



FLAGFOOTBALLPLANS

Your #1 Source for Youth Flag Football

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Youth Flag Football Plays Practice Plans & Drills

Introduction:

Coaching youth sports can be challenging. With a little guidance and organization your experience can be extremely rewarding. The key to successful coaching is being prepared and organized. It is important to take advantage of the limited time you get each week with the players. With a structured practice, easy to teach and learn plays, and a whistle can will quickly convert your group into a competitive team. I found that many coaches spend a lot of time on drills not associated with the types of plays they will run. By having a list of plays designed before you practice, this allows you to focus your drills around running perfect plays. The goal for the season should be teach every player their positions and football. This may look a little disorganized in the first week or two, but if you stay patient and continue to coach, the players and your games can become competitive and the experience for everyone can be enjoyable.

Product Information Statement:

Flag football plays designed for youth flag football. These plays have been used successfully and are created so that the coach can effectively communicate and the players can easily understand. There are 25 color pages of organized run and pass plays which utilizes 7 different formations. Each page provides one key play along with other play options on the same page. The positions are color coded so the play can be easily called and understood in the huddle. There are various options per play so you don't have to thumb through 100 of pages to find and call plays. Although the book has 25 key plays, each play has other options leading to a total of over 50 total plays in this manual.

Keys to Offense:

On offensive the key to success is getting the players to be patient while running the play so the play develops. Surprising, many plays, basic or advanced, can result in positive yards if the play is run **correctly**. It is important to get the timing down for the plays. Quick hit plays must be run quickly – meaning the runner and QB must execute their part as soon as the ball is snapped. In other plays the plays can be run at a comfortable pace to ensure fakes and hand-offs are completed without mistakes. Many of these plays consist of misdirection and fakes. It is important that the players not getting the ball take the fake correctly and the actual ball carrier is patient to let the play develop ahead of him so the lanes are open. Proper delays and clean hand-offs can be the difference between being competitive or not.

Keys to Defense:

On defense the key to success is also patience. Many teams will runs fakes and end-a-rounds, so the defensive players must stay in their position or zone until the player with the ball comes through their area, or cross the line of scrimmage. The goal is to keep the runner inside, meaning the defensive ends must not let the runner get to the outside of them. Defense should be designed to utilize every player regardless of their skill. Each player should be taught their position, and coached for improvement through out the year.

Recommendations:

The plays are in order of difficulty. I recommend teaching a few pages at a time. The most important thing is to execute the plays correctly. Once the players understand the plays their experience and yours will make great strides forward.

Disclaimer:

Information in this document is to be used as information purposes only. The authors do not guarantee, warranty, or provide predictions regarding this information. They also do not imply these will work in every situation and and/or are governed by your league. You should consult with your league to ensure they will conform to their standards. Nothing on this website or document constitutes, or is meant to constitute, advice of any kind.

Sample Drills:

Flag Pulling:

Group the players into two groups based on skill set – Better players grabbing better player flags and beginner players grabbing beginner player flags. This will allow the players at all levels room to improve and gain confidence. As the season progresses your two groups will more than likely change quite a bit

The Drill: Set up two stations (Better and Beginner) – for each station align cones about 4 yards apart and 15 yards long. Select one player to be the flag puller first – the others will run the ball. Have a coach be QB and hand the ball off. (this is also a chance to teach correct hand-offs). Have each runner one at a time run the ball at the defensive player. The runner must stay in the cones. The defensive player will start about 5 yards back of the QB. The defensive player will focus primary on staying in front of the runner – moving left or right, and making a good grab at the flag (at the belt). It is important the defensive player not over commit and run up on the runner. The runner will more than like run past him/her every time. Running up on the runner will come with more experience. Have each runner run through 2 or 3 times before rotating a runner for the defensive player.

Hand-off Drills:

This drill helps with getting the QB focused on plays running left or right, faking if needed and ultimately getting the ball to the final runner. It also helps with getting the RB to understand which direction they are running, if their getting the ball or not, and in which order they will start. I use this drill as my warm-up before games. It focuses on the fundamentals of running plays.

The Drill: Set-up the Pro-Set offense without the receiver. QB, Center and the two RB positions. All the remaining players will get in lines at the RB positions. Have a coach stand directly in front to the Center/QB and call out which RB is getting the ball, either left or right, along with any fakes. I start this drill with basic hand-offs to either running back one at a time. I then start using both RB's (left and right) and throwing in miss-directions and fakes. This drill really helps with getting the QB focused on plays running left or right, faking if needed and ultimately getting the ball to the final runner. It also helps with getting the RB to understand which direction they are running, if their getting the ball or not, and in which order they will start.

The Proper Flag Pull:

Teach the players to grab the flag at the point the flag connects to the belt. It is much easier to grab this area as apposed to the end of the flag which has much more movement and more difficult to grab.

Sample Practice Plan: (based on 90 minutes)

10 minutes – Warm-up – Two equal rows one in front of the other. Spread out with enough room to do the exercise.

2.5 minutes - Quick water break

30 minutes – Drills focused on fundamentals – both offense and defense. You can divide the team into two groups – offense and defense. Have your defensive coaches run the players through drills focused on defensive fundamentals. Do the same for offense. After 15 minutes switch groups.

2.5 minute - Water break

20 minute – Scrimmage – Offensive against defense

2.5 minute - Water break

20 minute – Scrimmage – Switch offensive and defensive teams

2.5 minute - Water break/closing comments

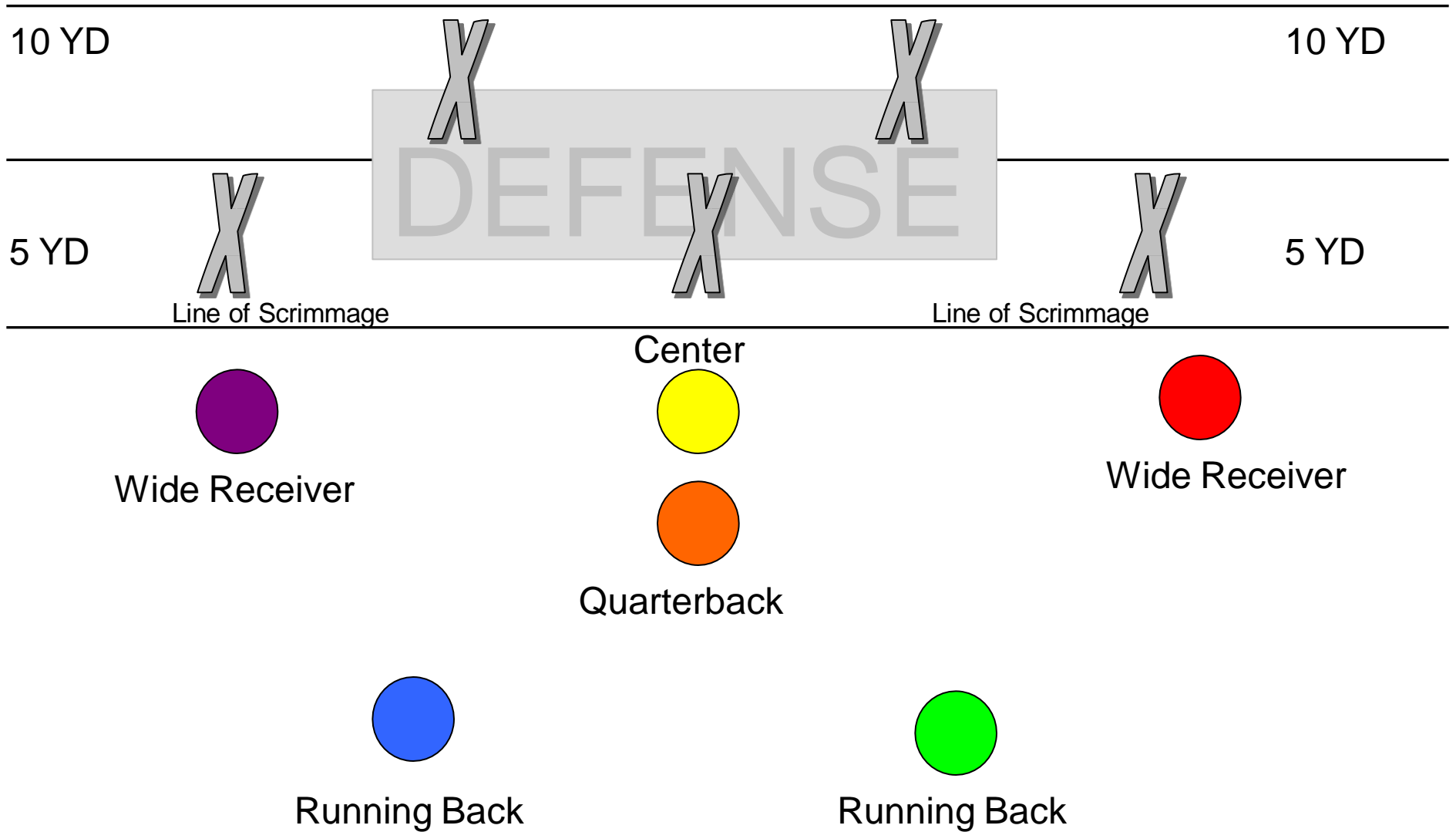
Sample Exercises

Cross-over Tow Touches – Starting position feet spread apart hands/arms pointed straight out to each side. Take your right hand and reach over the touch/hold your left foot. Hold position for count of ten. Then left hand to right foot. Do this two times each.

