



FLAG FOOTBALL

COACHES MANUAL

Thank you for volunteering your time with these kids!

Over the weeks of your involvement, you will find this to be a very rewarding and fulfilling endeavor. It is not without its challenges but if you have a great deal of patience and understanding of what we are trying to accomplish here you will have a great time teaching these kids the great sport of football. Here are some things to keep in mind:

Goals of the Program

Not so long ago, kids used to go to the park with their buddies to play pick-up football. While surely there are still some kids who still do that today it's a very rare sight indeed. **The first goal of this program is to give today's kids a chance to run, throw, catch, and just play football in a similar manner.** There will be 'competition' involved in that we will keep score and standings but winning isn't the main goal of this endeavor – just **getting a chance to play** is and that should be first and foremost in your thoughts as a coach as we go along.

The second goal is to introduce some 'physical literacy' to the kids. This means the basic skills of running, catching and throwing.

The third goal of the program is to create future football fans. The CFL and other levels of the game such as University and Junior are constantly fighting a battle for the attention of young people and with the huge media and hype machines generated by the NFL and the NHL it's a constant uphill climb in Canada.

League Set-Up

Since the main focus of the league is to let the kids be active and have fun the set-up of the league is critical in ensuring we have our best chance of achieving this.

Based on registration numbers, players will be divided into four divisions:

- U8 will be players aged 6-7
- U10 will be players aged 8-9
- U12 will be players aged 10-11
- U14 will be players aged 12-13

Each League will attend an Evaluation Day to assess the primary skills of each individual player (running, catching and passing). After the Evaluation Day, players will be divided up evenly to each team based on these primary skills.

There are only going to be 5 players on the field at any given time a maximum of 8-11 players should be considered on the roster for any selected team. Rotating players into the game is easy with smaller

numbers but you still need to have enough players on the roster to take care of any absences on a week-to-week basis.

ALWAYS have an even number of teams. No byes or weeks off should be scheduled for any team. If you have to lower the number of players on a team to 6-7 in order to create another team to ensure an even number in a league, then do so.

Pitfalls to Watch Out For

The attention span of these kids is very small. It won't take much to distract them and cause delays in running plays or drills. Some of the directions you will get in the following pages will help you in this area so please take them to heart.

Everyone likes being adored by kids, but you cannot just spend practice time as a glorified "Jungle Gym" for your team to hang off of and run around. **You are NOT a baby-sitter; you are a coach** and the challenge you will have is to get the job done as best you can despite the attention span problem you will face constantly. The more you deal with this early on the better success you will have.

Toughness is not a word that will describe the characteristics of all of your players. It won't take much to get the tears flowing when you're dealing with some young children. An errant pass that bops someone un-expectantly on the head, non-inclusion over a period of time, tripping and falling, etc. all have the potential for opening the floodgates. **Do your best to keep everyone involved and active and spread the ball around as much as possible but know that accidents, fumbles, and bad plays will happen and showing care and concern is your first order of business** if the sniffles start. Guiding them to their parents or the League Coordinator is a good plan if you're dealing with tears. Checking back with them and encouraging them to return is crucial in educating them.

