



**Phantom Flag Football League
Sample Flag Football Drills
All Divisions**



Flag Football Drills - 4 Corner Drill

Purpose: Great drill to work on footwork and conditioning.

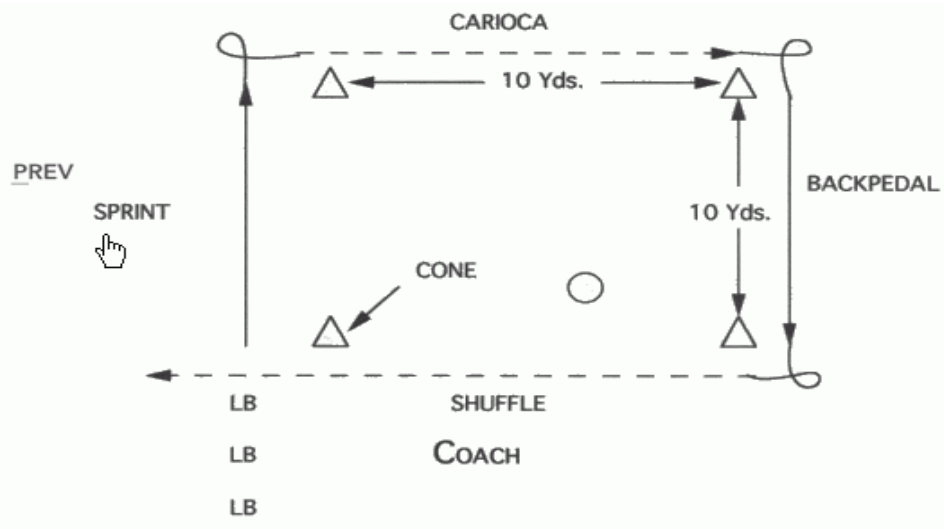
Procedure: The FIRST PHASE of the 4 corner drill is the straight ahead sprint. Your linebacker starts by freeze stepping and then sprints 10 yards, once reaching the 10 yard cone he then pivots around off his inside foot which will put him facing the coach.

The SECOND PHASE of 4 corners is CARIOCA, once your linebacker comes out of his pivot he will then step with one foot and crossover with the other, then step again and crossover behind. Keep Shoulders square to the line of scrimmage while maintaining a "Z" in the knees and keep eyes focused on the coach. Go as fast as you can and stay low. Once reaching the second cone you come out of your carioca shuffle by pivoting and go into a back pedal.

The THIRD PHASE is a BACK PEDAL which requires your linebacker to begin backward movement with a good body lean with the chin in line with the knees. Make sure when back pedaling your weight is distributed over the knees and in line with the hips. Always keep arms pumping when back pedaling.

The FORTH PHASE of 4 corners is the shuffle, once reaching the third cone, pivot and keep shoulders square to the LOS. Shuffle for ten yards to the next cone by keeping feet shoulder width apart, never allow the feet to come together or crossover. Keep the "Z" in the knees and shoulders square to the LOS while always maintaining eye contact with the coach.

When you reach the forth and final cone turn and finish the drill with a hard 5 yard sprint.



Flag Football Drills - Agility Drill

Purpose: Great drills to work on developing quickness and strength.

Procedure:

Shuttle Runs:

Start with 10 yards, the players sprint 10 yards and then jog back, continue increasing the length of the sprint through 30 or 40 yards depending on the age of your players..

Pro Agility Drill:

In this drill you set up three cones 5 yards apart in a straight line. Have your players start in a three point stance at the middle cone. On the whistle they must power out of their stance and sprint in the direction the coach points (right or left) to the first cone. After reaching the cone they must sprint the the cone on the other end and the turn back and sprint back to the middle cone.

One Leg Squats:

Have your players perform one leg squats. This can be done with or without weights and should be done in a controlled up and down manner. (2 sets of 25 reps).

Verticle Leap:

Have your players start in a squatting position. On the whistle they should explode into as high of a verticle leap as they can. 5 to 10 reps are good.

