



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

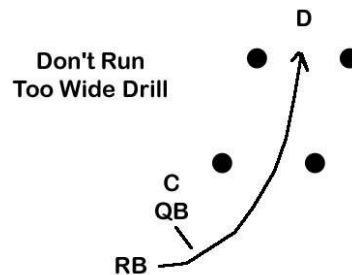
VIRTUAL PRACTICE PLAN

FLAG FOOTBALL

DAY OF THE WEEK: THURSDAY, MARCH 19

FOCUS: Focus on Handoff Exchange, Snapping the Ball, and Rushing

Don't Sweep Too Wide Drill: 15 Minutes



While one of a Running Back's goals is not to be tackled, the more important goal is to gain yardage and score. Many young players only concentrate on not getting tackled and run in an East and West direction and then finally running out of bounds for no gain. This happens quite often when a sweep play is called. To avoid having the RB bow out a sweep too wide, practice this drill. Set up a pair of cones just outside of where the Tight End would line-up. This is the area that the runner should run through. At the snap of the ball, the QB will hand-off to the RB who will then cut up field and through the cones. Add another set of cones a few yards apart about 5 yards down field and put a defender there the RB needs to get through the cones without having his/her flag pulled by the defender. Rotate positions.

DAY OF THE WEEK: FRIDAY, MARCH 20

FOCUS: Focus on Handoff Exchange, Snapping the Ball, and Rushing

Flag Sweep Drill: 15 Minutes

In this drill, have a center, a QB and a line of running backs wide left or wide right. On the snap, the running back takes off toward the QB and accepts the hand-off using proper technique and sweeps wide then turns it upfield. Add cones for the RB to get through and a defender or two to simulate game play. Rotate positions on every play.



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DAY OF THE WEEK: SATURDAY, MARCH 21

FOCUS: Focus on Passing, Catching, and Route Running

Pass and Catch: 15 Minutes

Players will pair off and begin 5 yards from each other. Have players throw the ball back and forth. Make sure players use the appropriate touch on the pass, according to the distance they are from one until another. After a few throws, have each player take a step back. Below are some tips on proper throwing mechanics.



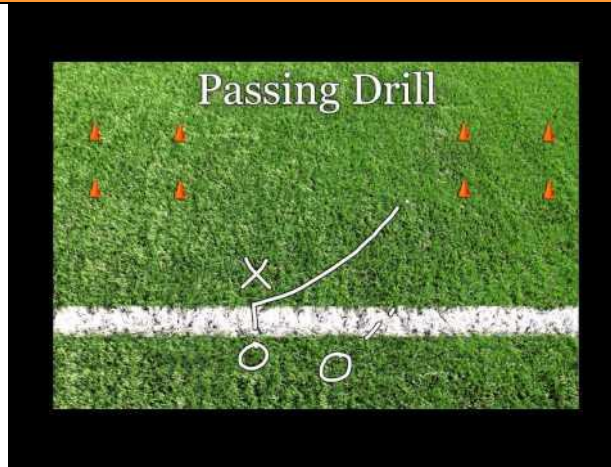


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DAY OF THE WEEK: SUNDAY, MARCH 22

FOCUS: Focus on Passing, Catching, and Route Running

Leading the Receiver



Fun & Conditioning

LES MILLS TIME!