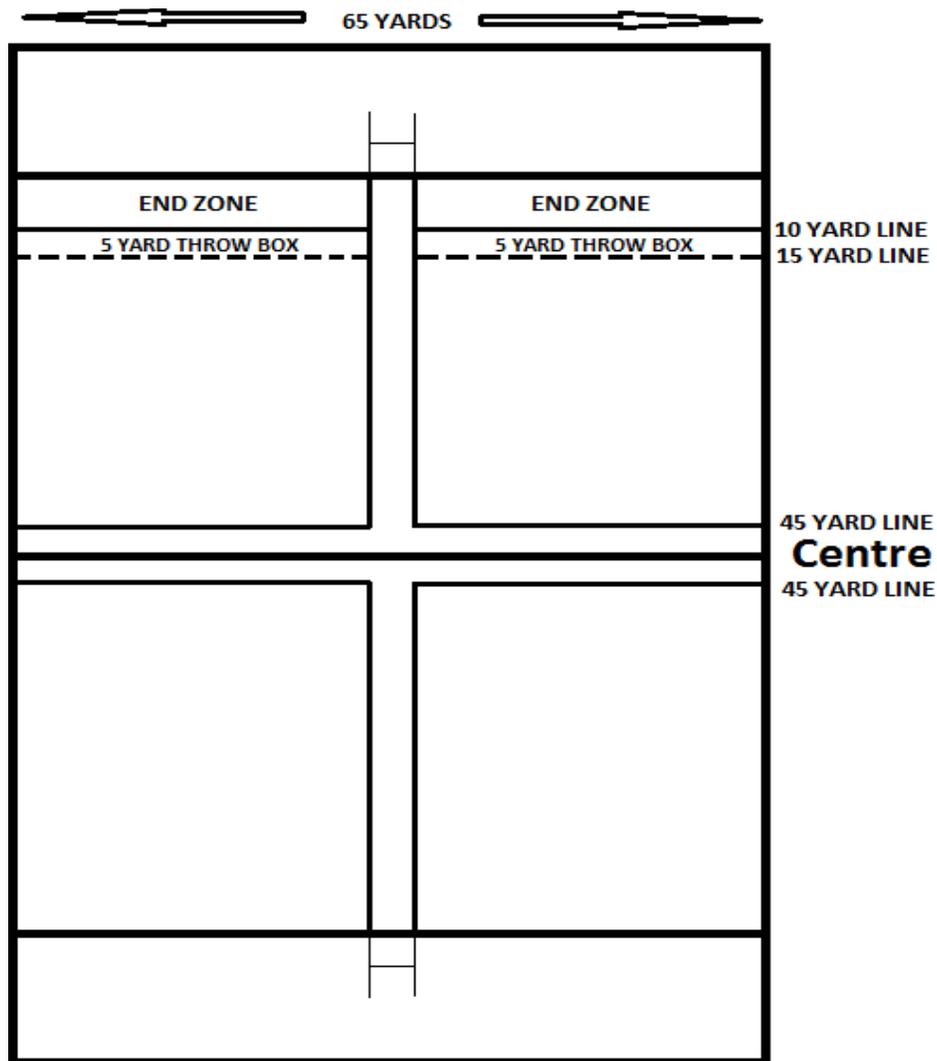
You need to be committed to this. If you don't show up your team will not function. Therefore it is very important that if you know you are going to miss a session for whatever reason you must find a substitute to take your place and inform the League Coordinator of this as well.

As a current or former competitive football player you might find yourself inclined to go for the "win" in a lot of situations. Finding your fastest player and giving him/her the ball constantly is a quick way to ensure success. While that is not "wrong" it is in opposition to the intent of the program. Nobody signed up to watch the fast kid run all the time. **Make sure everyone on offense gets a chance to touch the ball and that you stay true to the minimum number of passes you must attempt each offensive series** (see Rules). Winning and dominating your opponent are proper goals at higher levels – but not here. **Get everyone involved and let the wins and losses take care of themselves.**

Field Set-Up

The flag program can be set up on any standard Canadian Football Field. All you will need is a set of pylons to mark off a smaller playing area. Up to four games can be played on a standard field, two games going in one direction and two games in the other. The set up will be as follows:

- In one quadrant of the field use one of the marked sidelines then go 30 yards onto the field and mark off another sideline with pylons from the 45-yard line in. Do the same in the other three quadrants of the field. The Goal Line will be marked at the 10-yard line and the end Zone will be 10 yards Deep.
- The ball will be scrimmaged from the 45-yard line going in to start each series (see Rules)
- During play the ball will be brought to mid field every time prior to the start of each play.
- The final five yards leading to the end zone will be considered the "THROW BOX" in that the ball must be passed from that point in. EVEN if the offense has some "run" plays left.



Coaches Code of Conduct

The Airdrie Football Society (AFS), Flag Football League is committed to having all participants, specifically coaches, act in a respectful, polite and appropriate manner.

