VIRTUAL PRACTICE PLAN
FLAG FOOTBALL

DAY OF THE WEEK: MONDAY, MARCH 30

FOCUS: Focus on Passing, Catching, & Routes

Short Passing Attack Drill
DAY OF THE WEEK: TUESDAY, MARCH 31
FOCUS: Focus on Defense and Ball Carrying

Snake Flag Pulling Drill
DAY OF THE WEEK: WEDNESDAY, APRIL 1

FOCUS: Ball Carrying

Sideline Drill

Youth Flag Football Drills

Sideline 2.0 Drill

Winning the Sideline
DAY OF THE WEEK: THURSDAY, APRIL 2

FOCUS: Agility and Conditioning

45s with Tennis Balls
DAY OF THE WEEK: FRIDAY, APRIL 3
FOCUS: Flag Pulling

Key Principles 2: Breakdown - get big, stay low so you can shuffle L & R
DAY OF THE WEEK: SATURDAY, APRIL 4

FOCUS: Juking and Cutting

Juking and Cutting Drill

Practice as if you're in the game
DAY OF THE WEEK: SUNDAY, APRIL 5

FOCUS: Passing and Catching

Perfecting Passing and Catching Drill

Route 1: Short Post
DAY OF THE WEEK: MONDAY, APRIL 6

FOCUS: QB/Center Exchange

QB/Center Exchange Drill

QB-Center Exchange Drill
DAY OF THE WEEK: TUESDAY, APRIL 7

FOCUS: Flag Pulling and Shuffling

Shuffle Pyramid

Youth Flag Football Drills

Pull MORE Flags
Always pull flags from the "handle"
DAY OF THE WEEK: **WEDNESDAY, APRIL 8**

**FOCUS:** Route Running, Passing, and Catching

<table>
<thead>
<tr>
<th>Routes</th>
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<tbody>
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<td>For the younger kids a counselor can pass to them, older kids can have a kid pass or a counselor pass depending on the group's ability/skill level to be able to get the ball to the receiver. Below are a few routes you can teach the kids on how to run. Have the kids get in a line and have one kid run a route at a time. If you want to switch it up you can also put a defender on the receiver after a few tries. Don’t have them run much further than 10–15 yards on routes.</td>
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0 – Hitch  
1 – Out  
2 – Slant  
3 – Fade  
4 – Corner  
5 – Post  
6 – Comeback
DAY OF THE WEEK: THURSDAY, APRIL 9

FOCUS: Scrambling in the Pocket

Pocket Mobility Drill
DAY OF THE WEEK: FRIDAY, APRIL 10
FOCUS: Cutting and Flag Pulling

Cut Zone Pull Drill

Pull Flags
Score TDs
Win Games

New Youth Flag Football Drill