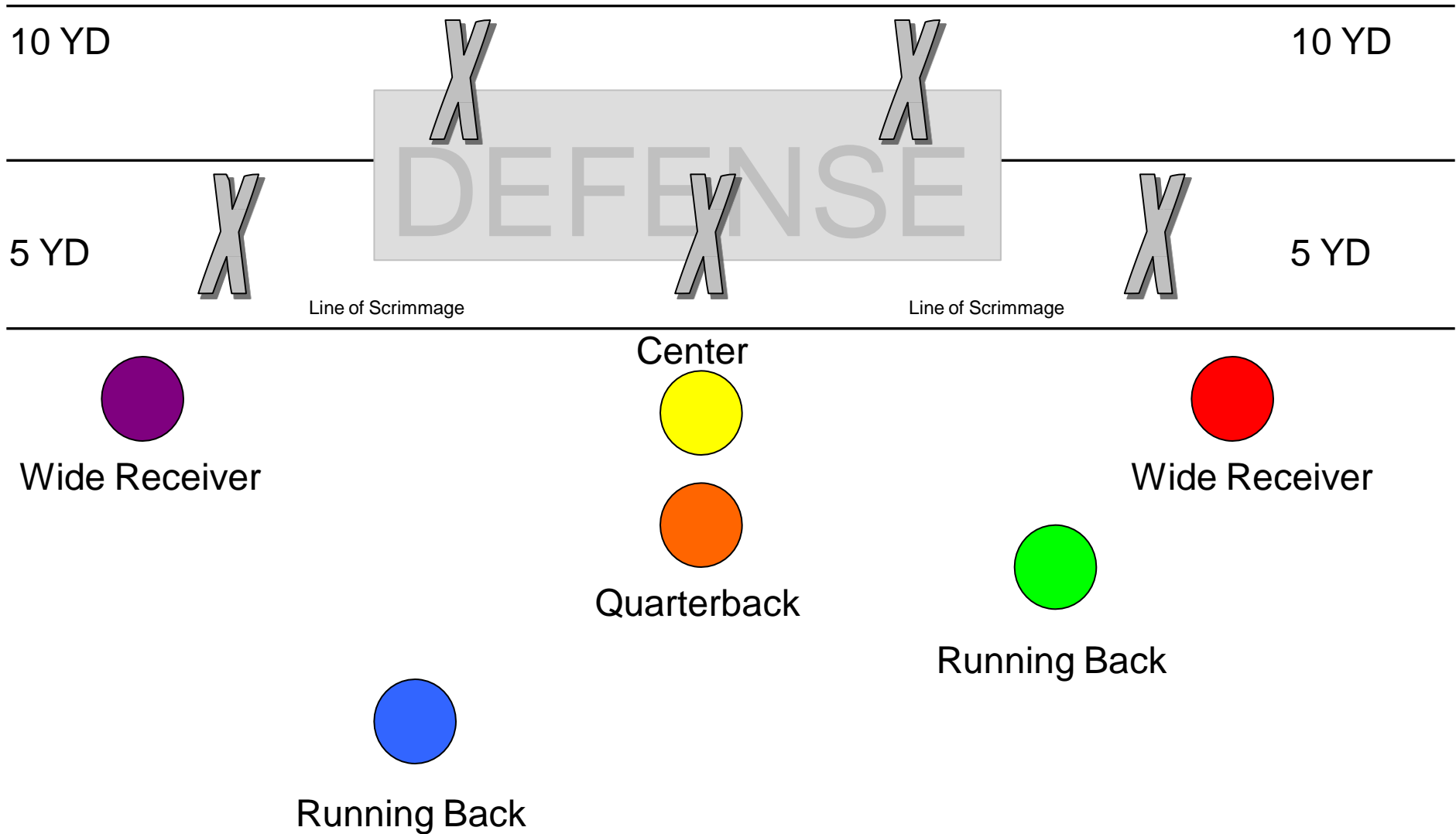
Picking Berries – Starting position feet spread apart, hands on hips. Reach out and touch the ground in front of you 3 times – each time getting closer to being right below you, then return to standing position (hands on hips). One set of 10 reps. 1, 2, 3, 1 – 1,2,3,2 – 1,2,3,3 – 1,2,3,4 and so on.

Run Sprints – Form two equal rows - one in front of the other. Coach move back so the players will have about 30 yards to run. Have the players get into a RB set. Coach will yell out – DOWN, SET, HUT (or what ever cadence you will use during games). The players will get into set position and run on HUT. One row at a time. Do this a few times and make sure the players do not leave early.

