



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

FLAG FOOTBALL

DAY OF THE WEEK: MONDAY, APRIL 13

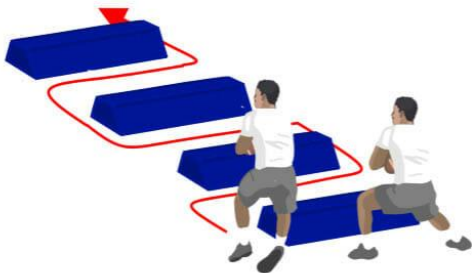
FOCUS: AGILITY DRILL

Purpose

To improve ball security and work on keeping center of gravity low and the shoulders squared.

Set Up

Lay down 4-6 agility bags or pool noodles, 2-3 yards apart.
Start at one end with a football in hand.



Execution

Begin by accelerating towards the bag, make a move and jump cut out to the left. Accelerate forward to the next bag, then shuffle across the face of the bag keeping your shoulders north/south.

As you come to the end of each bag, explode forward, then cut back inside switching the ball over to the outside hand.

After reaching the last bag, explode forward another 5-10 yards.

Coaching Tips

To add an extra challenge, have a partner get a blocking bag and force the ballcarrier to make one last move before exploding forward for another 5-10 yards.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: TUESDAY, APRIL 14

FOCUS: AGILITY DRILL

Purpose

To work on conditioning and agility.

Set Up

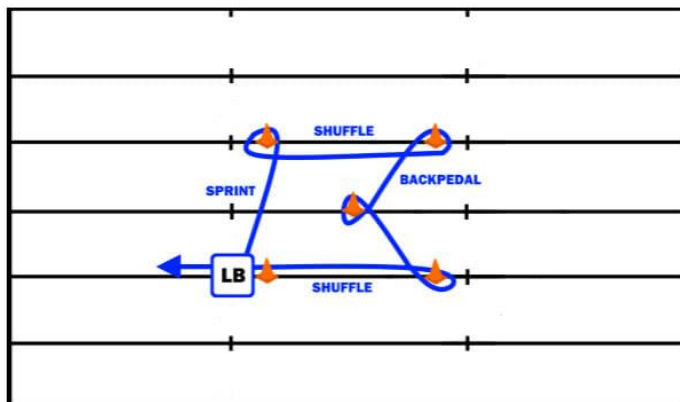
Setup 5 cones – 4 forming a square, each 10 yards apart, with the 5th cone in the middle. Players will form at the bottom leftmost cone.

Execution

On the coach's signal the first player in line will sprint up to and around the first cone. Still facing the same direction, they will now shuffle to the right to the 2nd cone.

After going around the 2nd cone, the player will backpedal at an angle towards the cone in the center, loop around, and continue backpedaling to the 5th cone.

One more time around that cone, with the player finishing by shuffling left back to the cone they started at.



Coaching Tips

Have a coach or extra player stand in front of the cones with a ball in hand – you want to get players not only agile, but agile and aware of what's going on the field!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: WEDNESDAY, APRIL 15

FOCUS: DEFENSIVE BACK DRILL

Purpose

To work on footwork, agility and develop ballhawking instincts.

Set Up

The defensive backs will form a line 5 yards in front of the coach, who will have a football in hand.

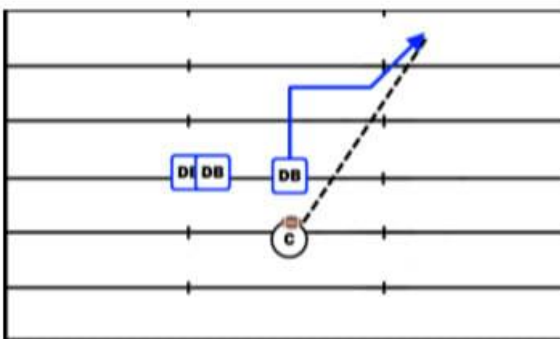
Execution

The DB will keep his eyes on the ball in the coach's hand.

The coach will lead the DB with the ball, with first movement signaling a snap and for the DB to get into a backpedal.

Next, the coach will point to the right, and a DB will plant and shuffle to his left.

Lastly, the coach will throw a pass at a 45 degree angle over the head of the DB – as soon as the coach begins his throwing motion, the DB will open their hips and break on the ball, intercepting the ball.



Coaching Tips

Make sure to alternate directions and ball placement to keep players on their toes.
Make sure players stay low and keep their eyes up on the coach.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: THURSDAY, APRIL 16

FUN & CONDITIONING

YMCA GYM TIME!

TOTAL BODY EXERCISE FOR KIDS!

<https://www.youtube.com/watch?v=ORRzXu1hqtE&t=52s>

DAY OF THE WEEK: FRIDAY, APRIL 17

FOCUS: WR CUTS DRILL

Purpose

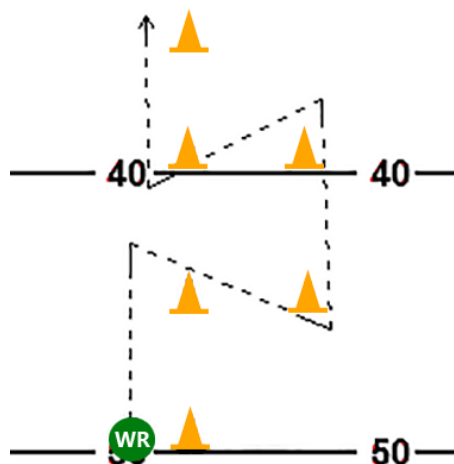
Helps players develop their 90-degree cuts, which are beneficial for out routes and other common receiving routes.

