprint to the first cone, backpedal to the next and bear crawl through the final cone. Up to 15 minutes.



2. Defensive plays practicing snap count, flag pulls and defensive plays. 15 minutes.
3. Ball pursuit drills practice pursuing the ball on defense and kickoffs. 15 minutes.
4. Thank all participants and parents for participating in our programs.

Activity

Free Choice: Form a scrimmage match, play “Ultimate Football” or “Sharks and Minnows” for the duration of practice.