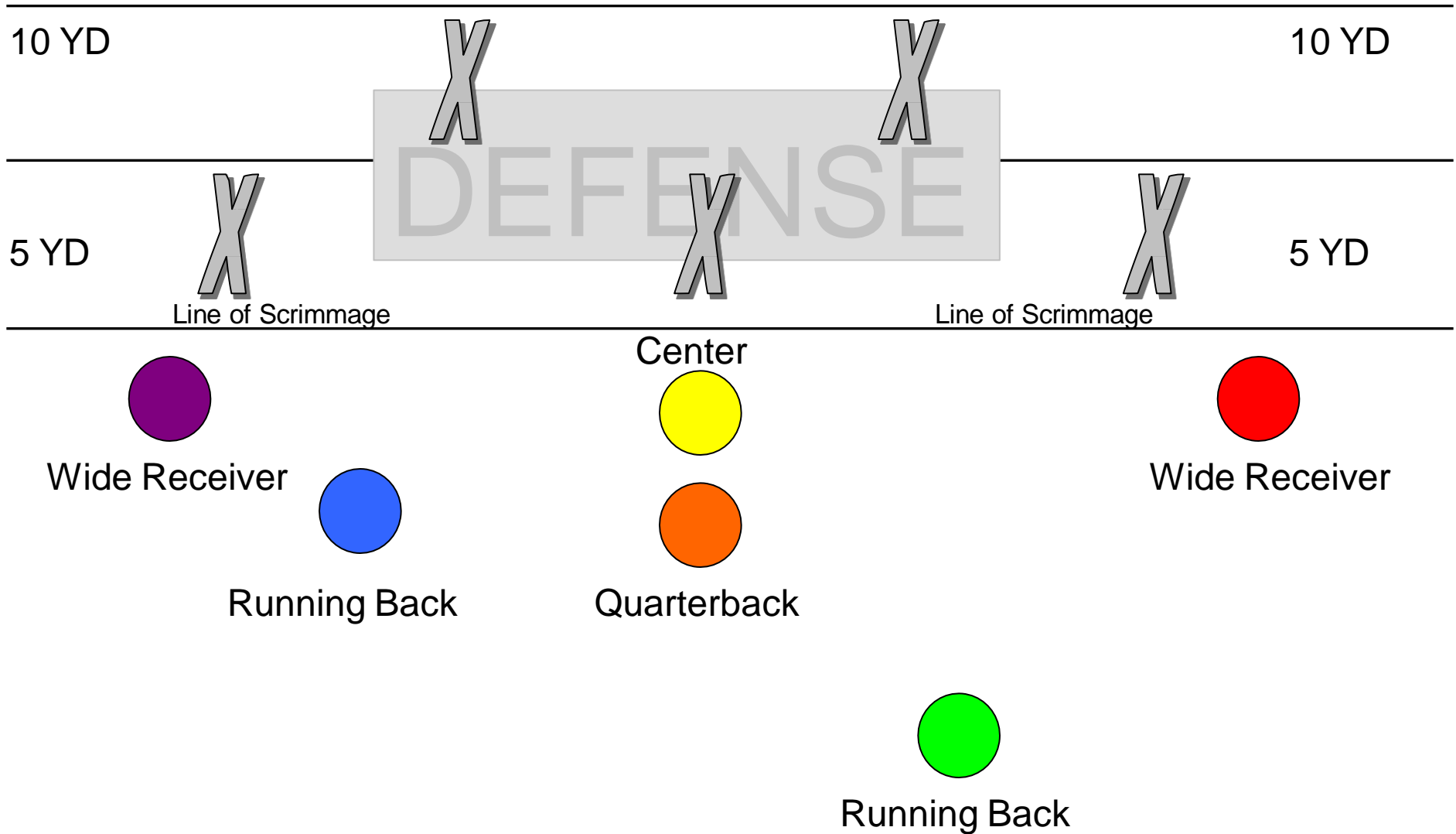
WISH BONE



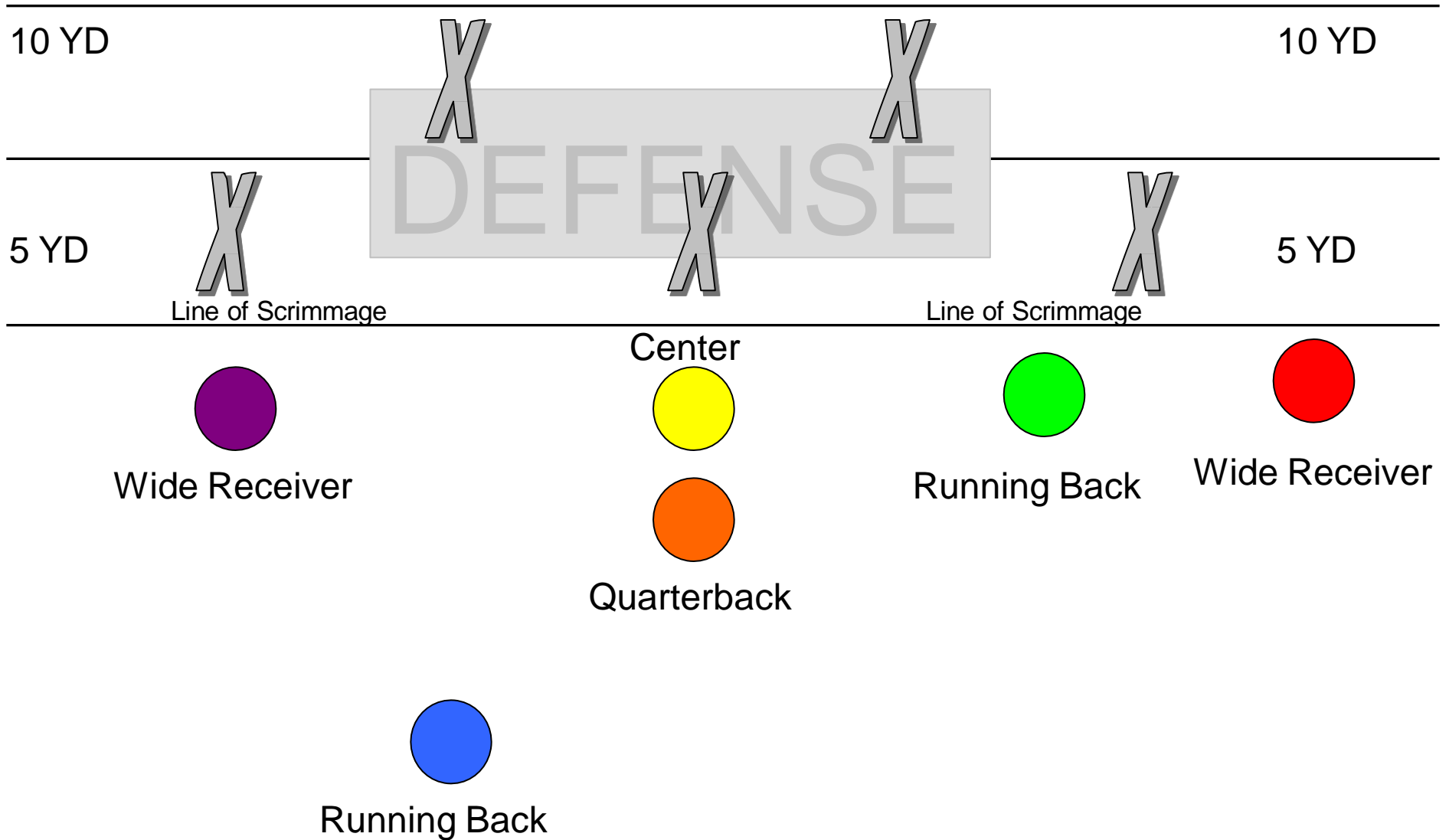
SPLIT SET - LEFT



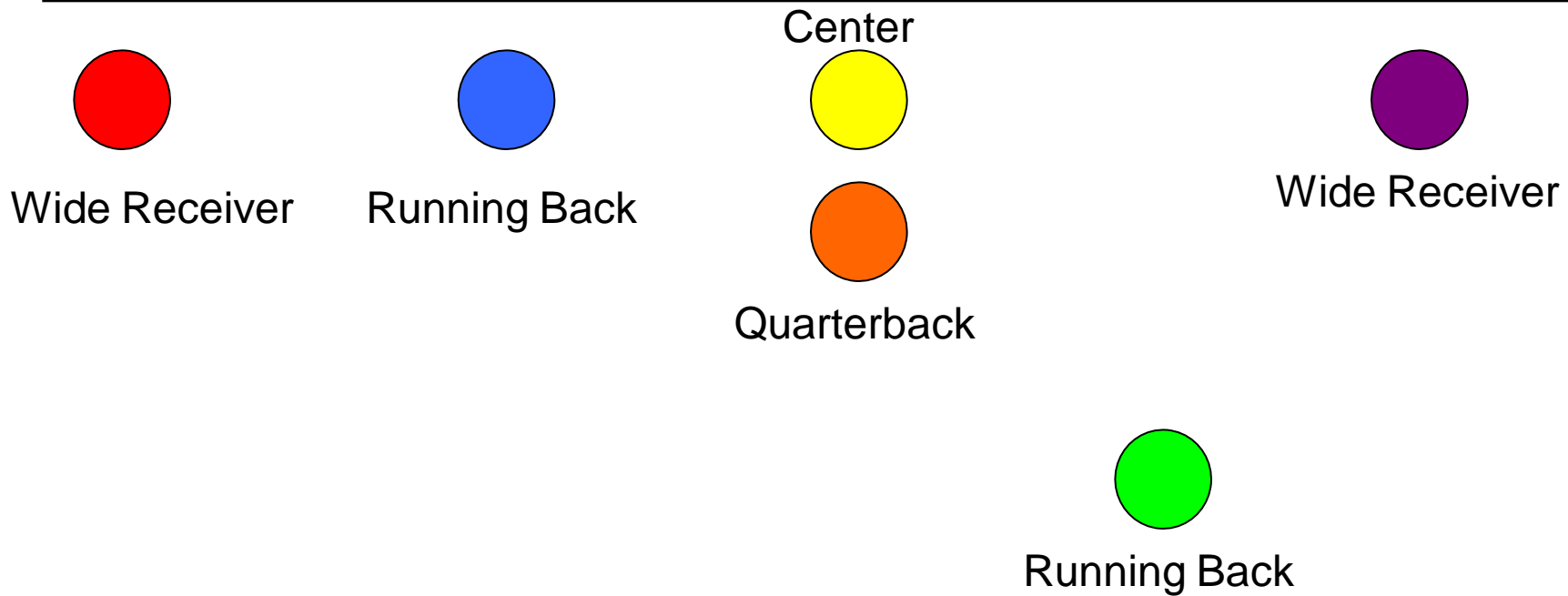
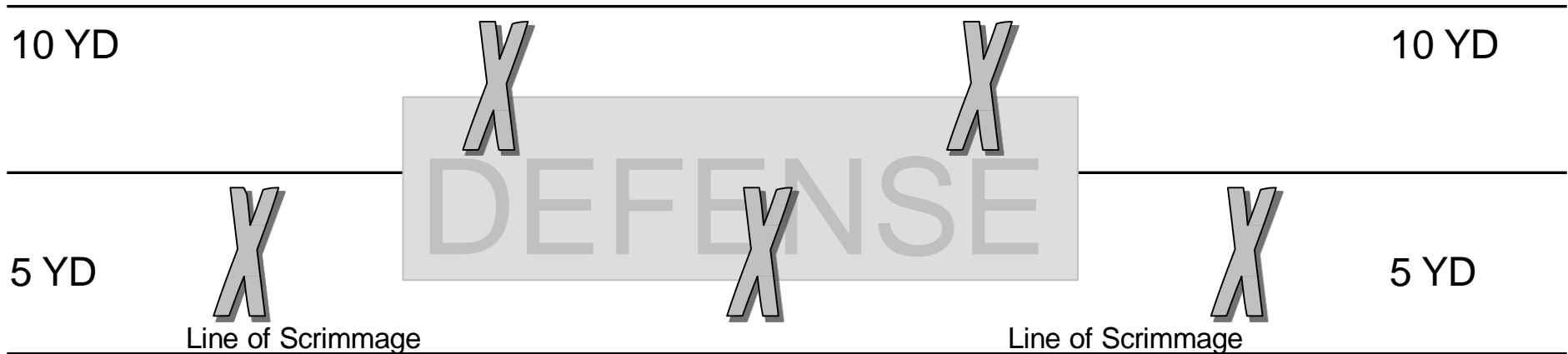
SPLIT SET - RIGHT



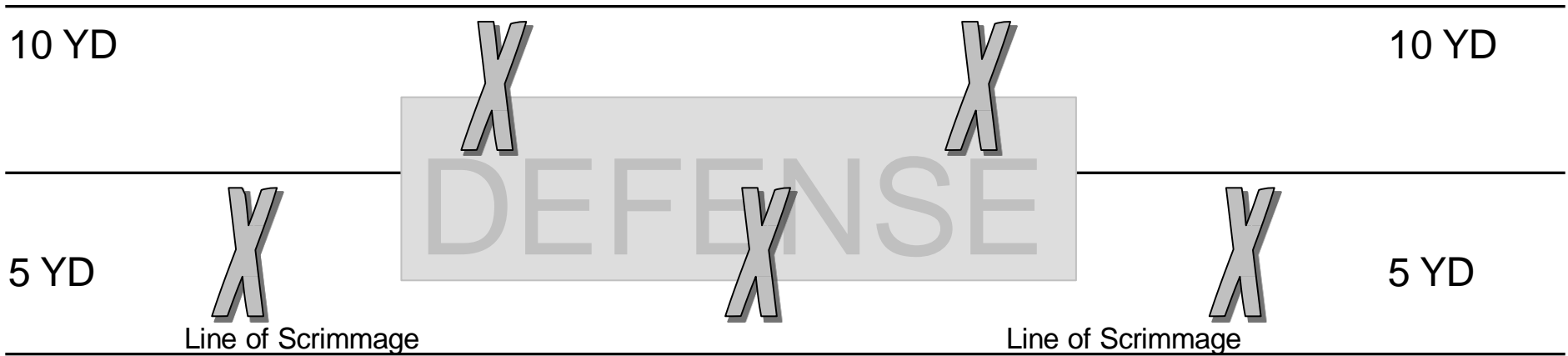
TWINS - RIGHT



TWINS - LEFT

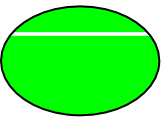
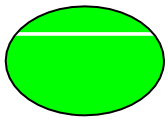