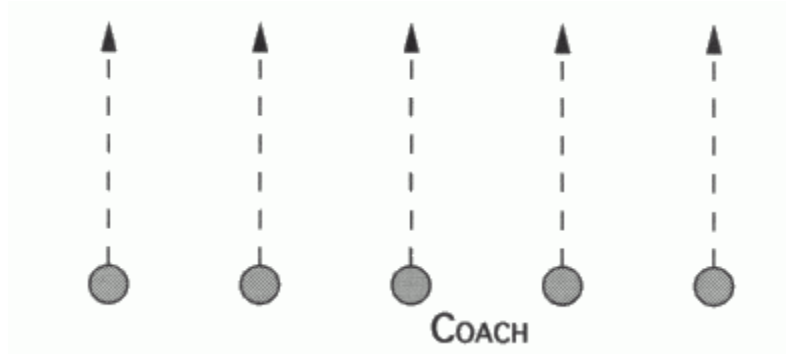
Up Downs:

Players start with chopping their feet in place as fast as they can. On the coaches whistle they dive and then jump to their feet as fast as they can and continue chopping their feet in a ready position. 15 to 20 reps are a good starting point.

Flag Football Drills - Back Pedal Drill

Purpose: Great drill to work on back peddling and conditioning.

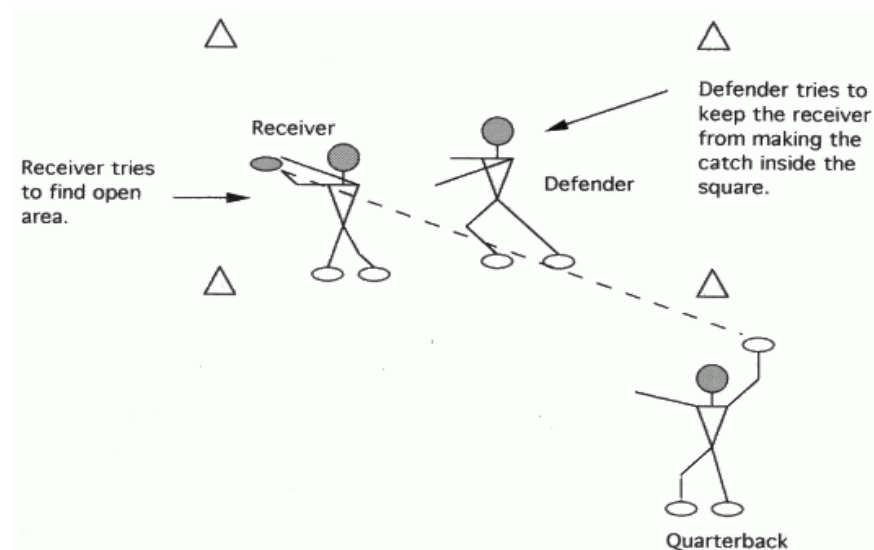
Procedure: From a good position, knees bent at a 45 degree angle, head up, back straight, arms hanging loose in front of the body, weight on the balls of the feet, push off the front foot and begin back peddling for ten yards. Keep chest over the feet, feet close to the ground, and pump arms.



Flag Football Drills - Distraction Drill

Purpose: Great drill to work on catching the ball under pressure

Procedure: Create a 5 by 5 yard box with cones. One player is the defender and the other is the receiver. The defender can push, hold, and distract the receiver in anyway they can. The receiver must stay square, but try to move to insure the reception. Stay focused on the quarterback.



Youth Football Drills - Flag Pulling Drill

Purpose: Great drill to work on flag pulling and slowing down the runner.

Procedure: Form two lines. One will be the defenders and one will be the runners. Each player should have their flags on and a ball. Line the first defefnder up in a 8 x 8 rectangle.

The offensive players will take off one by one against each defender. The offensive player must stay within the rectangle After each turn have the players switch lines.

Coaching points: Make sure that the offensive player is not flag guarding. Make sure the defender gets into position. The defenders should be focused on 1.) pulling the flag and 2.) and getting a good angle to get in front of the runner so that the defender is better positioned to pull the flag.

Variation: Run the drill without flags so that the focus of the defender is getting a good angle and moving their feet to keep in front of the offensive player.

Flag Football Drills - Jingle Jangle Drill

Purpose: Great drill to start practice and warm up your players. Works on footwork, balance and conditioning.

Procedure: Place cones to create a 15 x 15 square. Line up all your players and one cone.

Players sprint to first cone, side step shuffle to the second cone (make sure players don't cross their feet), backpeddle to the third cone and sprint back to the starting cone.