Set Up

Set six cones anywhere on the field.

Four cones should be set up in a straight line five yards apart.

Cone 5 should be directly across from cone 2 and cone 6 should be directly across from cone 3.



Execution

The coach says "Go."

Player runs from cone 1 to cone 2 and makes a 90 degree cut to cone 5.

He makes another 90 degree cut at cone 5 and runs to cone 6.

He makes another 90 degree cut at cone 6 and runs to cone 3.

At cone 3, he makes another 90 degree cut and turns upfield running past cone 4.

Be sure to run the drill in both directions.

DAY OF THE WEEK: SATURDAY, APRIL 18

FOCUS: CATCHING DRILL

Football Catching Drills

Clockwork





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Purpose: Catch the ball outside your body in a variety of positions.

How To:

- Stand facing your partner.
- Have your partner throw the ball at all hands of the clock in a clockwise direction. Your partner should aim to throw the ball so your arms are fully extended when you catch it.
- To advance the drill, turn your back to your partner and wait for his command to turn around.
- **Sets/Reps:** 1 set clockwise, 1 set counterclockwise. If there are any trouble areas, be sure to add extra reps to that area.

DAY OF THE WEEK: SUNDAY, APRIL 19

FOCUS: CATCHING DRILL

Wall Bounce



Purpose: Enhance reaction and fast hands.

How To:

- Face a wall and turn your back to your partner.
- Your partner throws the ball against the wall.
- Catch the ball as it bounces off the wall.
- Can also be done with a tennis ball.
- To advance the drill, catch the ball with one hand.
- **Sets/Reps:** 2x10.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: MONDAY, APRIL 20

FOCUS: PASSING DRILL

Two Knee Drill (20 passes)

The purpose of this drill is to warm up the arm and, at the same time, teach concentration on target and ball release. Pair off about ten yards apart directly in line with each other, kneeling on both knees. Receiver will hold both hands up, giving the QB a target to throw to. Don't throw hard and concentrate on target.

One Knee Drill (20 passes)

Put your knee on the throwing side down. Place the ball on the ground, grip it with just the throwing hand, lift it up with one hand, cock it high with two hands, and throw it to partner. Exaggerate your follow through as if to pick up grass. Use the arm only and lead with elbow. Helps to develop stronger arc and wrist snap. Switch the down knee for variation.

Feet Parallel Drill (20 passes)

Purpose is to warm up the arm, and at the same time teach concentration on target and passing technique. Pair off about 12 yards apart directly in line with each other. Increase the distance as you warm up. Don't exceed 20 yards and do not take a step with your foot. This helps to develop a stronger arm.

Opposite Foot Drill (20 passes)

A basic warm-up to teach how to throw off the wrong foot by simulating the motion of throwing off the wrong foot while scrambling or sprinting out. If you're a right-hander start with your right foot forward in heel to toe relationship. Point the toe in the direction of the throw. To throw with the body you must rotate hips. If thrown with correct motion, you will be forced forward on the ball of your right foot and your weight will follow through.

Normal Foot Follow- Through Drill (20 passes)

Same as above except step with the correct foot. Right hander steps with left foot. Point the toe in the direction of the throw. When throwing at release of ball, turn hand to outside and palm down. This motion assures tip of ball will be up for a soft pass. Over-emphasize the follow through until it becomes an automatic part of throwing motion.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: TUESDAY, APRIL 21

FUN & CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-16-6-7-meet-down-in-africa>

DAY OF THE WEEK: WEDNESDAY, APRIL 22

FOCUS: QB FOOTWORK

Drop Drill

- Stand along the sideline with your back to the field.
- Simulate taking a snap and dropping back to pass.
- Focus on keeping the ball high and your eyes up as you move.
- Since you are moving down the length of a yard line, it is easy to tell if you are drifting in your drop.

Pocket Movement

- Take a three- or five-step drop before hitching up in the pocket, sliding across the pocket, or spinning out to your blind side.
- Throughout any movement, focus on keeping the ball high and your eyes downfield.

DAY OF THE WEEK: THURSDAY, APRIL 23

FOCUS: RUNNING BACK FOOTWORK

<https://www.youtube.com/watch?v=3jveupbUhlQ>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: FRIDAY, APRIL 24

FOCUS: FLAG PULLING

<http://flagfootballacademy.com/flag-pulling-full-speed-ahead/>

DAY OF THE WEEK: SATURDAY, APRIL 25

FOCUS: DEFENSIVE DRILL

https://www.youtube.com/watch?time_continue=7&v=uuCIWL9Qg38&feature=emb_logo

DAY OF THE WEEK: SUNDAY, APRIL 26

FOCUS: PUTTING IT ALL TOGETHER

When you put all these skills together, what it actually looks like:

Try to focus on each skill so that they are applicable in game situations!

<https://www.youtube.com/watch?v=1njuFYORTQoh>