TRIPS - LEFT

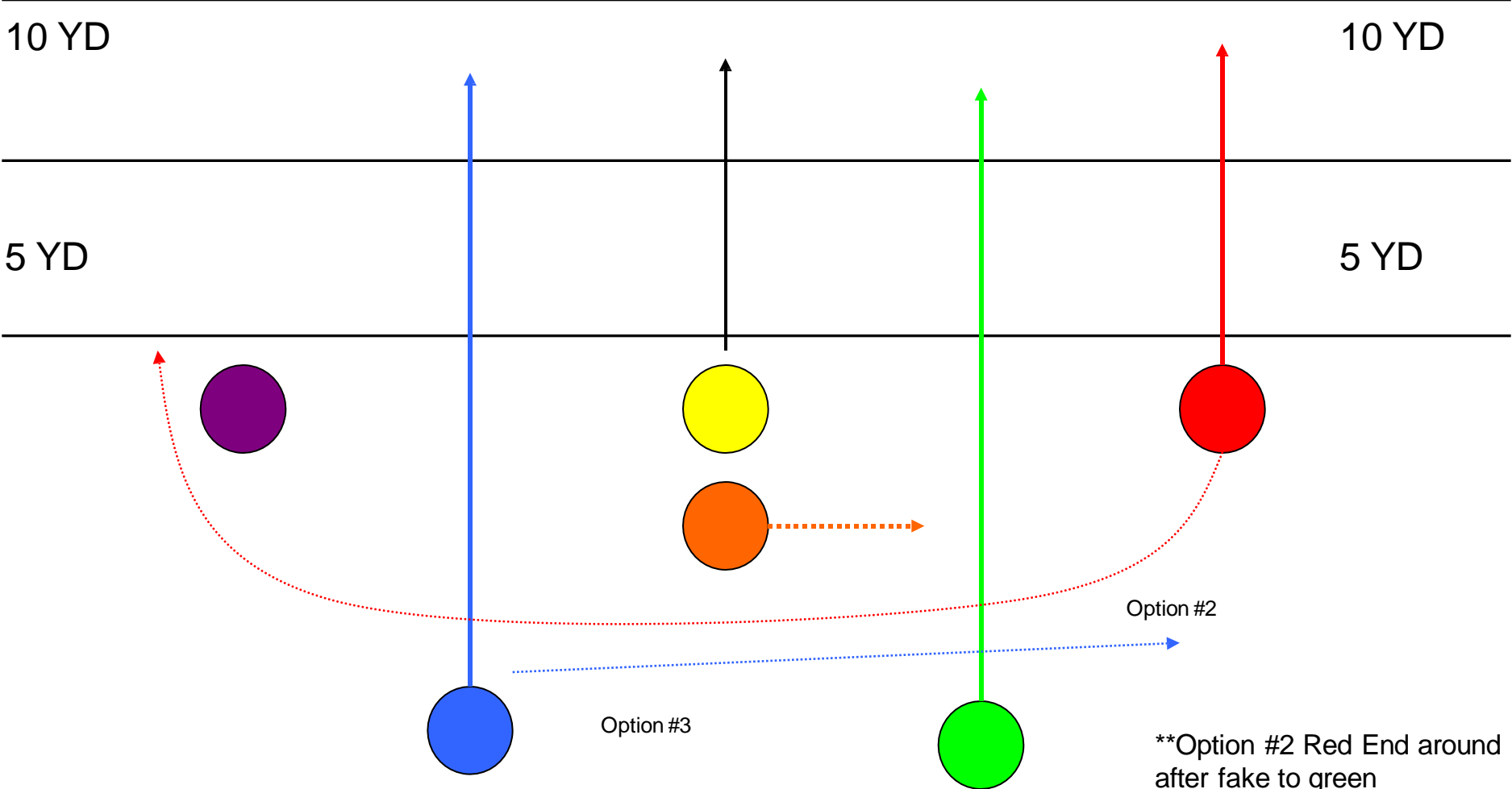


Wide Receiver Running Back Running Back Center Wide Receiver

Wide Receiver Running Back Running Back Quarterback Wide Receiver



Speed Green - Right



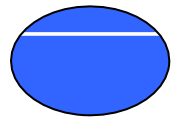
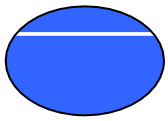
Option #2

Option #3

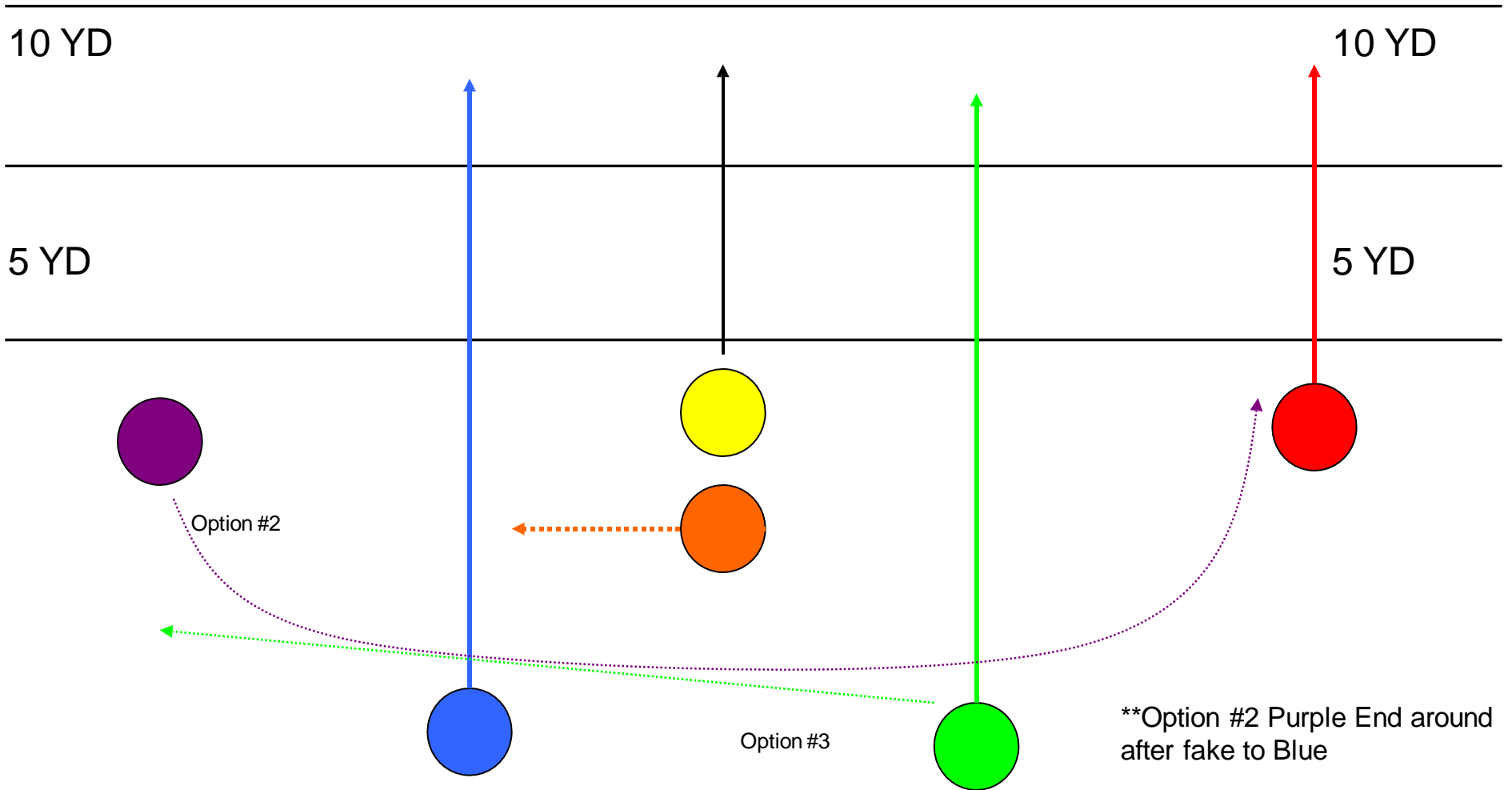
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**Option #3 Fake to Green or Red give to blue

Wish Bone
Hand-off to Green – Run Straight

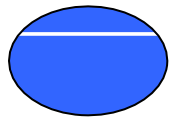
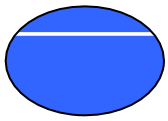


Speed Blue - Left



**Option #2 Purple End around after fake to Blue
 **Option #3 Fake to Blue or Purple give to Green

Wish Bone
 Hand-off to Blue – Run Straight



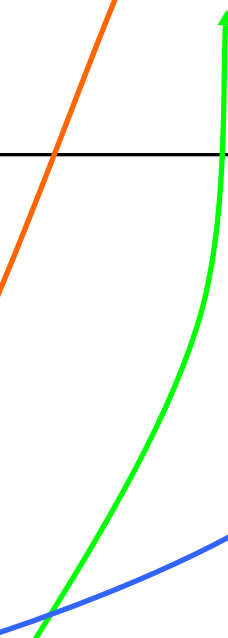
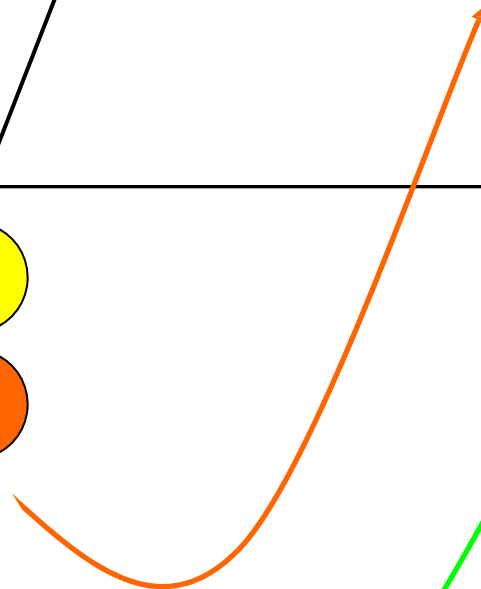
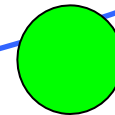
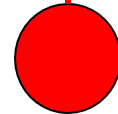
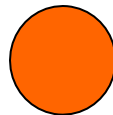
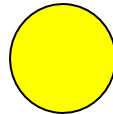
Blue Sweep - RIGHT

10 YD

10 YD

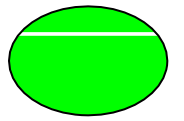
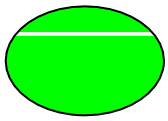
5 YD