The following Code of Conduct applies to all participants in the AFS Flag Football Program, but is specific to those who will be undertaking the role of a coach. We want to ensure that games are fair, positive and enjoyable experiences for all children and adults involved. Football should be friendly and unifying; a spirited social and athletic occasion for players, coaches, AFS staff and spectators.

Recognize that the game of Flag Football begins and ends with your leadership. The way that a coach behaves will ultimately determine how his/her players choose to behave. At all times, we ask that you:

- 1) Ensure that you exemplify respect, poise and a positive attitude.
- 2) Ensure that you interact in a professional and supportive manner with all coaches and AFS related staff; accepting all decisions and judgements of said coaches and AFS staff.
- 3) Ensure that your players demonstrate respect (to teammates, opposition and the coaches), teamwork and sportsmanship.
- 4) Ensure that the parents/guardians of your team respect all decisions of the coaches and AFS staff, cheer in a positive and upbeat manner (for both teams), and help to uphold a safe and welcoming sport environment that is free of harassment and abuse.
- 5) Ensure that you coach only in a positive manner; looking to provide effective and positive feedback to players, while always remembering that these are young athletes who are at the peak of their emotional and physical developmental years.

Additionally, please remember that:

- 1) You are responsible for the sportsmanship of your players. If one of your players is disrespectful, irresponsible or overly aggressive, take the player out of the game.
- 2) You are also responsible for the conduct of the parents of your players. Discourage them from yelling negative remarks at players and the coaches.
- 3) If you have a major complaint, report your opinion to AFS staff in a respectful manner.
- 4) There shall be no use of tobacco products, alcoholic beverages or illegal drugs.
- 5) During the game, you should only address the coaches and players in a calm and respectful manner.
- 6) After a game, ensure that win or lose you, your fellow coaches and your players thank and shake the hands of the opposing players and coaches.

You, as a coach, set a powerful example. Players and parents take their cue from you before, during and after the game. Concentrate on the players' enjoyment of the game and their long-term development. Your actions will help set a positive tone for the day. **Coaches who don't adhere to the behaviors described above will be removed from the League, and their role, at the discretion of AFS staff.**



FLAG FOOTBALL

RULES OF THE GAME

GENERAL RULES

Number of Players and Minimum Play Rule

Teams are setup for 10 players each but the maximum number of kids a team may have is 11.

- Some resorting of the players as the season progresses may result in some teams having more than 10. In each case the team will have 11 jerseys to hand out.

The game set-up will be 5 players vs. 5 players

- If for whatever reason the team cannot put 5 players on the field the game will be ruled a forfeit in favor of the opponent, however an exhibition competition will still take place between the two teams only with the number of players on the field matching (i.e., 4 vs. 4 or 3 on 3).

The five players on the field during the game that should be rotated after every 2nd or 3rd play with those on the bench.

- All players on the roster must be in the game by the third play and play a minimum of half the plays during the game. This will be done on the honor system initially since there are many factors that may prevent kids from the minimum number of plays up to and including them not wanting to play anymore that is out of the coach's control.

Game Structure

The U8 level is a Coach Passing division.

- A coach from each team will play Quarterback to help distribute the football evenly to all of the players on their team. At the U8 age most younger kids have a difficult time gripping the ball properly to be able to pass. Coaches can pass the ball over hand or underhand to the players and hand off the ball. A Defensive coach may be on the field to put kids in position but must move to the sideline once the play has commenced to avoid interference.

U10, U12 & U14 are Player Passing divisions.

- An Offensive coach may be on the field in the huddle to help call plays but must move back 5-10 yards and out of the way of the plays. A Defensive coach may be on the field to put kids in position but must move to the sideline once the play has commenced to avoid interference. For U14, and possibly U12, try calling all plays / alignments from the sidelines to let the kids dictate the game play more if you would like.