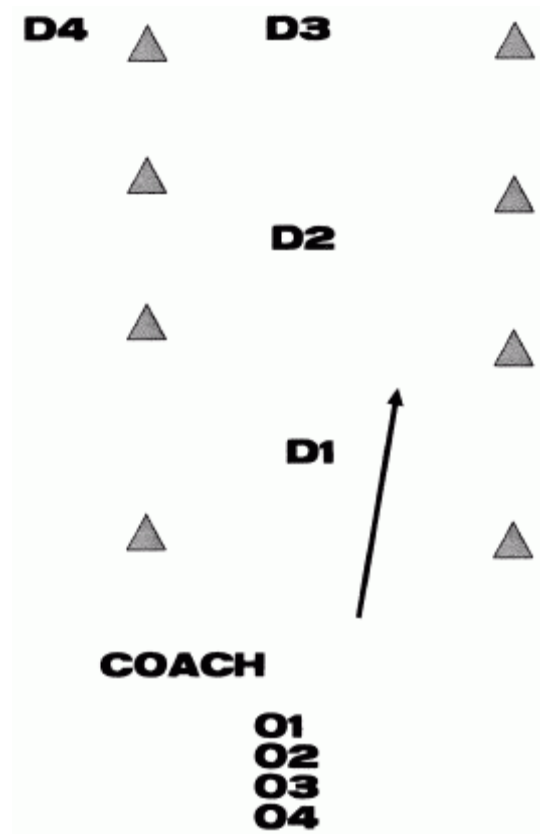
Modify drill: Throw a football to each player as they cross the finish line.

Flag Football Drills - Gauntlet Drill

Purpose: Great drill to work on flag pulling, receiving the hand off and running vertical.

Procedure: The coach hands off to the offensive player. The offensive player try's to make it through the gauntlet by running as much vertically as possible. Focus on running hard and not looking down or hesitating when flags are pulled on. Defenders should work on getting the proper angle on the runner and getting in front of them. O1 moves to D4 after running. D1 goes to O4, D4 moves into Gauntlet and other D players move up a position in Gauntlet

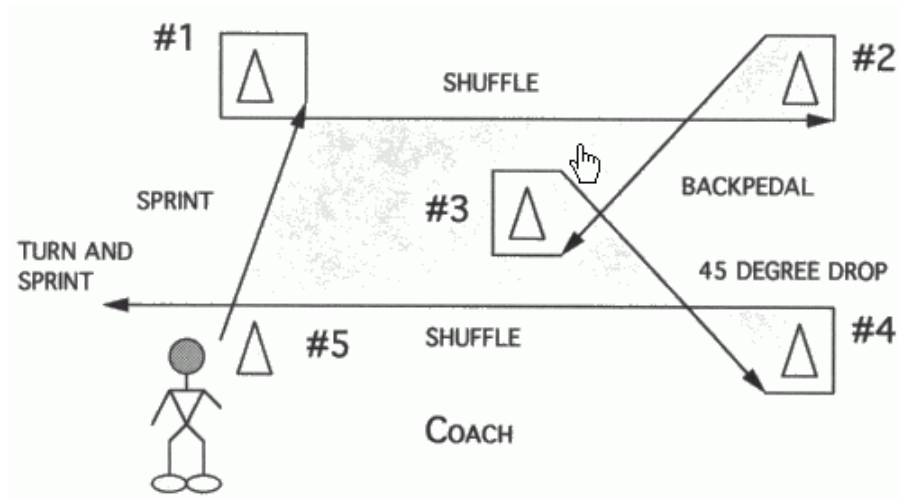
Variation: Cut flags shorter if you have extra flags.



Flag Football Drills - Maze Drill

Purpose: Great drill to work on footwork and conditioning.

Procedure: The maze drill combines sprint, parallel shuffle, back pedal, and 45 degree drop. Players begin by sprinting to cone #1 and sprinting around it and then they pivot into a shuffle. At cone #2 pivot into a back pedal at a 45 degree angle towards cone #3 while still in a back pedal. Once coming around cone #3, turn and sprint at a 45 degree angle around cone #4 and then go into a shuffle, keep the feet shoulder width apart, "Z" in the knees and chin over the knees. Finish the drill by turning and running a hard five yards once hitting the fifth cone.



Flag Football Drills - NFL Flag Ultimate Drill

Purpose: Great drill to work Flag football concepts: passing, catching, defending the pass, and conditioning.

