

Football Drills/Games

The Name Game

Players stand in a circle and pass the ball to one another, but they must call out the name of the person they are passing to. This is great at the beginning of the season, so they (and you!) learn everyone's names. If the players are doing well and you have enough players, add additional balls.

Sharks vs. Minnows

This is a great flag football drill to help develop flag grabbing skills for defense and running back skills for offense. Young Flag Football players will find this drill fun. Flag Football Coaches will find this drill helpful in teaching good youth football fundamentals.

For this flag football drill, designate an area on the football field for play, usually a 10yd by 10yd area. All players must stay within this designated area. Start with one or two players designated as the sharks. Sharks will be on defense. The rest of the players are the minnows and will be on offense. The object of the shark is to grab the flag of the minnows. Once a minnow has their flags pulled, they then become a shark and attempt to grab the flag from the other minnows. At the start of the game the minnows should be on the run trying to avoid the sharks. The game ends when there is only 1 minnow remaining. Once again, this is a great drill to work on flag football defense and flag football offense.

Sack, Sack, Quarterback

This game is the flag football version of Duck, Duck, Goose. Make a circle and all the children on one knee. One player walks around the passing each player saying sack, sack, sack, then when ready they say quarterback. The second player then chases the first player trying to grab flag before they sit down.

Angle Drill

Hold two footballs. Throw one to the other end of the field. Each child has to chase the football and actually touch it. After they touch it start running towards them cutting, joking etc. Each child must touch the ball carrier in order for the drill to end. This teaches them how to take good angles.

QB Center Exchange Relay Race

A flag football drill to develop proper snapping technique.

Set out a 20 x 20-yard area. Divide teams into even groups and place in even lines. Place cones in middle of drill four yards apart. One football per team; the entire group can participate.

The quarterback (A) and center (B) on each team start the race. The center (B) snaps directly to the QB (A). The center will stand still while the QB runs to the next cone. The previous (A) snaps to (B), then (B) snap to (A) and so on, until course is completed. The race is continued until each participant gets a turn. You can also do this using a shotgun snap. Make sure the center places the ball on the ground before snapping.

Receiver Route Definitions (usually for older players):

Quick Out (1): This is a 5-8 yard route forward then the receiver cuts out towards the sideline then looks for the ball.

Slant (2): This is a 3-5 yard route forward then the receiver breaks towards the middle of the field on a 45 degree angle and looks for the ball.

Deep Out (3): This is 10-15 yard route. It should be run exactly like the quick out only deeper.

Drag/In (4): This is a 5-8 yard route forward then the receiver breaks into the middle of the field on a 90 degree angle and looks for the ball.