5 YD

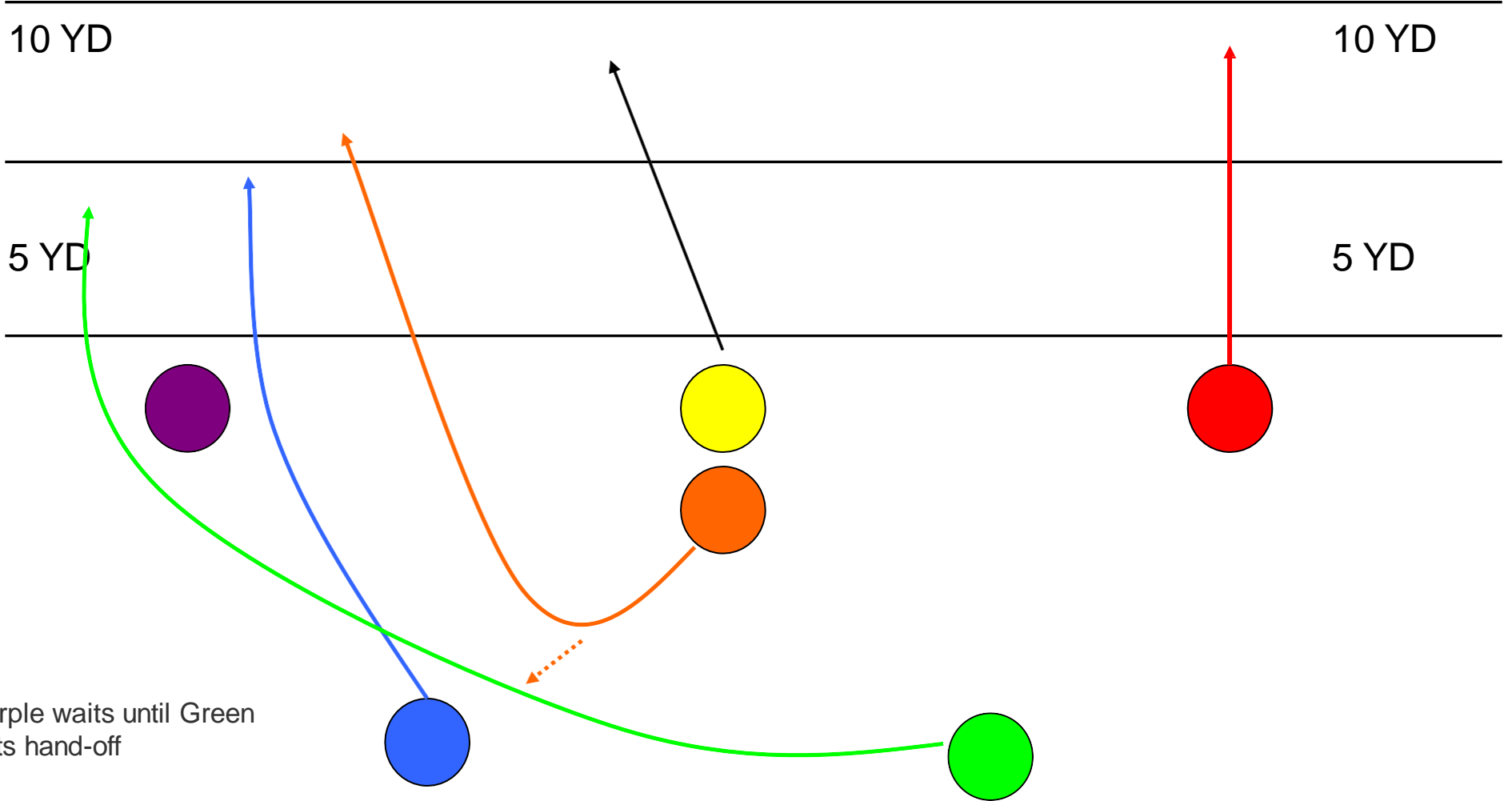


**Red waits until Blue gets hand-off

Wish Bone
Green Leads Right
Hand-off to Blue

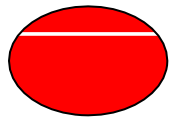
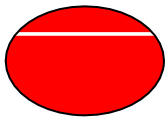


Green Sweep - LEFT



Purple waits until Green gets hand-off

Wish Bone
Blue Leads Left
Hand-off to Green



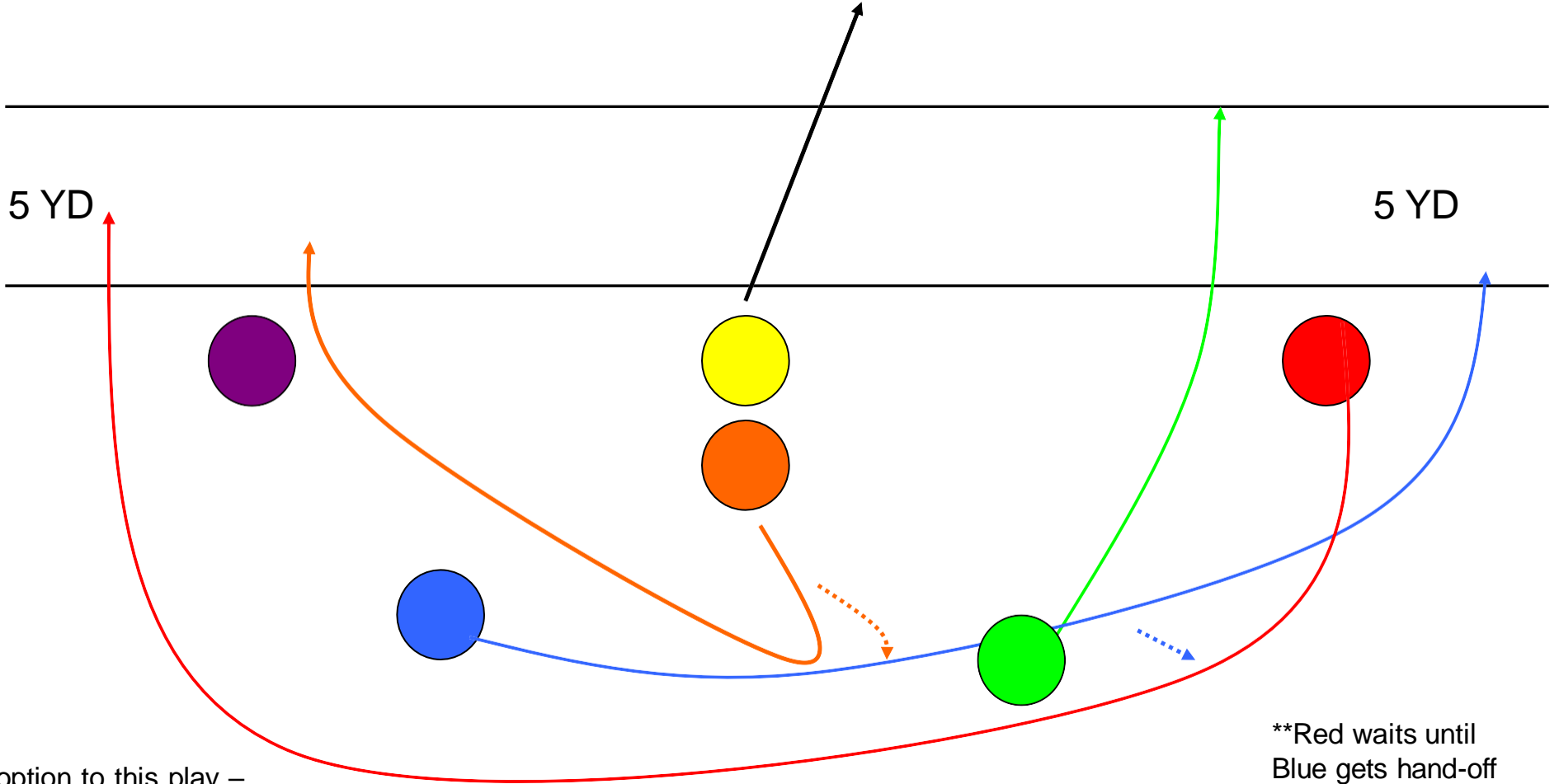
End Around - Left

10 YD

10 YD

5 YD

5 YD

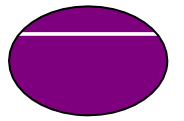
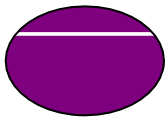


2nd option to this play –
 QB fakes to BLUE and
 hands the ball to RED

3rd option to the play –
 BLUE fakes the hand-off
 to RED

**Red waits until
 Blue gets hand-off

Wish Bone
 Green Lead Right
 Hand-off to Blue
 Blue hand-off to Red



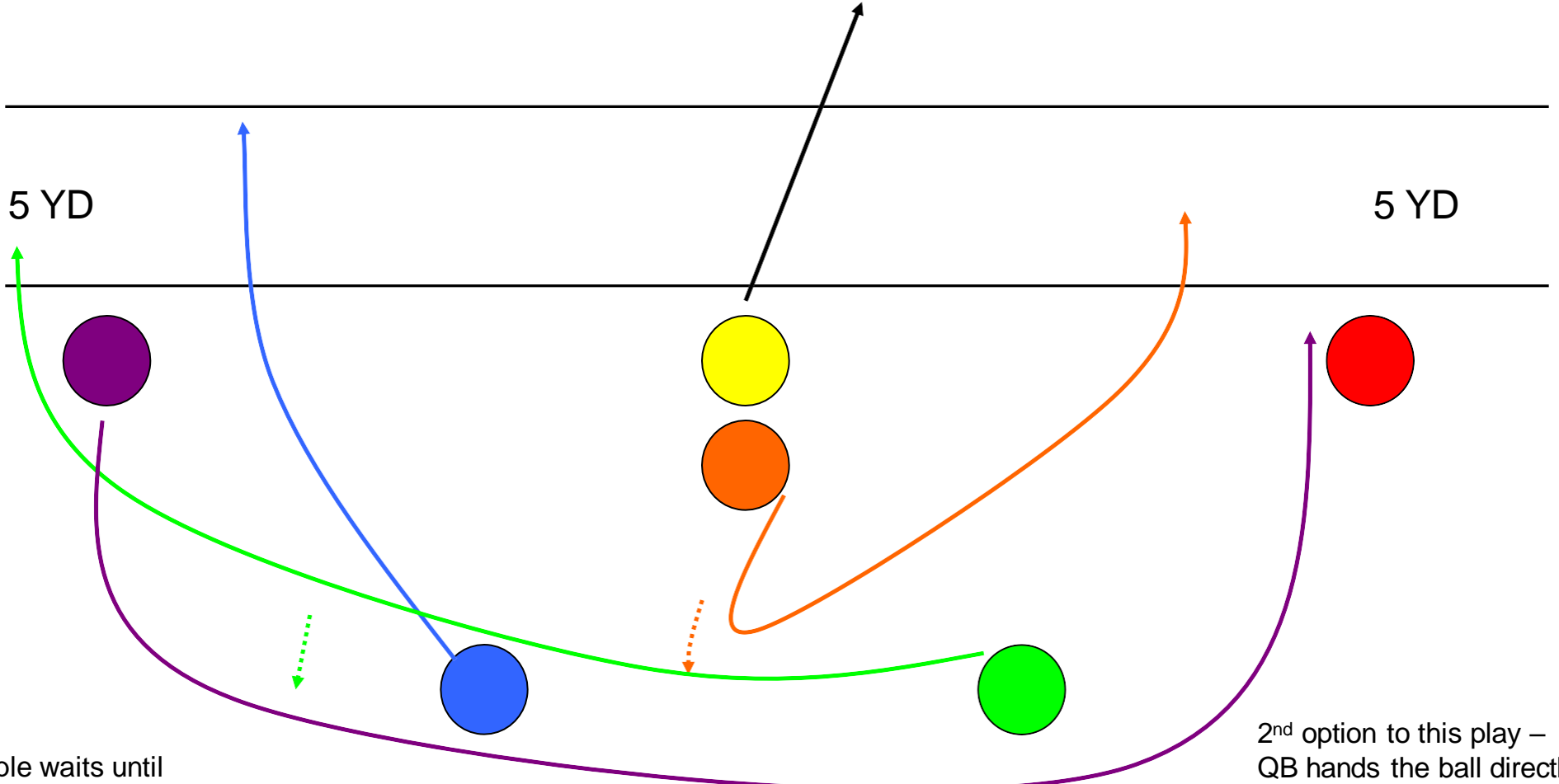
End Around - Right

10 YD

10 YD

5 YD

5 YD

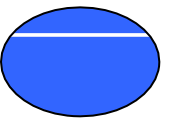
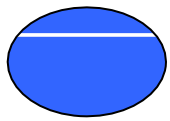