Procedure: This is a fast paced and very competitive drill that the kids seem to love. One of the best conditioning drills for the younger age groups because they enjoy the competition so much. (Coaching Point: Try to make your teams as even as possible from a skill level and try to make sure that all the players are involved.)

Use as much of your field area as possible. If you have too many players then divide your players in to three teams and rotate teams with the winning team staying on.

The concept is simple. The team with the ball must pass the ball to teammates without dropping it while moving towards the end zone.

- The player with the football has 8 seconds to pass or pitch the ball to a teammate.
- The ball can be passed forward or pitched sideways or backwards only.
- The player with the ball can take only two steps after catching it.
- The offensive players without the ball can move anywhere on the field to get open.
- 6 Points are awarded for a touchdown and after the touchdown the ball to the defensive team or the team rotating in. The ball starts on the 5 yard line.
- If the ball is dropped or intercepted, play continues with the the team in possession at the point of the turnover.
- The defenders must stay at arms length from the player with the ball.

Key Points: Make sure all players have opportunities to catch and throw the ball. Make sure the receivers are finding open areas and not bunching.



Flag Football Drills - Pass Pattern Timing Drill

Purpose: Great drill to work on receiver routes and quarterback/receiver timing.

Procedure:



5 Yard Curl:
The WR runs up the field 5 yards, stops, and returns back towards the QB.



5 Yard Out:
The WR runs up the field 5 yards and cuts to the sideline.



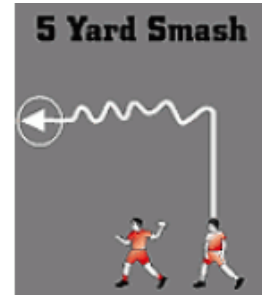
8 Yard Post:
A WR runs up field 8 yards and cuts toward the centre of the field on a 45-degree angle



Streak:
The WR runs straight up the field as fast as possible.



Post Corner:
The WR runs up the field. At 8 yards he cuts toward the centre of the field and after 2 yards runs towards the corner of the end zone.



5 Yard Smash:
The WR runs up the field 5 yards and then turns toward the QB and side shuffles with body facing the QB.

Pass Pattern Combinations:



Streak Out:
#1 WR runs a 5-yard out toward the sideline and WR #2 runs a streak.



Streak Curl:
#1 WR runs a streak and #2 WR runs a 5 yard-curl inside.



Post Out:
WR #1 runs a post and WR #2 runs a 5-yard out.



Corner Smash:
WR #1 runs a corner and WR #2 runs a 5-yard smash.



Curl Post Corner:
WR #1 runs a 5-yard curl and WR #2 runs a post.



Twin Curl:
WR #1 and WR #2 both run 5-yard curls. This play is used in short-yardage situations.

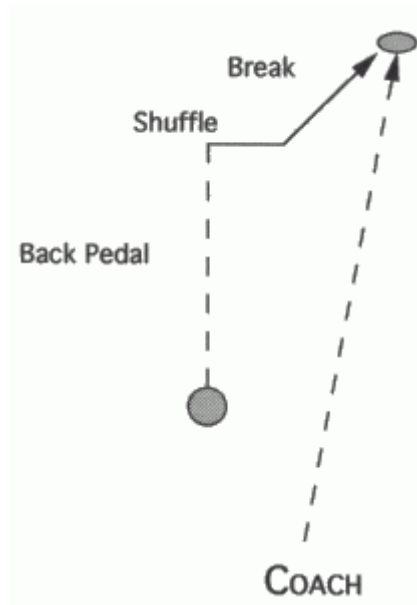
Flag Football Drills - Pass Coverage Drill

Purpose: Great drill to work on covering the receiver one on one.

Procedure: From the back pedal go into a shuffle for two to three steps to get the knees turned in order to be able to run with the receiver.

Turn both feet at a 45 degree angle to the inside and go into a shuffle or slide step.

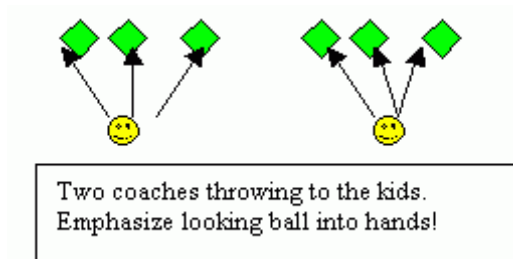
Defensive back breaks on the ball on the release from the quarterback or coach.