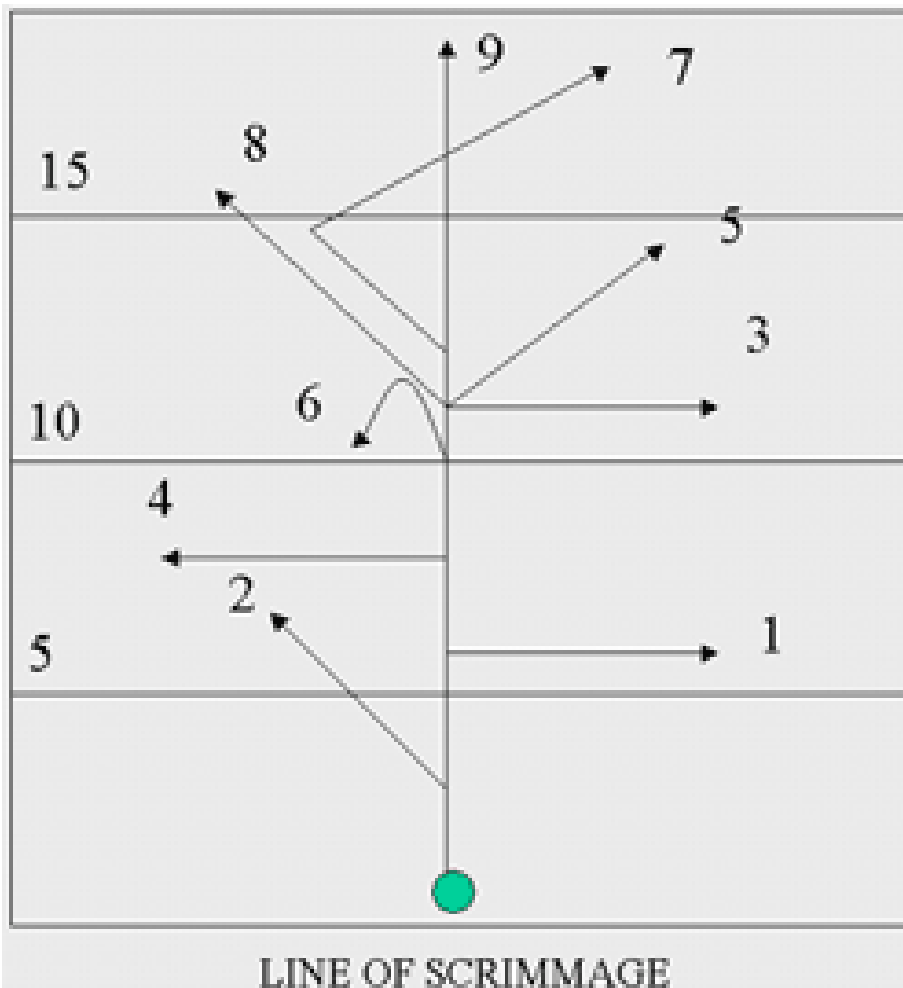
Flag (5): This is a 10-15 yard route forward then the receiver breaks at a 45 degree angle towards the side line and looks for the ball.

Curl (6): This is a 5-8 yard route forward then the receiver stops and turns to the ball.

Post Corner (7): This is a 12-20 yard route forward then the receiver cuts on a 45 degree angle to the middle of the field for a few steps then the receiver cuts on a 45 degree angle towards the sideline and looks for the ball.

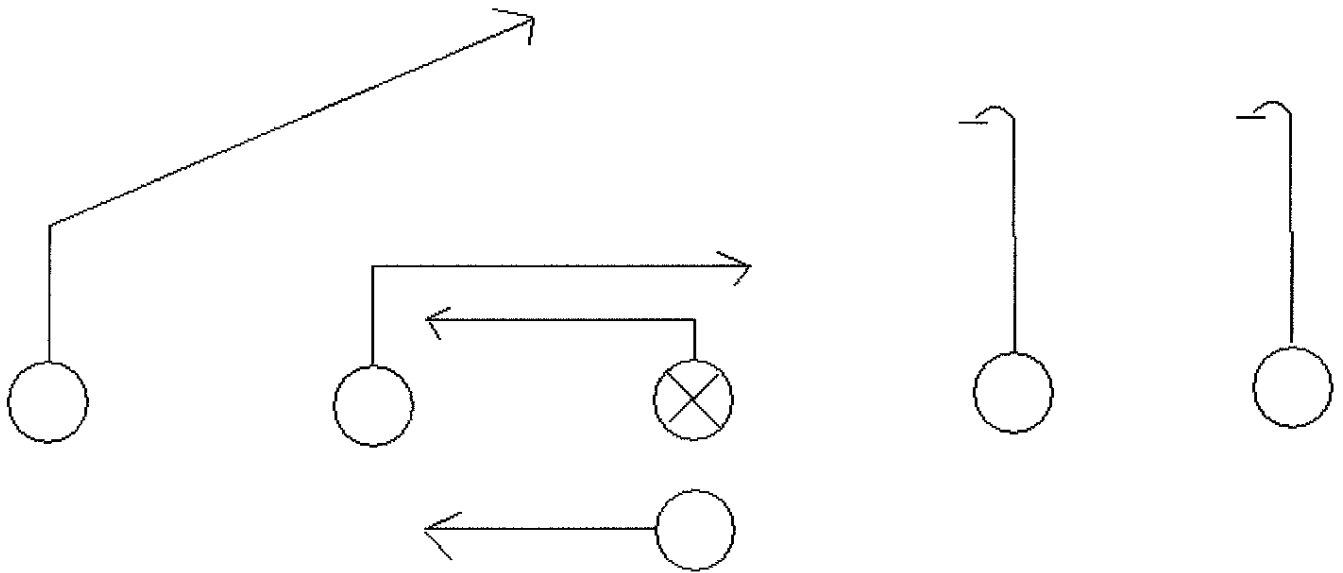
Post (8): This is a 12-20 yard route forward then the receiver breaks on a 45 degree angle towards the middle of the field and looks for the ball.