Purple waits until
Green gets hand-off

2nd option to this play –
QB hands the ball directly
to Purple

3rd option to the play –
RB fakes the hand-off to
Purple

Wish Bone
Blue Lead Left
Hand-off to Green
Green hand-off to Purple



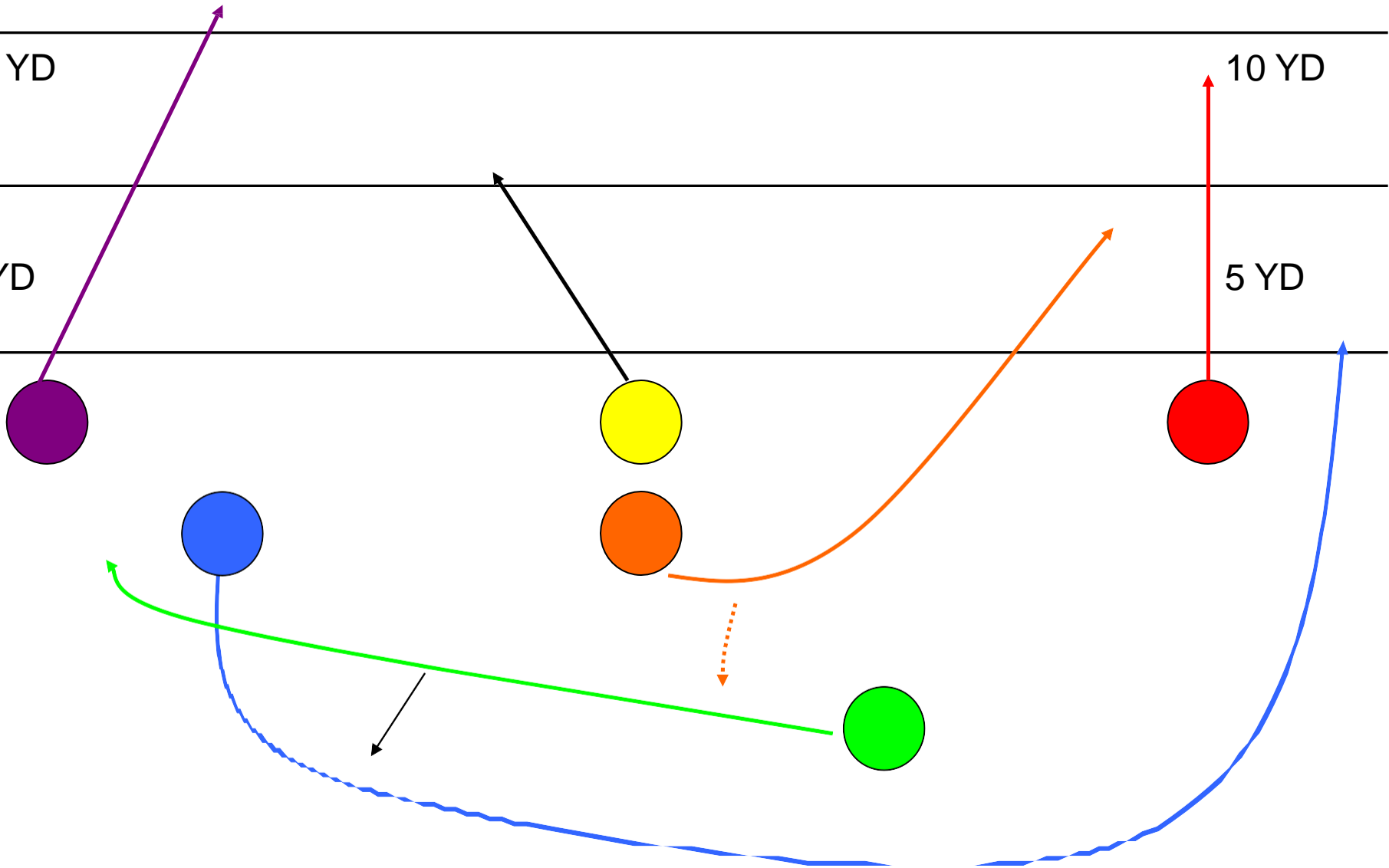
Reverse - Right

10 YD

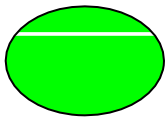
10 YD

5 YD

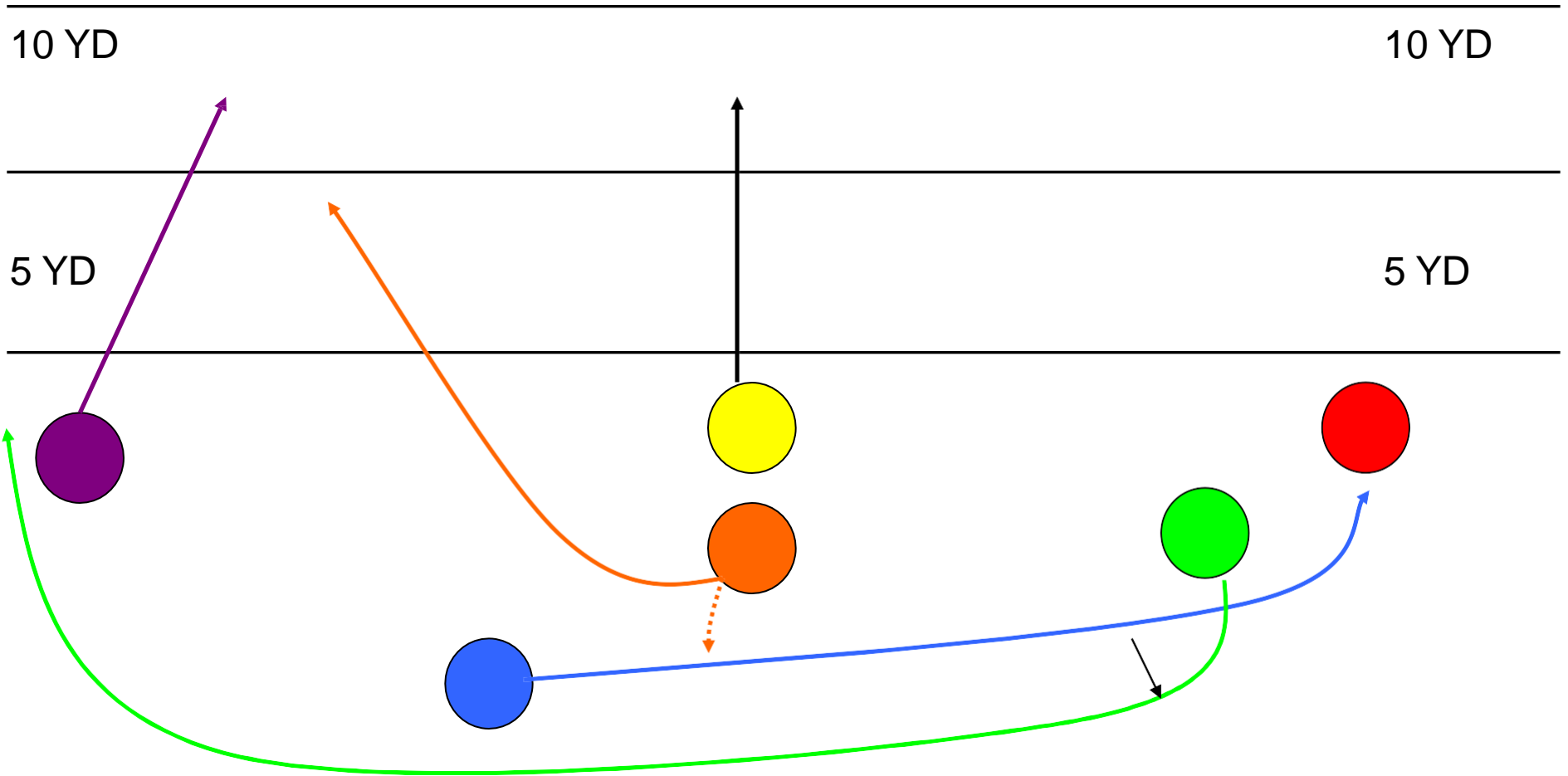
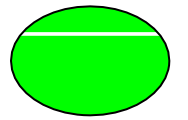
5 YD



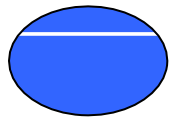
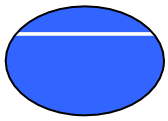
Split Set Right
 Hand-off to Green Run Left
 Green hand to Blue Run Right