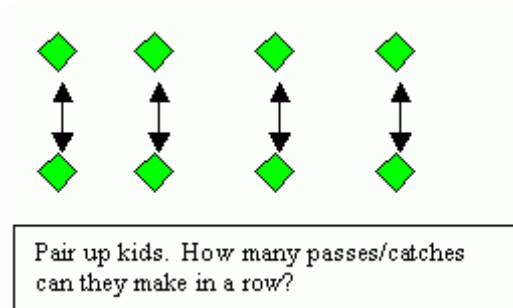
Flag Football Drills - Passing / Catching Drill

Purpose: Great drill to work on throwing the football and receiving the football.

Procedure: Set up players 5 yards from a coach and have the coach throw to the players.



Set up two rows of players facing each other. Start off about 4-5 yards apart and slowly move backwards. Make it interesting by seeing which pair can make the most catches without dropping the ball or have a competition on who can make 20 consecutive pass first without dropping the ball.



Flag Football Drills - Passing Tree Drill

Purpose: Great drill to work with your receivers and quarterback on all of the passing routes in your playbook.

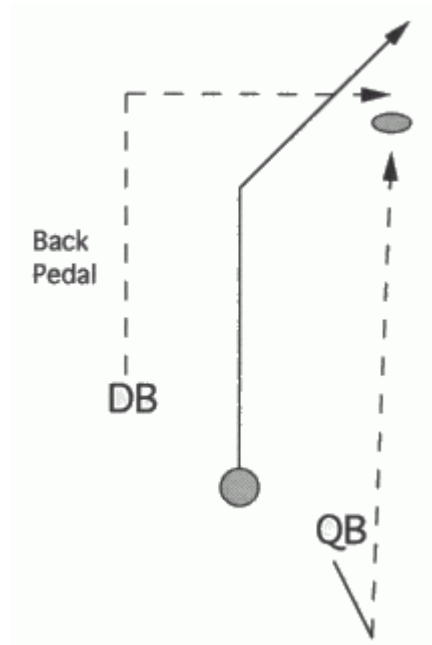
Procedure: Set up 1 or 2 stations depending on how many quarterbacks you have. This is a simple drill to work on your team's passing tree with the receivers and running backs. If you have two stations going make sure that your receivers and running backs work with both quarterbacks so they can work on their routes with both quarterbacks.

Coaches should emphasize making cuts at the proper depth, making good head fakes and proper catching techniques for the receiver and for the quarterback's to make the proper drop back, ball held above the shoulders and that they are timing their pass to lead the receivers.

Flag Football Drills - Post and Break Drill

Purpose: Great drill to work on getting your defensive backs to break on the ball.

Procedure: Be sure the defensive back doesn't anticipate the throw. Stay on the back pedal until the receiver breaks and the quarterback or coach throws the football.



Flag Football Drills - Running Back Cut Drill

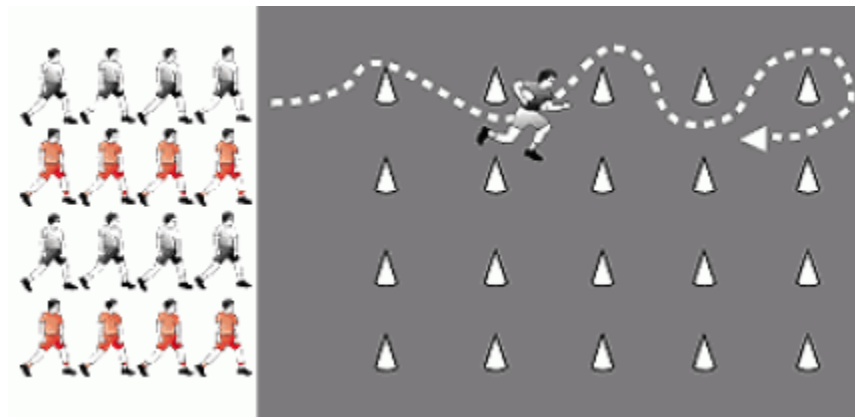
Purpose: Great drill to work on running back cutting and change of direction skills. Great for conditioning.

Procedure: Set up cones a line of 6 to 8 cones 8 yards apart. Set up multiple lines of cones depending on the number of players you have. This is run as a relay race to keep it moving fast.