Fly (9): This route is run straight up the field with the receiver looking for the ball after he gets past about 15 yards.

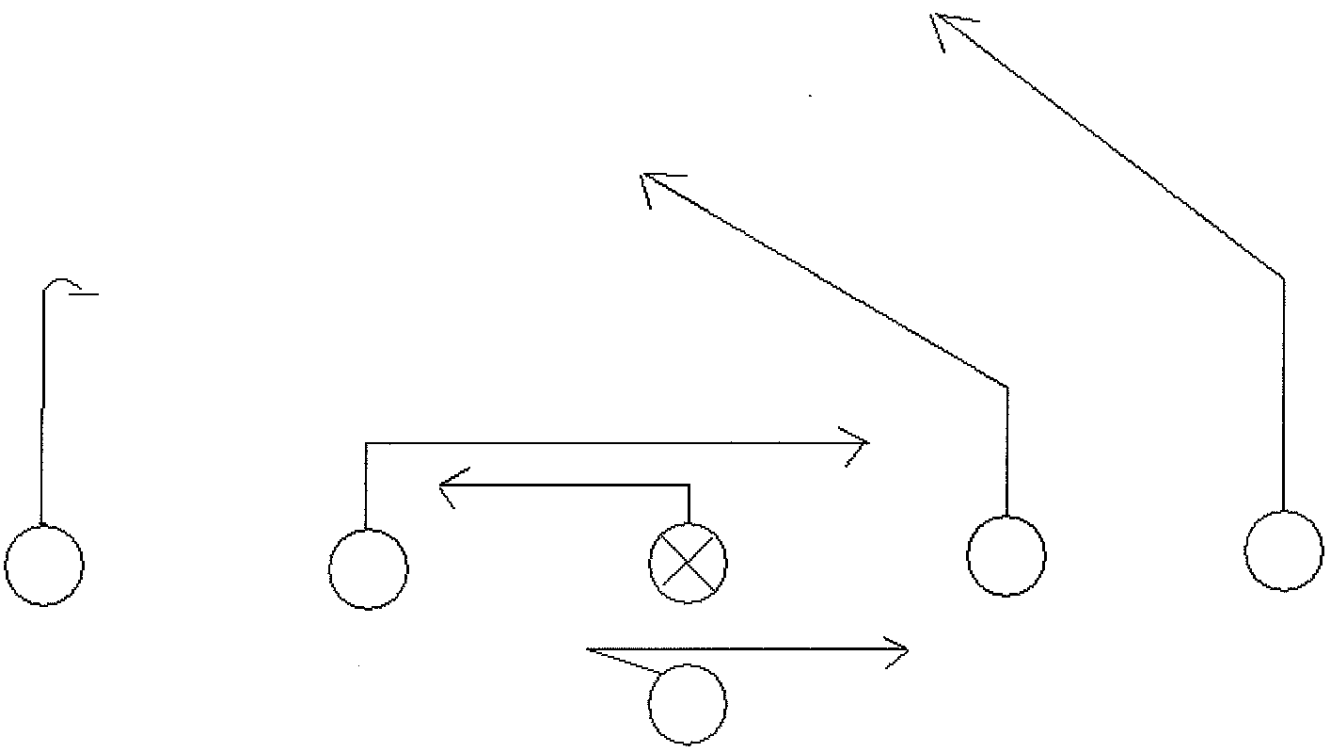


Football Plays

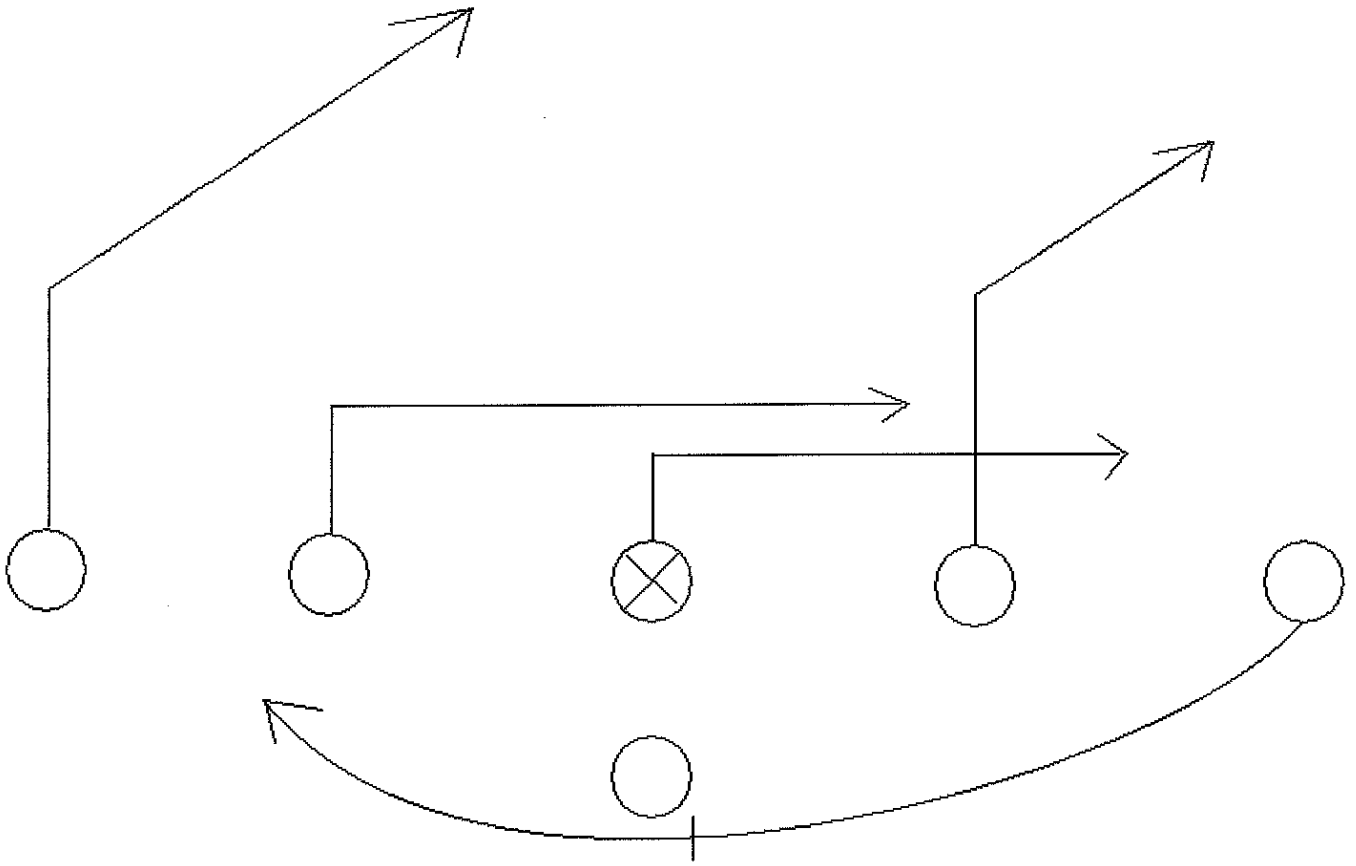
