

## Flag Football (Age 8+)

### Week 1

#### **Dynamic Warm Up**

Jog around perimeter of the field

High Knees

Butt Kicks

Carioca (\*All for 20yds. down and back)

Side Shuffle

Lunges

#### **Static Stretches**

Standing shoulder stretch

Overhead triceps stretch

Standing straight leg hang downs

Butterfly stretch

Extended one-legged stretch

(\*All left and right side 10 count)

### Skill: Throwing and Catching

1. **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
2. **Coach Throws:** Line participants shoulder to shoulder facing the coach. The coach will distance himself about 10 yards. 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 participants 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.

### 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. The athletes are expected to make as many successful passes needed 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. 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.

## Week 2

### **Dynamic Warm Up**

Jog around perimeter of the field

High Knees

Butt Kicks

Carioca (\*All for 20yds. down and back)

Side Shuffle

Lunges

### **Static Stretches**

Standing shoulder stretch

Overhead triceps stretch

Standing straight leg hang downs

Butterfly stretch

Extended one-legged stretch

(\*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. Have the kids pair off and line up approximately 10 yards across from each other. At the coaches' command, one side of the field will run in the opposing direction 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.

### **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.

### Week 3

#### **Dynamic Warm Up**

Jog around perimeter of the field

High Knees

Butt Kicks

Carioca (\*All for 20yds. down and back)

Side Shuffle

Lunges

#### **Static Stretches**

Standing shoulder stretch

Overhead triceps stretch

Standing straight leg hang downs

Butterfly stretch

Extended one-legged stretch

(\*All left and right side 10 count)

#### **Skill: Offense**

1. Welcome everyone and briefly review the skills that were taught the previous weeks. Allow 10-15 minutes of practice in order to refresh these skills.
2. Demonstrate and explain the YMCA rules when engaging on offense. Once again 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 snap the ball between their legs, run a ball when it is handed off to them and complete passing routes.
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 10 minutes of practice. Coaches must circulate ensuring the players are using the proper technique and hand placement.
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 15 minutes of practice.
5. Using the same format as before, inform the group they will now practice running routes to the cone where they will be expected to make a successful catch and eventually change directions. Once caught, the ball is to be ran back to coach and the child joins the back of the line. After running a few straight/streak routes, challenge the players to run quick routes, flat, posts, etc... Allow up to 15 minutes of practice.

#### **Activity**

\*If time allows, the participants may play a game of “Ultimate Football” or “Sharks and Minnows” for the remainder of practice.

## **Week 4**

### **Dynamic Warm Up**

Jog around perimeter of the field

High Knees

Butt Kicks

Carioca (\*All for 20yds. down and back)

Side Shuffle

Lunges

### **Static Stretches**

Standing shoulder stretch

Overhead triceps stretch

Standing straight leg hang downs

Butterfly stretch

Extended one-legged stretch

(\*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 5 minutes of practice on snapping.
3. Provide up to 10 minutes of practice on running the ball to a designated target.
4. Up to 10 minutes of practice should focus on running pass routes.
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. 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.

## Week 5

### **Dynamic Warm Up**

Jog around perimeter of the field

High Knees

Butt Kicks

Carioca (\*All for 20yds. down and back)

Side Shuffle

Lunges

### **Static Stretches**

Standing shoulder stretch

Overhead triceps stretch

Standing straight leg hang downs

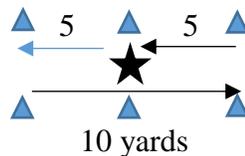
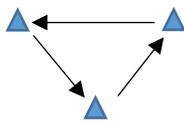
Butterfly stretch

Extended one-legged stretch

(\*All left and right side 10 count)

### **Skill: Drill Practice**

1. Welcome everyone and briefly review the skills and regulations that were taught the previous weeks.
2. Route passing drills with snaps. At least 15 minutes.
3. Running route drills with perfect hand off placement. At least 15 minutes.
4. Defensive drills practicing snap count, flag pulls and defensive plays. 10 minutes.
5. 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. Also, the “5-10-5 Drill” is a great way to encourage competition and build camaraderie. 10 minutes.



\*Athlete begins at the star

### **Activity**

\*If time allows, the participants may play a game of “Ultimate Football,” “Sharks and Minnows” or 5vs5 for the remainder of practice.

## Week 6

### **Dynamic Warm Up**

Jog around perimeter of the field

High Knees

Butt Kicks

Carioca (\*All for 20yds. down and back)

Side Shuffle

Lunges

### **Static Stretches**

Standing shoulder stretch

Overhead triceps stretch

Standing straight leg hang downs

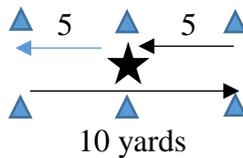
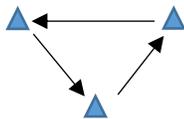
Butterfly stretch

Extended one-legged stretch

(\*All left and right side 10 count)

### **Skill: Full Practice**

1. Welcome everyone and briefly review any skills and regulations that need to be refreshed from the previous weeks.
2. 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. Also, the “5-10-5 Drill” is a great way to encourage competition and build camaraderie. At least 15 minutes.



\*Athlete begins at the star

3. Offensive running plays with perfect hand off placement. At least 15 minutes.
4. Defensive plays practicing snap count, flag pulls and defensive plays. 10 minutes.
5. 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

## Week 7

### **Dynamic Warm Up**

Jog around perimeter of the field

High Knees

Butt Kicks

Carioca (\*All for 20yds. down and back)

Side Shuffle

Lunges

### **Static Stretches**

Standing shoulder stretch

Overhead triceps stretch

Standing straight leg hang downs

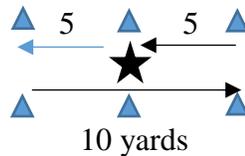
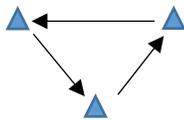
Butterfly stretch

Extended one-legged stretch

(\*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. Also, the “5-10-5 Drill” is a great way to encourage competition and build camaraderie. At least 15 minutes.



\*Athlete begins at the star

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

## Week 8

### **Dynamic Warm Up**

Jog around perimeter of the field

High Knees

Butt Kicks

Carioca (\*All for 20yds. down and back)

Side Shuffle

Lunges

### **Static Stretches**

Standing shoulder stretch

Overhead triceps stretch

Standing straight leg hang downs

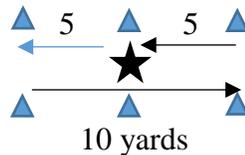
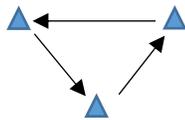
Butterfly stretch

Extended one-legged stretch

(\*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. Also, the “5-10-5 Drill” is a great way to encourage competition and build camaraderie. At least 15 minutes.



\*Athlete begins at the star

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 allowing their children to partake in our programs.

### **Activity**

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