The first player in each line will run around each cone and then come back around each cone to the beginning of his or her line. They will then hand off the ball to the next player in line and return to the back of the line.

Key points - make sure running backs switch the football to the arm nearest the sideline. Players should cut on the outside foot and make sure they don't cross legs when changing direction.

Progression - Have players backpedal through cones.



Flag Football Drills - Shark and Minnows Drill

Purpose: Great drill to work on flag pulling and conditioning.

Procedure: This is a very easy drill to set up and run and because of the competitive nature you will find that the kids usually give a 100% effort so it makes it great for conditioning.

Set up an area 20 yards wide and 30 yards long (the zone). One player is the shark and their job is to pull everyone's flag before they can make it from one end of the zone to the other. The other players (minnows) all line up at one end and on the coaches command try to make it from one end of the zone to the other without getting their flag pulled. Once their flag is pulled they are out until the next round.

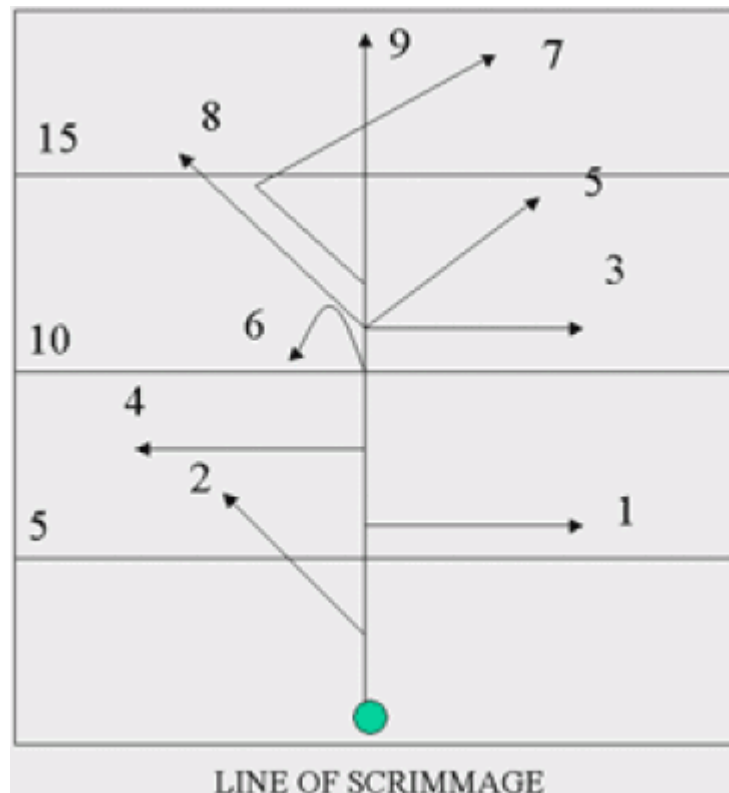
Variation: Add multiple sharks.

Flag Football Drills - Simple Passing Tree Drill

Purpose: Simple passing tree to teach your receivers various route running skills.

Procedure: The passing tree system is designed so that all even-numbered routes (2,4,6,8) are run towards the middle of the field and all odd-numbered routes (1,3,5,7,9) are run towards the sideline. These routes are used for all positions on the field. Since the ball is always placed in the middle of the field, the center faces the dilemma, and all of the center's routes should be based on the play design.

- Quick Out (1):** This is a 5-8 yard route then the receiver cuts out towards the sideline then looks for the ball.
- Slant (2):** This is a 3-5 yard route forward then the receiver breaks towards the middle of the field on a 45 degree angle and looks for the ball.
- Deep Out (3):** This is a 10-15 yard route. It should be run exactly like the quick out only deeper.
- Drag/In (4):** This is a 5-8 yard route forward then the receiver breaks into the middle of the field on a 90 degree angle and looks for the ball.
- Flag (5):** This is a 10-15 yard route forward then the receiver breaks at a 45 degree angle towards the sideline and looks for the ball.
- Curl (6):** This is a 5-8 yard route forward then the receiver stops and turns to the ball.
- Post Corner (7):** This is a 12-20 yard route forward then the receiver cuts on a 45 degree angle to the middle of the field for a few steps then the receiver cuts on a 45 degree angle towards the sideline and then looks for the ball.
- Post (8):** This is a 12-20 yard route forward then the receiver breaks on a 45 degree angle towards the middle of the field and looks for the ball.
- Fly (9):** This route is run straight up the field with the receiver looking for the ball after he gets past about 15 yards.