Play #1



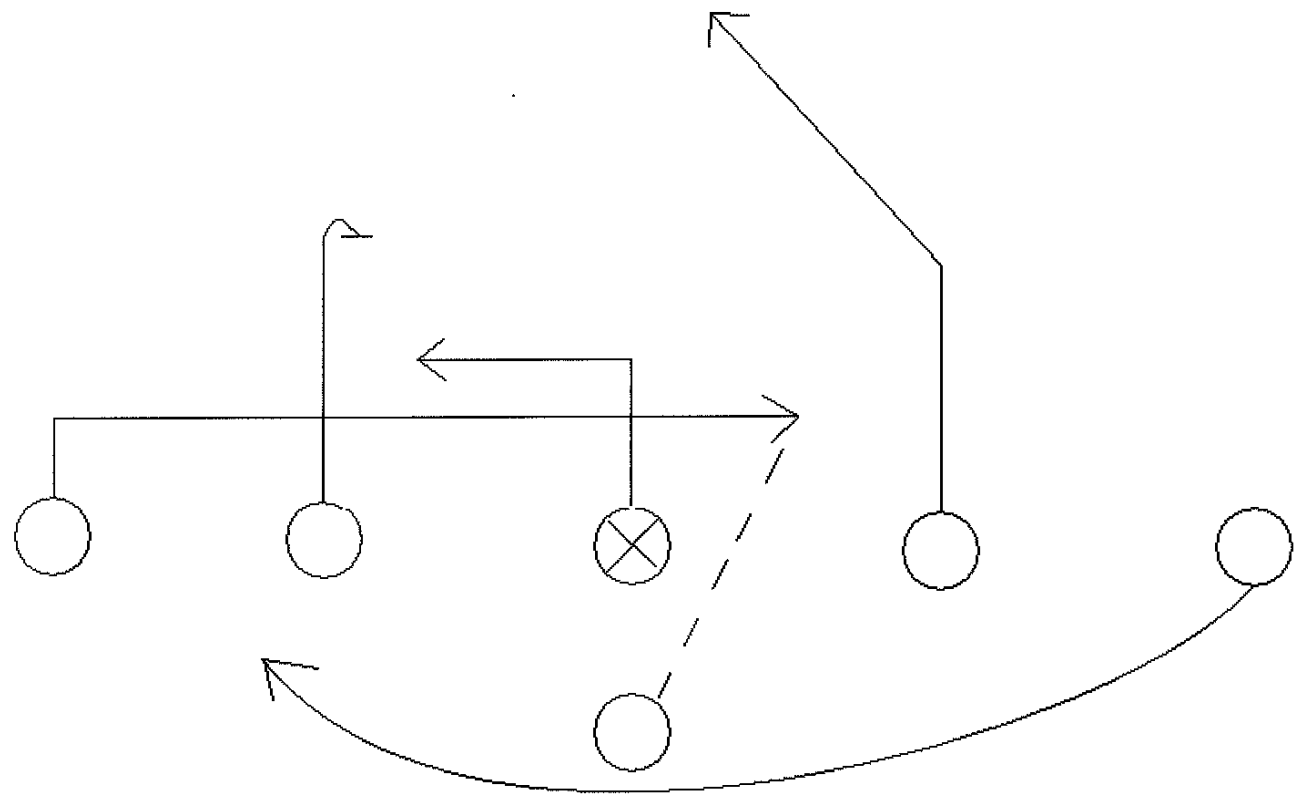
Play #2



Play #3



Play #4



Basic Zone Defense:

In flag football it is crucial that everyone swarms the ball. If the first person misses the flag the others, have a chance to get the flag.

In this example the cornerbacks are playing a short zone, and the safeties are playing a deeper zone. One linebacker will play a short middle zone, while the other rushes the quarterback.