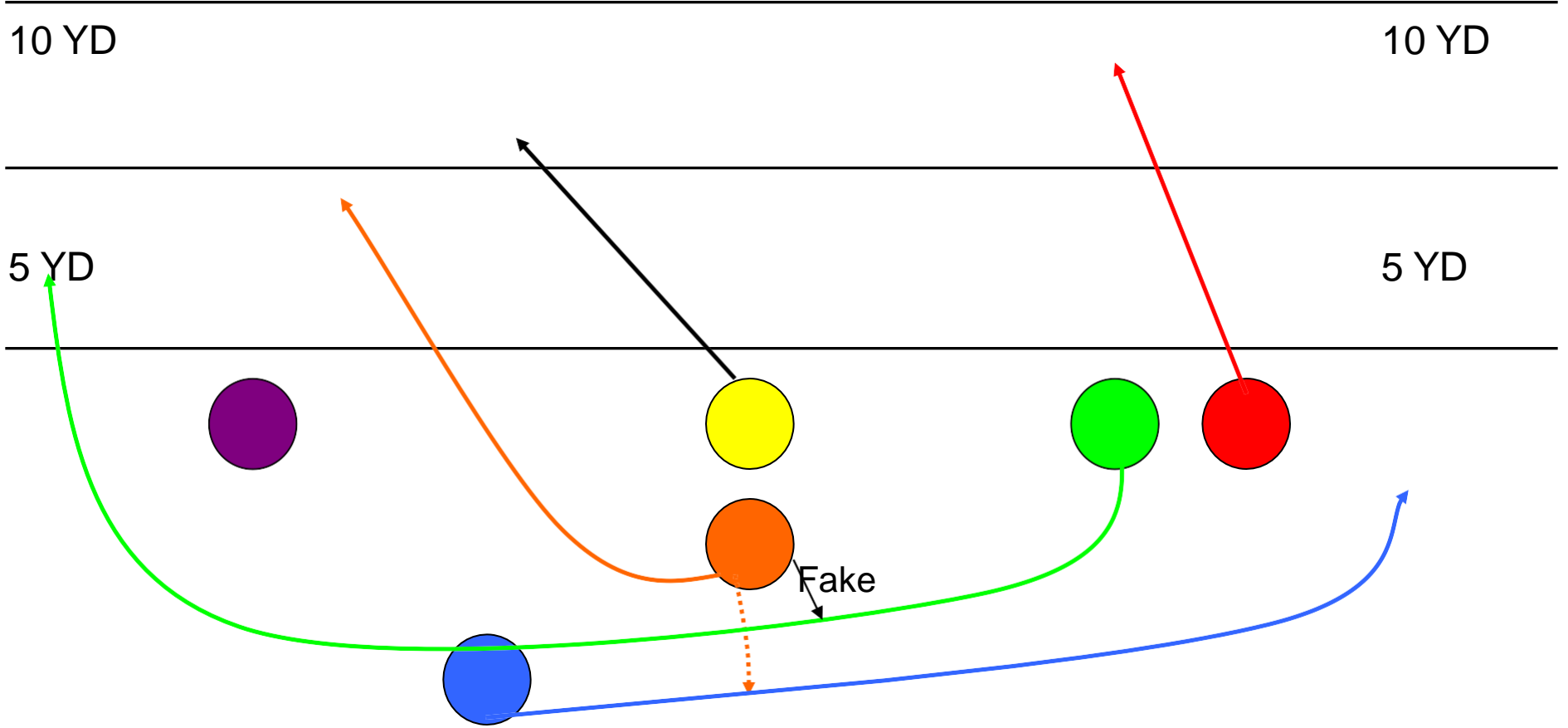
Green Reverse -Left



Splits Set Left
 Hand-off to Blue Run Right
 Blue hand to Green Run Left



Fake End Around - Left

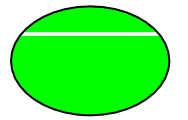
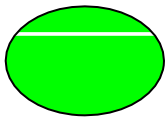


2nd option to this play –
 QB hands the ball directly
 to Green

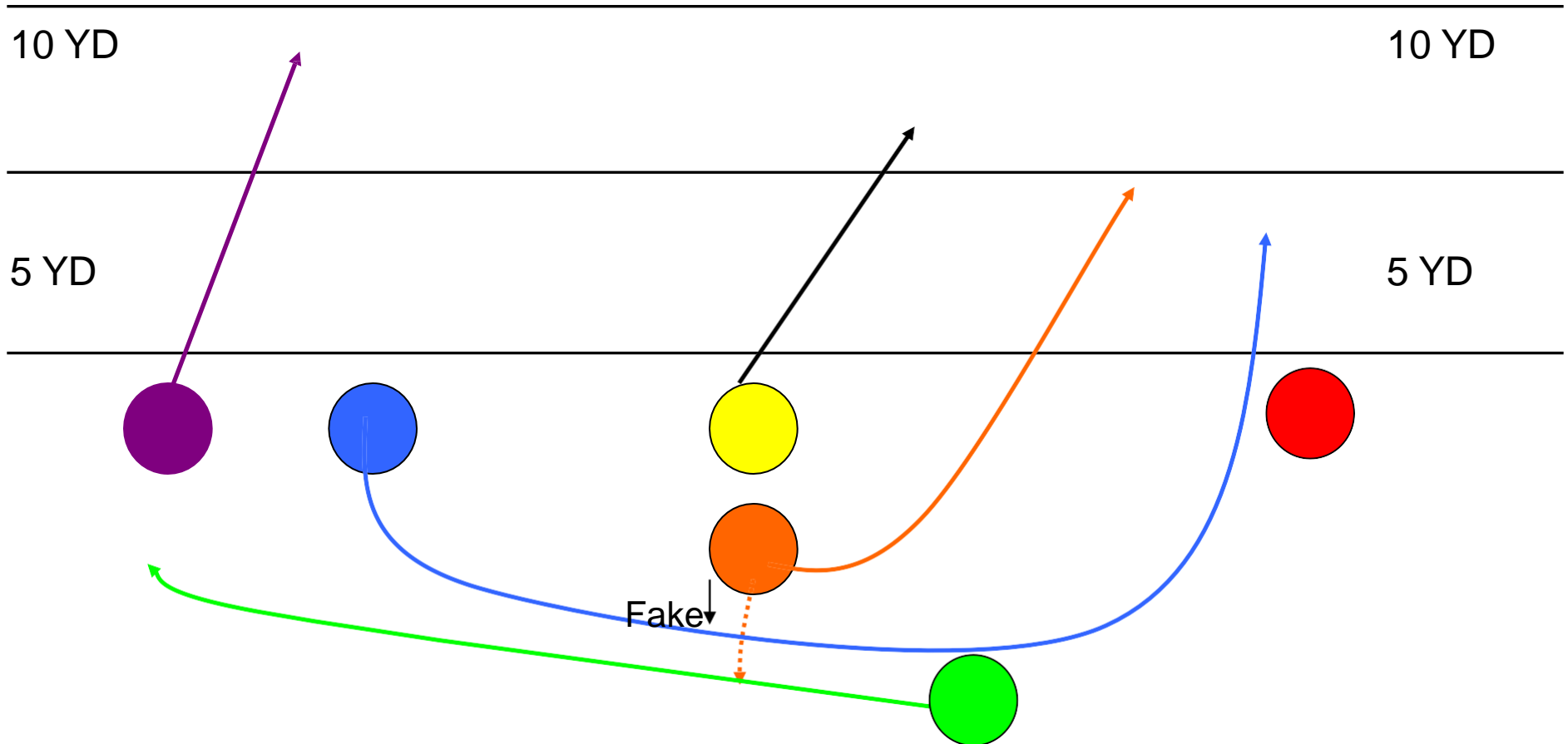
**Blue waits until Green
 runs by.

**Red waits for Blue to get
 ball before running.

Twins Right
 Fake the hand-off to Green
 Hand-off to Blue



Fake End Around - Right

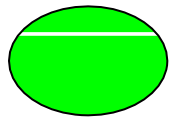
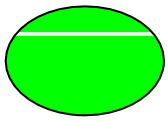


2nd option to this play –
 QB hands the ball directly
 to Blue

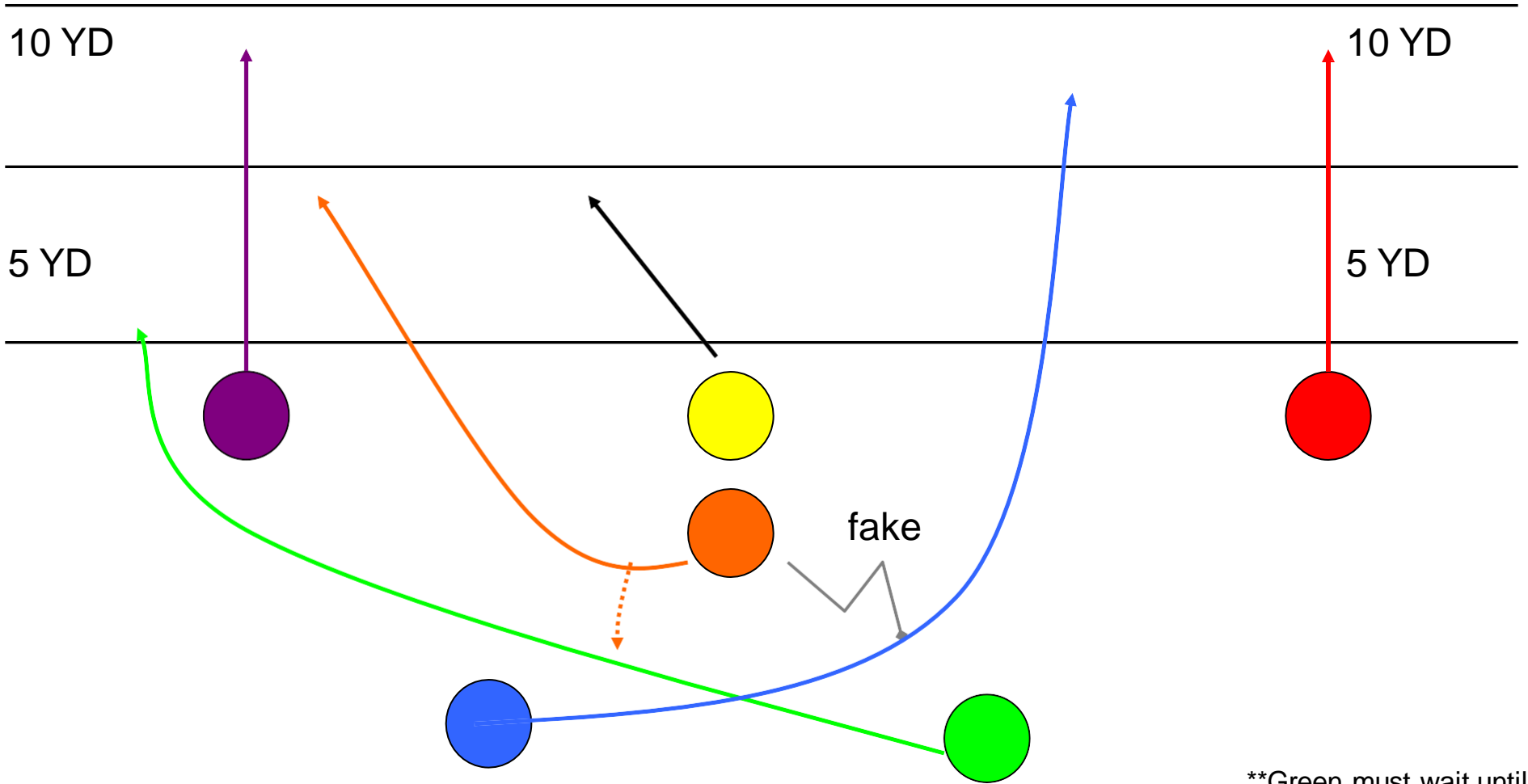
**Green waits until Blue
 runs by.