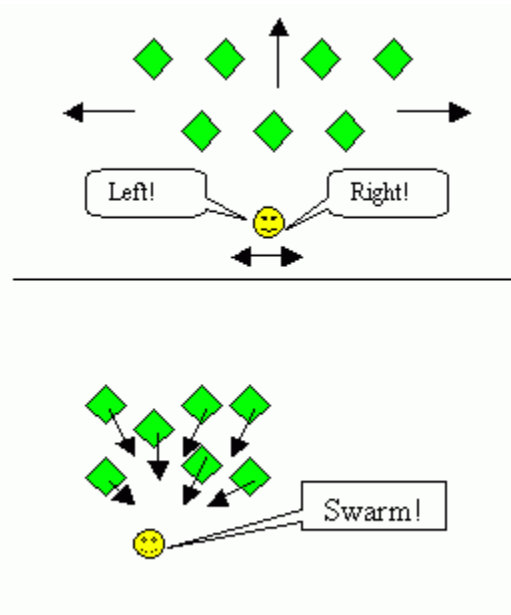


Flag Football Drills - Swarm Drill

Purpose: Great drill to work on flag pulling and getting your defense programmed to swarm the flag.

Procedure: Set up your players in two or three rows (depending on how many players you have all facing in the direction of the coach. There should be 5 to 8 feet between each player.

The coach holds a football, when he points the football left the players move left, points right they move right. Puts his arm back to pass they move back. When he yells swarm they all swarm the coach and everyone must touch him or her with one hand.

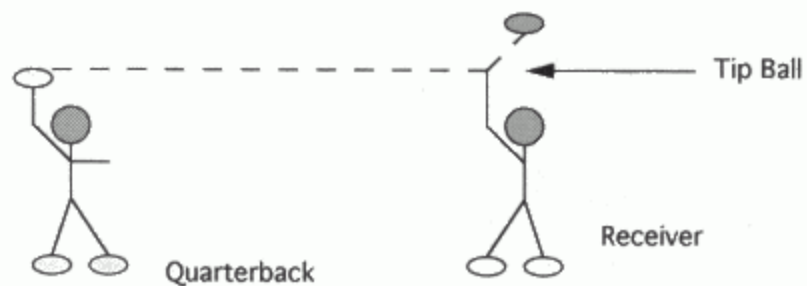


Flag Football Drills - Tip Drill

Purpose: Great drill for making receivers aware of deflected passes and working on going after them.

Procedure: Line up your receivers facing the quarterback. The receiver runs towards the quarterback, the ball is thrown high. The receiver must tip the ball and then attempt to catch it.

Variation: Add a defender 5 yards off the receiver and have both players break on the tipped pass.

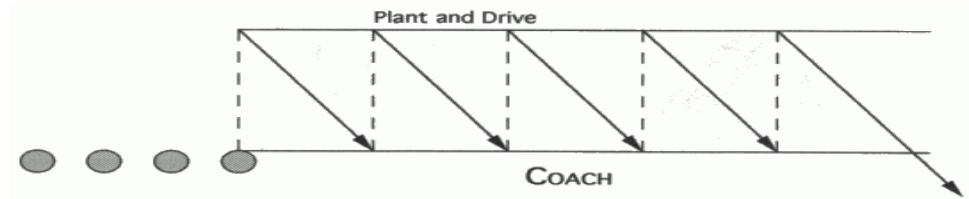


Flag Football Drills - The M Drill

Purpose: Great drill to teach breaking towards the line of scrimmage from a back pedal.

Procedure: 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.

Coaching Point: Stay low in the back pedal, feet no wider than six inches. Make sure the toe is turned at a 45 degree angle away from the way you are going to break.



Flag Football Drills - Weave Drill

Purpose: Great drill to work on reaction, changing direction and back pedaling.

Procedure: On the coaches command with football in hand and ready to throw, will signal by pointing the ball in the direction that he wants the defender to plant and change directions.

On command the coach will signal the defender to turn and run. Finish the drill by turning and running a hard ten yards.

The defender must keep his eyes on the coach.