In lieu of timed games, **each team gets 3 Offensive Series or “Possessions” per game in which each team gets 5 Offensive Plays** to score from the 45-yard line. Regardless if they score on the first play, or any play of the five plays they are assigned, they will get all five plays. Only then will the ball be turned over to the other team to start at the 45-yard line.

Practice time will be approximately 55 minutes long followed by a 5-minute break. After the 5-minute break all games will commence. Games will be approximately 30-45 minutes long. Each team will get 3 offensive possessions. After each team has had 3 offensive possessions the game is over. **If tied after 3 series/possessions for each team, game ends in tie.**

Flags and Flag Belts/ Footballs

Players on the field must wear the officially issued flag belt with two regulation flags.

Flag color CANNOT match jersey/t-shirt color.

The flags must hang down from both sides of the waist on the **OUTSIDE** of the jersey.

The flags may not be rolled, tied, pinned, or sewn on the belt.

The official football issued by the event organizers will be the official game ball.

Field Dimensions

The playing field is 30 yards wide by 45 yards long with a 10-yard end zone. The last 5 yards before the end zone is a no running play area called the “Throw Zone”.

Uniform

All players will wear the official game jersey/t-shirt at every game overtop any outerwear.

Only running shoes and rubber cleats (minimum 7 studs) are allowed.

Jerseys/T-shirts must be tucked in or on the inside of the flag belt.

- If a shirt is hanging over the flag belt, the play will be blown dead when the player gains possession of the ball. A Guarding the Flag Penalty will be called on the offense and the result will be a loss of 5 yards from point of infraction. The offense will replay the down.

Mouthguards supplied by AFS, or your own personally supplied mouthguard, are recommended to be worn at all times on the field of play.

Ball Caps with hard brims, are not allowed to be worn during games unless they are turned backwards.

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- It is not recommended that hats of any kind to be worn during games, with the exception of religious headgear. A soft helmet may be worn at your own discretion, but must be approved by AFS staff.

For the safety of all players, no hard or plaster casts are allowed to be worn by any player.

RULES OF PLAY

End of Play

The “Ball is Dead” or Play Ends When:

- The ball carrier’s flag is pulled.
- **The ball is fumbled and/or hits the ground. In that case the ball is spotted where the ball hits the ground AND THE OFFENSE RETAINS POSSESSION.**
- The ball carrier’s knee hits the ground
- Receiver’s flag is pulled.
- **The ball is intercepted. *THE PLAY IS DEAD AND THE BALL RETURNS TO THE 45 YARD LINE. 3 points are awarded to the team that intercepted the ball.**
- Ball carrier steps out of bounds.
- Ball carrier runs backwards past the 50-yard line. In that case the play is blown dead and the ball is spotted back at the 45-yard line.

Offensive Considerations

There are NO kickoffs.

The ball is placed at the 45-yard line of the team determined to go first and then they are given 5 plays and so on as per the Game Structure above.

There are NO punts.

Teams simply get five plays per “possession” and at the completion of that possession the ball is turned over to their opposition at the 45-yard line. NOTE: No play can start from any further back than the 45-yard line. Any loss or penalty application beyond that point will simply put the ball back at the 45.

You may have one offensive coach in the huddle, two if needed at the U8 division.

Once the huddle breaks, coaches must be 5 yards back and may not coach or run with the play.

He/she then serves as the offensive official for the play.

Players must pass or hand off the ball within 5-6 seconds of the snap. If the QB has not handed off or thrown a pass within 5-6 seconds the play will be whistled dead.

The offensive team has 10 seconds to return to the huddle at completion of a play with the coaches in charge of maintaining the flow of the game. Due to the nature of the players no time limit will be placed on getting the ball into play but coaches are encouraged get the play called and their team running a play within 1-2 minutes. Abuse of this arrangement will be dealt with at the league level (i.e., severe delay of game).

In each 5 play "Possession" a team must pass the ball at least twice at the U8 and U10 divisions. At the U12 and U14 divisions teams must attempt a minimum of 3 Forward passes per possession.

Motion

You may use unlimited motion in the backfield but it is highly recommended that this practice be saved for later on in the season.

