

FLAG STRATEGIES

Developing a Strategy

- Go for first downs, not touchdowns
- This can be accomplished by using short passes and running plays
- Mix in long passes and trick plays to keep the defense honest and to catch them off guard

Offensive Tips

Throwing a Spiral

- Hold the ball near the back with your fingers over the laces
- Keep your elbow in tight to your body and the ball up by your ear
- Point your non-throwing shoulder toward your target
- Throw the ball by letting it spin off your fingers as you follow through toward your target

Leading the Receiver

- As a quarterback you don't want to throw the ball to where the receiver is but rather where he/she is going to be
- Practicing your routes with your receivers will help you figure out how far you can lead them with your throws

Receiving a Pass

- Form a triangle with your hands (between your index fingers and thumbs)
- Keep your eye on the ball at all times
- Try to keep the ball away from your body
- Keep your hands soft so that you can cushion the ball
- Once you have caught the ball, tuck it away so that you don't fumble it.

Play Action

- Using a fake handoff can distract the defensive backs enough to get the receivers open for a pass
- Try a few running plays first to set up the play fake then throw the ball down the field

Short Passing Routes

- Short passes are safe and effective ways of moving the ball
- Short passes can be run towards the sideline (out), towards the middle of the field (in), or just by turning back toward the QB when you have found a hole in the defence (button hook)
- Often a short pass can turn into a big gain with a few quick moves

Long Passing Routes

- Long passes are great ways of moving the ball in a hurry
- Long passes can be run towards the sideline (corner pattern), towards the middle of the field (post pattern), or just by running straight (fly pattern)
- A long pass is most effective when the defence is caught off guard. Using a mixture of running plays and short passes will open up the field for the long bomb.

Defensive Tips

Pulling the Flag

- Watch the ball carrier's hips as opposed to his/her feet or head
- Stay low and lunge at the flag
- If you grab anything but the flag, let go immediately so that you don't get a penalty

Playing Zone Defense

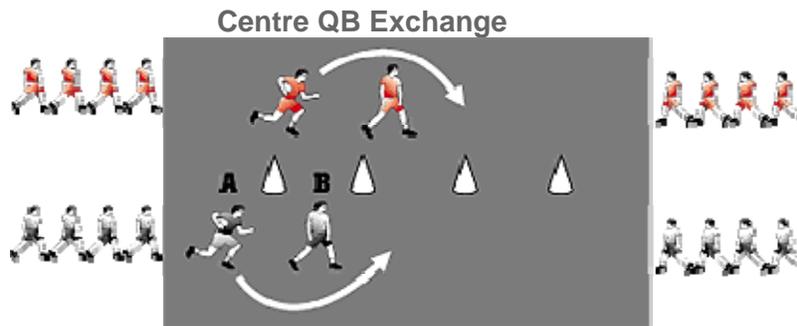
- Each defensive back is responsible for an area as opposed to a player
- The advantage of this system is that you can keep an eye on the receiver and the quarterback at the same time
- As receivers come through your area try to anticipate where the quarterback wants to throw it and beat the receiver to the spot

Playing Man to Man Defense

- Leave some space between you and the receiver (this is your cushion)
- As the receiver starts his/her route you can start to back pedal
- When the receiver makes his/her break you can turn and run with them to try to break up the pass

FLAG DRILLS TO RUN

□ Drill #1: Centre QB Exchange



Purpose: To develop proper snapping technique.

Organization: Set out a 20 x 20-yard area. Divide teams into even groups and place in even lines. Place cones in middle of drill four yards apart. One football per team; the entire class can participate.

Drill Outline:

- This is a relay race.
- The quarterback (A) and centre (B) on each team start the race.
- The centre (B) snaps directly to the QB (A). The centre will stand still while the QB runs to the next cone.
- The previous (A) snaps to (B), then (B) snaps to (A) and so on, until course is completed.
- The race is continued until each participant gets a turn.

Progression: Shotgun snap.

Key Coaching Points:

- Centre must place the ball on the ground before snapping.

Drill #2: Passing Drill: Progressive QB

This drill helps refine and improve passing technique by concentrating on proper arm and hand movement.

Development Goals

Perfect throwing motion while using only the throwing arm.

Coaching Points

Pair off participants into two parallel lines. Players start on both knees, throwing to their partners five yards away. Show players how to follow through with their arm, so that their thumbs end up pointing down. Have each player begin with football held above his or her waist. Demonstrate how to throw from no higher than their ear.

Progressions

After several throws, have players switch to kneeling on right knee. Then after several throws that way, have them switch to left knee. Next, have them throw standing up with feet together. Finally, have them practice a three-step drop, then a five-step drop before throwing.

Drill #3: Individual Pass Patterns



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.



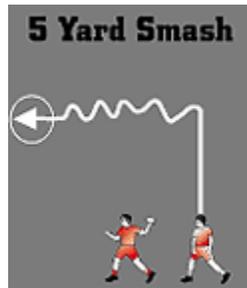
8 Yard Post:
A WR runs up field 8 yards and cuts toward the centre of the field on a 45-degree angle



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

Drill #4: 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.



