



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# VIRTUAL PRACTICE PLAN

## FLAG FOOTBALL

DAY OF THE WEEK: MONDAY, MARCH 30

FOCUS: Focus on Passing, Catching, & Routes

### Short Passing Attack Drill





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**DAY OF THE WEEK: TUESDAY, MARCH 31**

**FOCUS: Focus on Defense and Ball Carrying**





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**DAY OF THE WEEK: WEDNESDAY, APRIL 1**

**FOCUS: Ball Carrying**

**Sideline Drill**

**Youth  
Flag  
Football  
Drills**

**Sideline  
2.0  
Drill**

**Winning the Sideline**

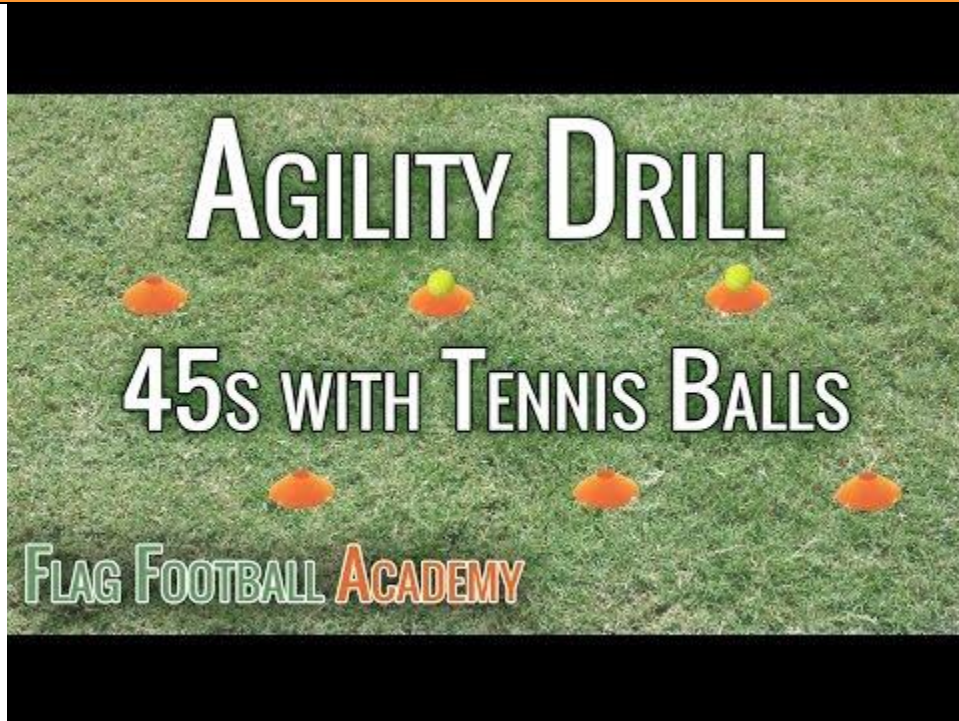


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**DAY OF THE WEEK: THURSDAY, APRIL 2**

**FOCUS: Agility and Conditioning**

**45s with Tennis Balls**



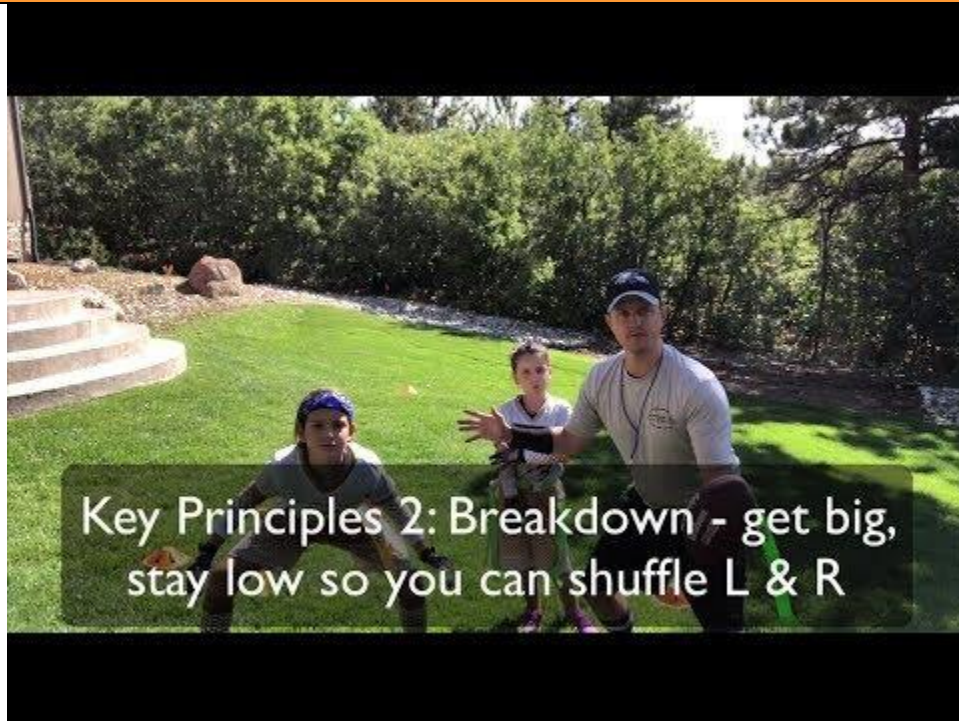


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**DAY OF THE WEEK: FRIDAY, APRIL 3**

**FOCUS: Flag Pulling**

**Gauntlet**





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**DAY OF THE WEEK: SATURDAY, APRIL 4**

**FOCUS: Juking and Cutting**

### Juking and Cutting Drill





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**DAY OF THE WEEK: SUNDAY, APRIL 5**

**FOCUS: Passing and Catching**

**Perfecting Passing and Catching Drill**





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**DAY OF THE WEEK: MONDAY, APRIL 6**

**FOCUS: QB/Center Exchange**

**QB/Center Exchange Drill**

**QB-Center Exchange Drill**

**Youth  
Flag  
Football  
Drills**





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**DAY OF THE WEEK: TUESDAY, APRIL 7**

**FOCUS: Flag Pulling and Shuffling**

### Shuffle Pyramid





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DAY OF THE WEEK: WEDNESDAY, APRIL 8

FOCUS: Route Running, Passing, and Catching

**Routes**

For the younger kids a counselor can pass to them, older kids can have a kid pass or a counselor pass depending on the groups 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.

- 0 – Hitch
- 1 – Out
- 2 – Slant
- 3 – Fade
- 4 – Corner
- 5 – Post
- 6 – Comeback

The diagram shows a horizontal line with seven numbered circles (0-6) and a square labeled 'C' between circles 2 and 3. Route 0 is a vertical line from 0 to 0 with an arrow pointing back to 0. Route 1 is a vertical line from 0 to 1 with an arrow pointing to 1. Route 2 is a vertical line from 0 to 2 with an arrow pointing to 2. Route 3 is a vertical line from 0 to 3 with an arrow pointing to 3. Route 4 is a vertical line from 0 to 4 with an arrow pointing to 4. Route 5 is a vertical line from 0 to 5 with an arrow pointing to 5. Route 6 is a vertical line from 0 to 6 with an arrow pointing to 6.



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**DAY OF THE WEEK: THURSDAY, APRIL 9**

**FOCUS: Scrambling in the Pocket**





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**DAY OF THE WEEK: FRIDAY, APRIL 10**

**FOCUS: Cutting and Flag Pulling**

**Cut Zone Pull Drill**