Pass Eligibility/Receiving

All players are eligible to receive a pass, including the quarterback, if the ball has been handed off, tossed or pitched behind line of scrimmage.

Player must have one foot in bounds when making a catch.

An incomplete pass behind the line of scrimmage constitutes a fumble and the play is dead at the spot of the incomplection.

Rushing the Ball

Direct hand-offs, a toss or a pitch behind the line of scrimmage are legal.

Anyone behind the line of scrimmage can receive a hand-off, toss or pitch.

The player who takes the hand-off, toss or pitch can throw the ball, as long as he/she does not pass the line of scrimmage.

Spinning is allowed to avoid a defensive player.

Charging/Stiff Arming

Charging by any player is not allowed. Charging is defined as running into another player to avoid being tackled; to make a tackle; or in an effort to block a defender from the ball carrier.

Stiff Arming by any player is not allowed. Stiff Arming is defined as an offensive player in football where they extend their arm and try to hold off or push away defensive players attempting to tackle them.

Offensive Blocking

NO BLOCKING IS ALLOWED. PLAYERS MUST NOT IMPEDE THE PROGRESS OF DEFENDERS TO THE BALL CARRIER. BLOCKING WILL RESULT IN A PENALTY AND THE BALL WILL BE PLACED AT THE INFRACTION.

Offensive Limitations

No single player can receive a hand off more than ONCE per series/possession.

If the ball is placed down inside the five-yard line ***THROW ZONE*** from the goal line, the ball must be passed downfield during the remaining plays.

Defensive Considerations

One defensive coach may be on the field to line up the defense, two if needed at the U8 division, but then must move off to the sideline before play commences.

Once the huddle breaks, the coach will serve as the defensive official.

All defensive players must be at least 5 yards off of the line of scrimmage. The U12 and U14 divisions may have a "Rusher(s)" who are lined up 7 yards off the line of scrimmage (marked off by a bean bag) They can rush forward over the line of scrimmage to try and flag the Quarterback during the play but only once per offensive series/possession.

Tackling

A tackle is made by removing one flag from the belt of any player advancing, holding, or carrying the ball.

If a ball carriers' flag or flags fall off while he/she is running, the defense has to one-hand touch the ball carrier anywhere before he/she is considered to be down.

Interceptions

Interceptions simply mean the play is dead and the ball is returned to the 45-yard line and returned to the offensive team as long as they have some plays left in their assigned five plays. ***3 POINTS ARE AWARDED FOR INTERCEPTIONS***

Rushing the Quarterback *U12 & U14 ONLY*

Only the “Rusher(s)” who are located 7 yards back from the line of scrimmage are allowed to rush the quarterback across the line of scrimmage after the snap of the ball. This can be as many players as you like but they all must be behind the bean bag placed at 7 yards prior to the snap.

Players not rushing the quarterback may defend the line of scrimmage but cannot cross it until the ball has left the QB’s possession.

Once the ball is handed off all defenders may rush the ball carrier.

The quarterback is allowed to run once per series. The other 4 plays must be hand offs or passes.

If the quarterback makes a move toward the line of scrimmage, all defenders may rush.

The Defense can only rush the Quarterback ONCE per series/possession.

Officiating

The coaches for the teams will also double as the officials with the offensive coaches calling their own offensive penalties and defensive coaches calling their own defensive penalties, as well as spotting the ball where the down ends.

This is to be strictly done on the honor system and only the basic penalties as previously described and other penalties such as procedure, holding, tackling, and **BLATANT** defensive and offensive pass interference will be called.

Any abusive language or taunting is to immediately be called unsportsmanlike behavior. Second offenders during a game will be removed from competition and third time offenders will be possibly banned from the league.

In all penalty situations the coach will decide as to whether to accept or decline.

Accepted defensive penalties will be assessed as charged, and a replay of the down will be awarded

Declined defensive penalties will result in the play standing.

Accepted offensive penalties will be assessed as charged and the down will be played over.

Declined offensive penalties will result in the play standing.