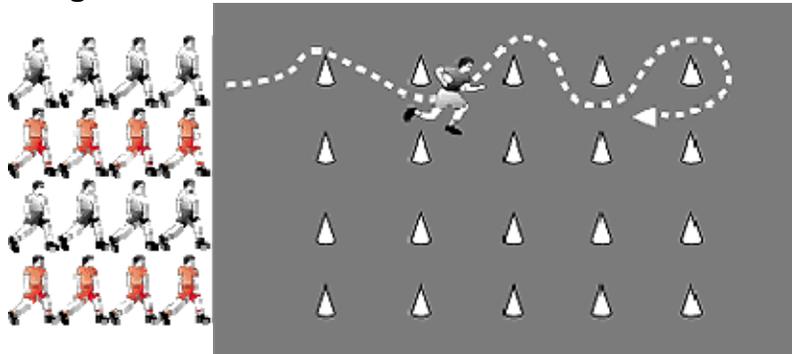
Curl Post Corner:
WR #1 runs a 5-yard curl and WR #2 runs a post.



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

*On all these patterns, #1 is an option if #2 is covered, and vice versa.

Drill #5: Running with the Ball



Purpose: To develop running skills.

Organization: Set out a 20 x 20-yard area. Cones are set 8 yards apart to simulate a mini-end zone. One ball per team. The entire class can participate. If cones are limited, use t-shirts, shoes, or tape on the floor as markers.

Drill Outline:

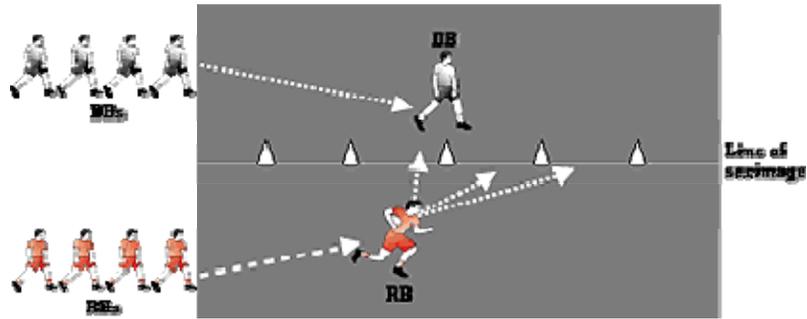
- This is a relay race between teams.
- The first participant in each line has a football and will run with the football around each cone and then come back to the beginning of his/her line.
- When the participant returns to the line, they will hand off to the next participant at the front of the line, then go to the back of the team's line.
- The race is won by the first team to have each participant complete the race.

Progression: Have players backpedal or hop over the cones.

Key Coaching Points:

- Player switches arms carrying the football, with the football always carried in the arm nearest the sideline.
- Players cut on their outside foot, not crossing their legs over when they go around a cone

Drill #6: Defense



Purpose: To develop defensive back skills.

Organization: Set out a 10 x 20-yard area. Place the cones five yards apart. One football is needed. The entire class can participate in this drill which, can be duplicated for more players if space permits.

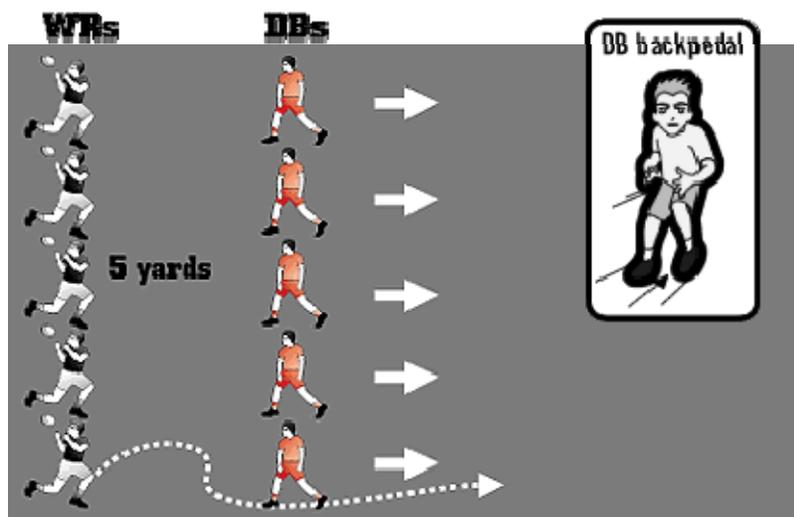
Drill Outline:

- The object is for the RB to run along the line of scrimmage and select an area between the cones to run through.
- RB starts with the football. On coach's signal, RB begins running. The DB must mirror the RB and attempt to capture the RB's flag before the RB selects a hole between the cones.
- This drill simulates making a one-on-one flag capture. Progression: Progress to two defensive players.

Key Coaching Points:

- RB must keep head up and the football firmly tucked away.
- DB must keep shoulders square and head and eyes looking upfield.
- DB watches the RB's hips.

Drill #7: Defense



Purpose: To develop defensive skills of backpedaling and pulling the flag.

Organization: Set out a 20 x 20-yard area. Pair up 10-12 participants or as many as space allows.

Drill Outline:

- Pair up kids - one group is WRs, the other DBs.
- Each DB will backpedal and "mirror" the WR. All players will start in slow motion on the instructor's command.
- Switch, making WRs play as DBs. Progress to half speed.
- Switch positions again. Now go to full speed. On the instructor's whistle, the WRs will try to run past the DBs, who are backpedaling.
- During the drill, the instructor calls out "GO", the DB is now allowed to pull the flag of the WR who is still running for the end zone.
- The "GO" simulates the WR catching the football.

Progression: The coach will pass a football to an open offensive player when "GO" is called.

Key Coaching Points:

- DB stays in front of offensive player.
- DB watches WR's waist and hips.