<https://bit.ly/2WkCHpw>

DAY OF THE WEEK: MONDAY, MARCH 23

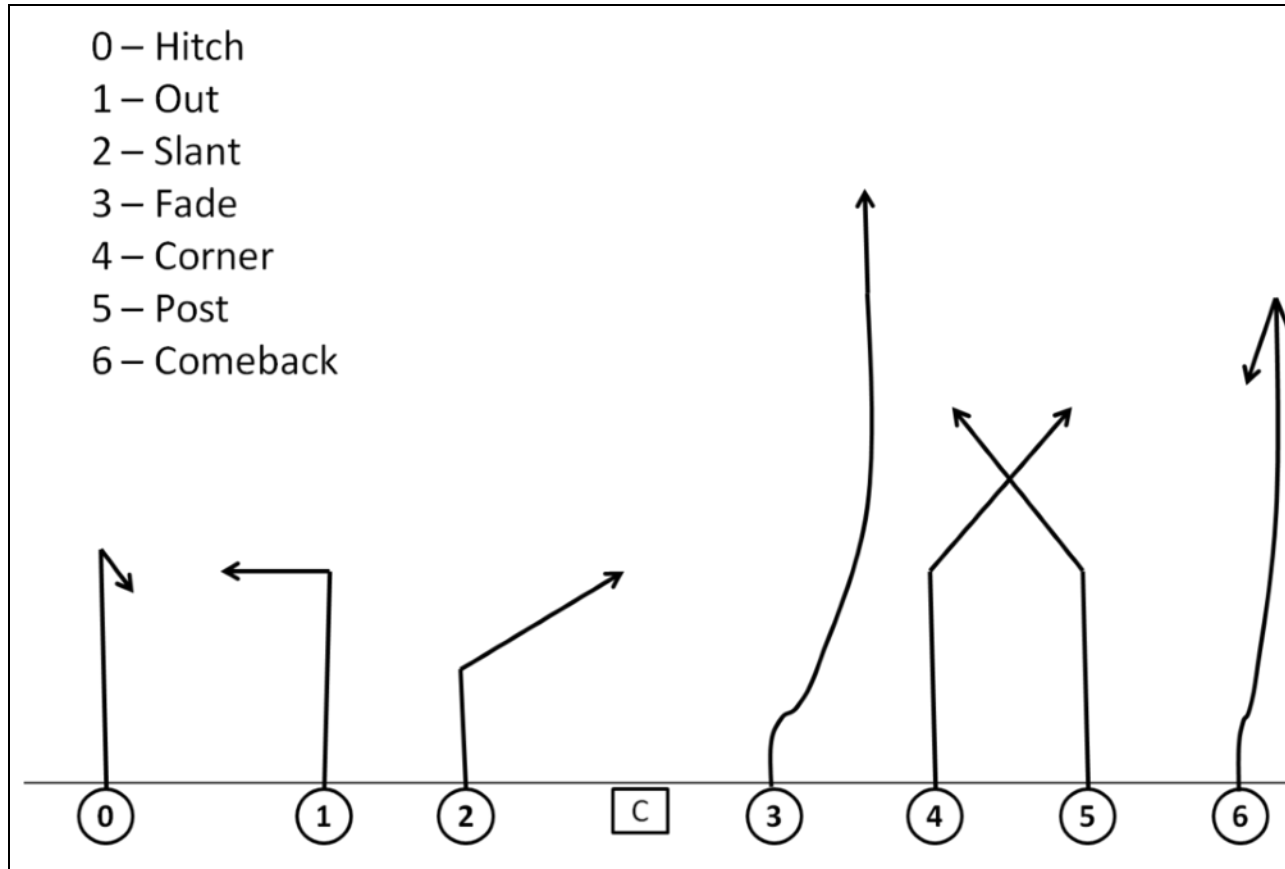
FOCUS: Focus on Passing, Catching, and Route Running

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.



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DAY OF THE WEEK: TUESDAY, MARCH 24

FOCUS: Focus on Defense

The Gauntlet, 1 on 1 Flag Pulling Drill: 15 Minutes

For this drill, you create a small running zone for the offense. At the other end, you have one defender. The rest of the team is on offense and line up at the other end. On your go, the first offensive player tried to beat the defense. Once the flag is pulled or the defense is beat you send the next runner. The defender in this drill has to process things quickly to make pull as many flags as he can.



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DAY OF THE WEEK: WEDNESDAY, MARCH 25

FOCUS: Focus on Defense

Jump Ball Drill: 15 Minutes

Goal: Start catching jump balls, not just tipping them.