Each Parent/Guardian will receive a contract for their behavior but regardless of that any abusive language from the spectators will immediately result in the stoppage of play until the offending party has either been warned or, in the case of a second offense, been removed from the facility

ALL PENALTIES ARE 5 YARDS FROM THE INFRACTION.

Scoring

All scores will be worth 7 points for a Touchdown or 3 points for an interception. There are no converts, field goals or rouges during the game. **The only way to score is to cross the goal line or get an Interception.**

For regular season games, if tied after 3 series/possessions for each team, game ends in tie.

For End of Season Tournament, if tied after 3 series/possessions for each team, a shoot-out style overtime will occur at the 5-yard line no running “Throw Zone”, alternating 1 play between each team until one team scores (TD or INT) and the other does not. The team that won the R/P/S or coin toss at the start of the game, will chose offense or defense first.

Standings and Playoffs

Teams will be placed in the standings based on their win/loss record.

In the case of ties in teams record, the ties will be broken by (in this order) head-to-head game result, point deferential, points against & points scored. If the result is still a tie at seasons end after all the tie breakers have been exhausted, then a coin flip will determine placement or in the case of a three- or four-way tie then the drawing of straws.

Playoff format will be determined at later date, depending on how many teams are in each division, and will be concluded in one day at our End of Season Tournament and BBQ Day.

AFS SKILLS BOOK

1 LEVEL ONE

These skills are to be incorporated over the first three weeks of the season. It is recommended that at least 8-10 minutes be spent on each skill during the time allotted:

PASSING

1) Passing Release:



Players on one knee throw it back and forth 3-5 yards apart.



Focus on ball held at ear with two hands before release and counter clockwise rotation of hand as ball is released. Passing arm should point towards receiver after ball is delivered.



Progress to standing position and add stepping into the pass. Opposite foot from passing arm should step towards receiver as ball is released.

CATCHING

1) Straight ahead catching:



Facing the coach and standing still a player is tossed the ball by the coach.

Focus on attempting to catch ball with the hands. Techniques such as pinkie fingers together on a low pass and thumbs together on a high pass should be implemented.

Emphasis on “tucking away”

the ball upon reception should be stressed. Regardless of how they catch the ball it should be secured beside the body, even with the forearm, and covered at its tip by the hand. Players should be encouraged to “look the ball in” all the way to the secured tucked away position.

2) Sideways catching:



Facing sideways but head turned towards the coach and standing still a player is tossed the ball by the coach.

Same instructions are used as per above only the player catches the ball from the side.



RUNNING

1) Running Drills:



High knees for 10 yards



Butt kicks for 10 yards



Side shuffle for 10 yards (both sides)

2) Taking a Handoff:



Players are handed the ball by the coach standing still.

Emphasis should be placed on proper arm positioning (i.e., arm closest to the coach or QB should be up while other arm is down to cradle ball) and allowing the ball to touch the torso before it is “grabbed” by the player.

Ball should then be transferred to the “tucked away” position as per catching drills.

This drill can progress to the players taking a 3-5 yard run before getting the handoff.

TACKLING/FLAG PULLING

1) Breakdown stance:



Players are organized in a semi-circle around the coach and modeled a proper breakdown stance by the coach (i.e., torso straight, bent knees, head up, arms in ready position). They should be asked to hold that position for a few seconds to get used to it.

2) Flag Pulling:



Players are paired off and face each other a yard apart.



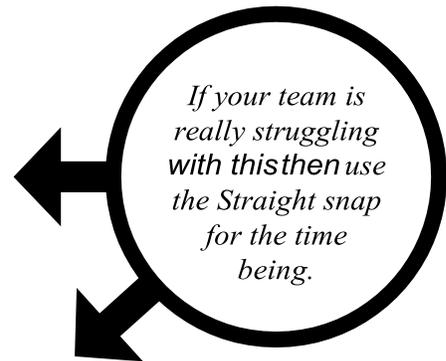
Player A steps to one side. Player B (who is in a breakdown stance) steps with him and removes a flag from Player A. Repeat three times to each side then switch.

