

FLAG FOOTBALL PRACTICE PLAN (40 MINUTES)

0:00 – 5:00 | Dynamic Warm-Up & Stretches

- High knees, butt kicks, lunges, side shuffles, strawberry picking, carioca
- Light jog around the field

6:00 – 29:00 | Skill Drills (choose 4) *Split teams into stations and rotate every 4.5 minutes:*

Station A – Flag Pulling (Tackle Technique)

- 1v1 in lanes: defender lines up 5 yards away, must square up and pull the flag
- Emphasize breakdown and angles

Station B – Passing & Route Running

- Cone routes: slant, out, post, hitch
- Quarterbacks and receivers pair up
- Focus on crisp cuts and timing

Station C – QB Mechanics / Hand-Offs / Snaps

- Snap exchange reps, 3-step drop, quick throws
- Optional: practice fake handoffs and play-action movement

Station D - Flag Pull "Shark Tank"

- One player in the middle with flags, 3–4 attackers try to pull a flag one at a time.
- Defender tries to dodge and survive as long as possible.
- Focus: Evasion skills and reaction time.

Station E – Defensive Back Pedal & Break Drills

- Start with a backpedal, break on a coach's command left or right
- Focus on quick transitions and closing speed

Station F - Cone Flag Dodging Drill

- Set up a 10-yard lane with cones.
- Ball carrier must run through the lane while a defender tries to pull their flag.
- Focus: Quick feet, jukes, protecting the flag.

Station G – Find the Soft Spot vs Zone Drill

- 2 defenders hold basic zone positions (e.g., short middle, short left).
- 1 receiver runs route, slowing down to "sit" in open space between zones.
- QB must read and throw into the soft spot before the receiver fully stops.
- Focus: Route awareness, timing, patience finding openings in a zone defense.

30:00 – 40:00 | Team Offense & Defense Concepts

- **5 mins:** Walk through 2–3 offensive plays
- **5 mins:** Walk through 2–3 defensive alignments (man/zone)