Every game, most quarterbacks end up throwing a few "jump balls," which are just as likely to be caught by the defensive back as by the receiver. Working on jumping and catching those balls instead of batting them away is a great way to add a few easy interceptions to your season total.

Coach lobs ball straight up

Both cornerback and receiver try to catch ball at its highest point

Work on catches with both left and right hand

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DAY OF THE WEEK: THURSDAY, MARCH 26

FOCUS: Focus on Defense

One on One Flag Pulling





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DAY OF THE WEEK: FRIDAY, MARCH 27

FOCUS: Focus on Defense

Jingle-Jangle

Place cones at corners of 15-yard square. Line up players at one corner of square. Players then:

- 1. sprint to first cone**
- 2. side-step to second cone**
- 3. backpedal to third cone**
- 4. sprint back to beginning of line.**

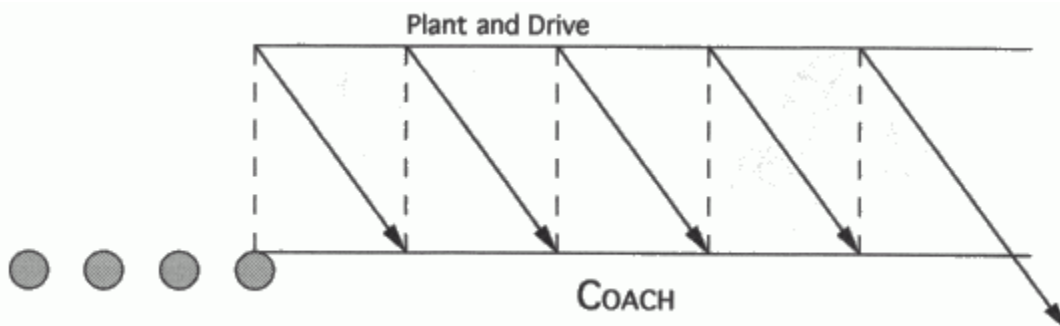
Throw a football to each player as he or she finishes the drill. Repeat drill to other side after everyone has had a turn.

DAY OF THE WEEK: SATURDAY, MARCH 28

FOCUS: Focus on Defense

The M Drill

Form a single line on the sideline. The first man in the line begins the drill by back peddling to the next five-yard line strip and then planting the foot away from the way they are going to break at a 45 degree angle back toward the original line. Repeat the procedure for an area of 15 yards.

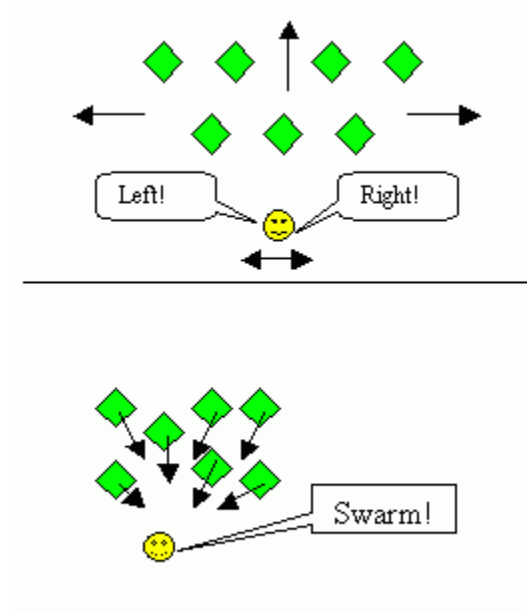


DAY OF THE WEEK: SUNDAY, MARCH 29

FOCUS: Focus on Defense

Swarm Drill

Set up your player facing you. The coach holds a football, when he points the football left the player move left, points right the player moves right. Puts his arm back to pass they move back. When he yells swarm the player swarms the coach and must touch him or her with one hand.



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