LONG SNAPPING

1) Straight snap:



Players are paired off and take turns directly snapping it to their partner through their legs. Note, this is not a long snap but just the start of the process. Repeat five times per partner.



2) Long snap:



In their pairs players now attempt to snap the ball to their partner who is now 3-5 yards behind them. Note: this is tougher skill and not everyone will be able to do



Emphasis on some of the same techniques used in the PASSING section may come in handy here (i.e., having the players



For game purposes note which players can do this and which can't and make sure only those with a

it. Patience and encouragement to continue regardless of the outcome will be crucial here.

try throwing the ball through their legs).

chance of being successful are allowed to attempt this initially.

2 LEVEL TWO

These skills are to be incorporated over the second trimester of the season. It is recommended that at least 8-10 minutes be spent on each skill during the time allotted:

PASSING

1) Passing release:



Players on one knee throw it back and forth 3-5 yards apart.



Focus on ball held at ear with two hands before release and counter clockwise rotation of hand as ball is released. Passing arm should point towards receiver after ball is delivered.



Progress to standing position and add stepping into the pass. Opposite foot from passing arm should step towards receiver as ball is released.

2) Drop Back:



Add the concept of a three step “drop”. From a “breakdown” position (see TACKLING) with the ball, have the players drop back, crossing over their feet while the head remains looking down field, set their feet, then throw as per above.

CATCHING

1) Straight ahead Catching:



Facing the coach and standing still a player is tossed the ball by the coach.

Focus on attempting to catch ball with the hands. Techniques such as pinkie fingers together on a low pass and thumbs together on a high pass should be implemented.

Emphasis on “tucking away” the ball upon reception should be stressed. Regardless of how they catch the ball it should be secured beside the body, even with the forearm, and covered at its tip by the hand. Players should be encouraged to “look the ball in” all the way to the secured tucked away position.

Add the concept of running forward to catch the ball (i.e., as in the end of a Hook pattern) then turning and running once they have caught the ball and tucked it away.

2) Sideways Catching:



Facing sideways but head turned towards the coach and **running forward** a player is tossed the ball by the coach.

Same instructions are used as per above only the player catches the ball from the side.



*Repeat drill
turning the
other way*

RUNNING

1) Running Drills:



High knees for 10 yards



Butt kicks for 10 yards



Side shuffle for 10 yards (both sides)



Sprint for 10 yards (try to keep shoulders down and head up)

2) Taking a Handoff:



Players are handed the ball by the coach coming from 3-5 yards behind them.

Emphasis should be placed on proper arm positioning (i.e., arm closest to the coach or QB should be up while other arm is down to cradle ball) and allowing the ball to touch the torso before it is “grabbed” by the player.

Ball should then be transferred to the “tucked away” position as per catching drills.

New emphasis should be placed on keeping the head up and not looking for the ball. Player should trust the coach to place the ball on the torso then “grab” the ball.



TACKLING/FLAG PULLING

1) Breakdown stance:



Players are organized in a semi-circle around the coach and modeled a proper breakdown

stance by the coach (i.e., torso straight, bent knees, head up, arms in ready position). They should be asked to hold that position for 10 seconds and “motor” (i.e., run in place) while they do it.

2) Flag Pulling:



Players are placed in a line with the Player A out 5 yards facing the next player in line – Player B.

Player B runs at a 45-degree angle forward and away from Player A. Player A (who is in a breakdown stance) starts by “motoring” his/her feet and moves to cut off Player B once they start running and removes the flag from Player B once they get there. Repeat twice to each side then Player B becomes Player A and the next player in line becomes Player B.

LONG SNAPPING

1) Long Snap:



In their pairs players continue to attempt to snap the ball to their partner who is now 3-5 yards behind them. Note: this is still the toughest skill and not everyone will be able to do it. Patience and encouragement to continue regardless of the outcome will be crucial here.

Emphasis on some of the same techniques used in the PASSING section may come in handy here (i.e., having the players try throwing the ball through their legs)

For game purposes continue to note which players can do this and which can't and make sure only those with a chance of being successful are allowed to attempt this.



If your team is really struggling with this then continue to use the Straight snap for the time being.

3 LEVEL THREE

These skills are to be incorporated over the third trimester of the season. It is recommended that at least 5-7 minutes be spent on each skill during the time allotted:

PASSING

1) Drop Back:



Add the concept of a three step “drop”. From a “breakdown” position (see TACKLING) with the ball have the players drop back, crossing over their feet while the head remains looking down field, set their feet, then throw as Level 1 and 2 instructions.

2) Leading the Receiver:



Players are now asked to throw to a moving target. As they drop back their partner runs either to the left and right and the QB is now required to “lead” the player by passing in front of him/ her. Emphasis should be put on stepping towards the place they will throw the ball and finishing with a follow through in that direction as well.

CATCHING

1) Straight ahead catching:



Facing the coach and running forward a player is tossed the ball by the coach (i.e., as in the end of a Hook pattern) then turning and running once they have caught the ball and tucked it away.

Focus on attempting to catch ball with the hands. Techniques such as pinkie fingers

together on a low pass and thumbs together on a high pass should be implemented.

Emphasis on “tucking away” the ball upon reception should be stressed. Regardless of how they catch the ball it should be secured beside the body, even with the forearm, and covered at its tip by the hand. Players should be encouraged to “look the ball in” all the way to the secured tucked away position.

2) Sideways Catching:



Facing sideways but head turned towards the coach and running forward a player is tossed the ball by the coach.

Same instructions are used as per above only the player catches the ball from the side.

Repeat drill turning the other way.

2) Streak Catching:



From a spot on the line of scrimmage 5 yards away from the coach the player runs forward and catches a ball on the run. All of the catching techniques as listed above should be emphasized but the most important skill here is the concept of continuing to run while the ball is being passed to them.

RUNNING

1) Running Drills:



High knees for 10 yards



Butt kicks for 10 yards



Side shuffle for 10 yards (both sides)



Sprint for 10 yards (try to keep shoulders down and head up)

2) Taking a Handoff:



Players are handed the ball by the coach coming from 3-5 yards behind them.

Emphasis should be placed on proper arm positioning (i.e., arm closest to the coach or QB should be up while other arm is down to cradle ball) and allowing the ball to touch the torso before it is “grabbed” by the player.

Ball should then be transferred to the “tucked away” position as per catching drills.

Emphasis should continue be placed on keeping the head up and not looking for the ball. Player should trust the coach to place the ball on the torso then “grab” the ball.

As they run forward and receive the ball another coach should point to one side or the other to make the player run around them on that side. This will help emphasize the concept of keeping the head up.

3) Receiving a Pitch:



If time allows have the player line up 3 yards behind the coach and run sideways to receive a pitch. All the techniques of CATCHING should come into play here, especially the emphasis on continuing to run while the pitch is on its way.

TACKLING/FLAG PULLING

1) Breakdown stance:



Players are organized in a semi-circle around the coach and modeled a proper breakdown stance by the coach (i.e., torso straight, bent knees, head up, arms in ready position). They should be asked to hold that position for 10 seconds and “motor” (i.e., run in place) while they do it.

2) Flag Pulling:



Players are placed in a line with the Player A out 5 yards facing the next player in line – Player B.



Player B runs at a 45-degree angle forward and away from Player A. Player A (who is in a breakdown stance) starts by “motoring” his/her feet and moves to cut off Player B once they start running and removes the flag from Player B once they get there. Repeat twice to each side then Player B becomes Player A and the next player in line becomes Player B.

2) Gauntlet:



A 10-yard by 10-yard square is created with pylon and all players from a team are placed inside it. A whistle is blown and they are encouraged to pull as many flags as possible before their flag is pulled.

Once their flag is pulled, they are “out” and should leave the square.

The drill continues unless the last person standing has pulled the second last person’s standing flag.

Repeat if time permits and be wary of possible collisions between the players.