**Purple waits for Green to
 get ball before running.

Twins Left
 Fake the hand-off to Blue
 Hand-off to Green

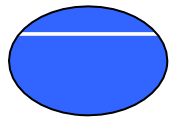
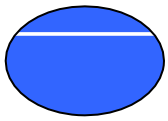


Bull Rush - LEFT

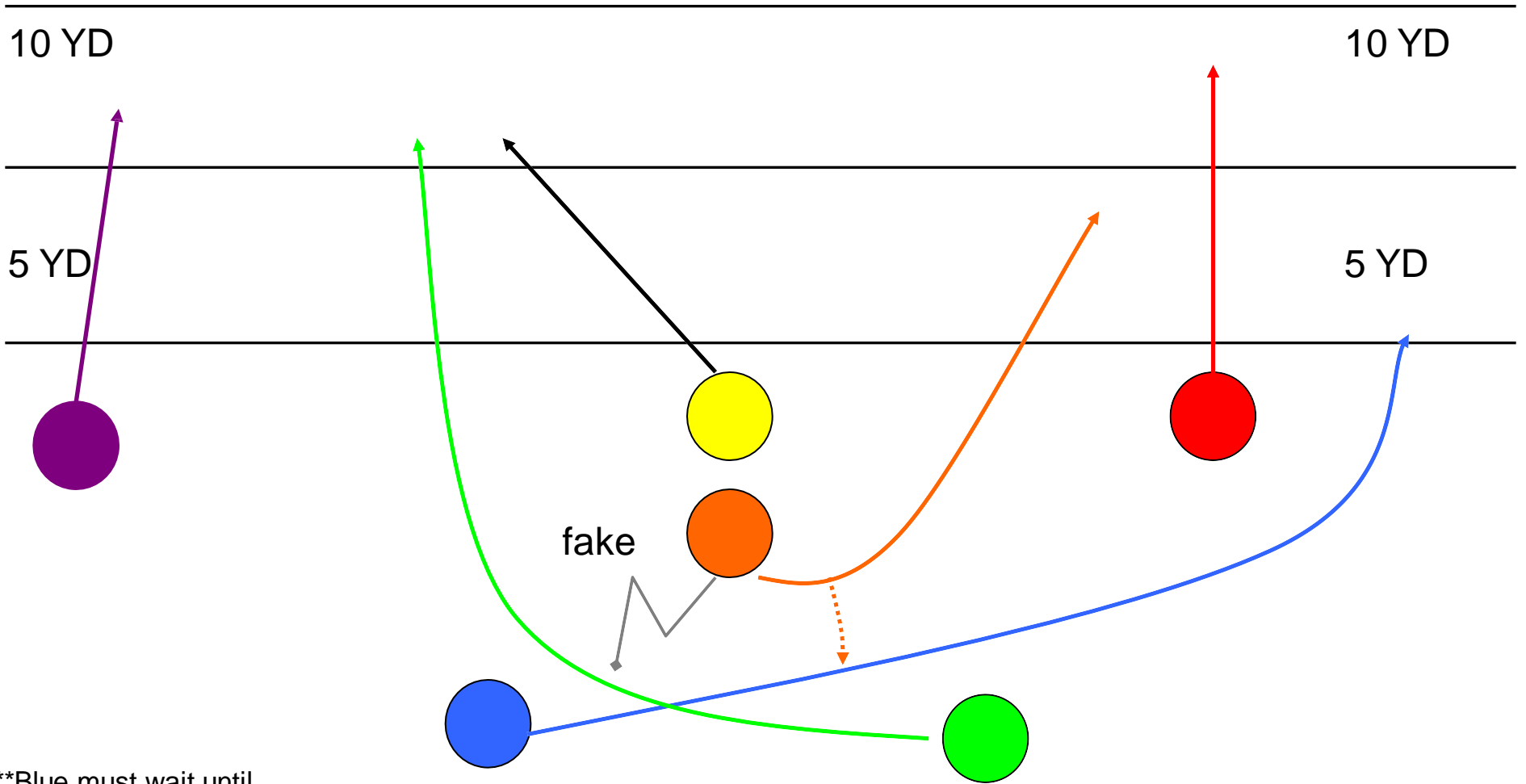


**Green must wait until Blue goes by

Wish Bone
 Fake to Blue Right
 Hand-off to Green Rush Left

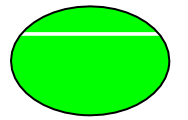
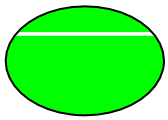


Bull Rush - RIGHT

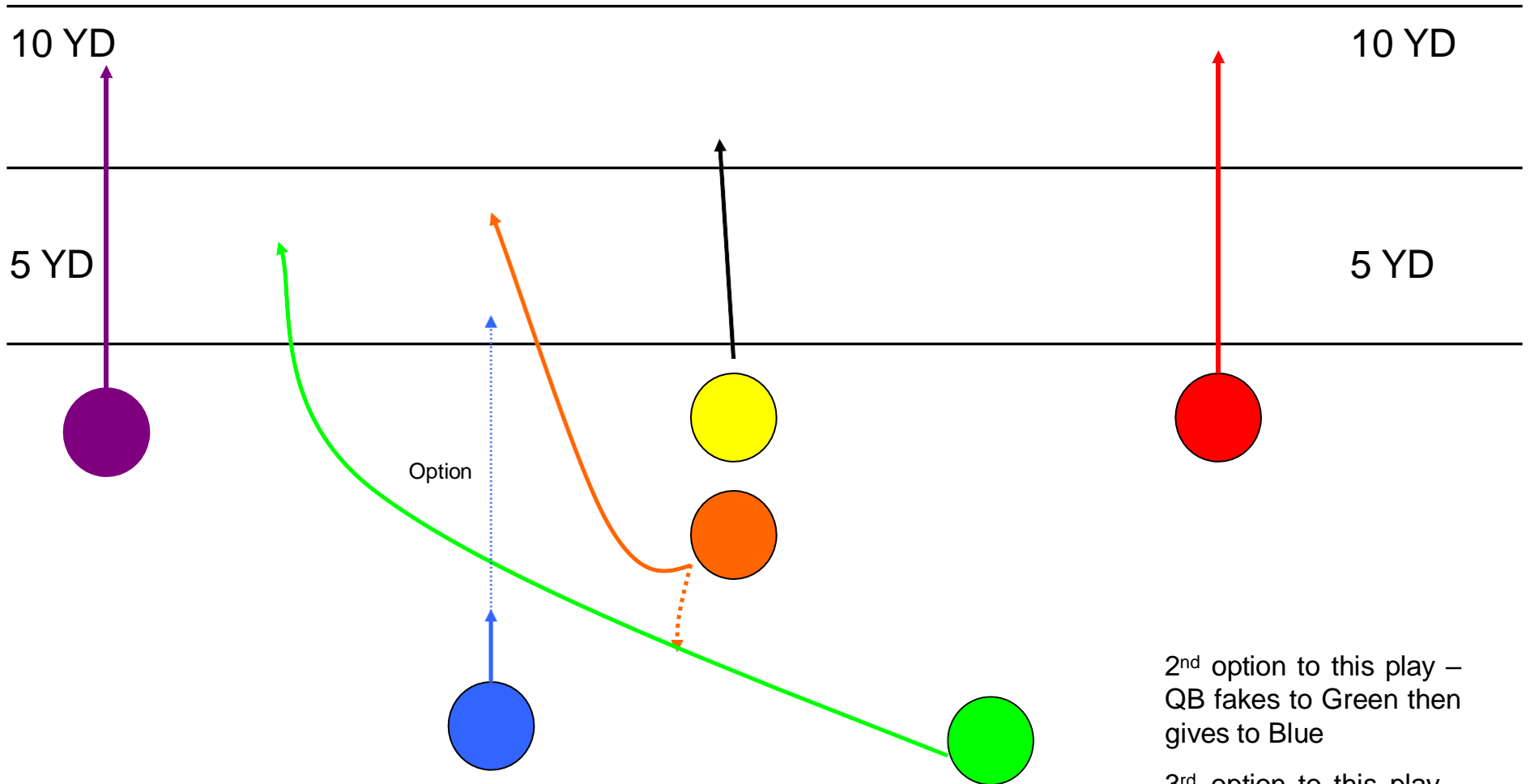


**Blue must wait until Green goes by

Wish Bone
Fake to Green Rush Left
Hand-off to Blue Rush Right



Green Missile - LEFT



**Blue waits until Green goes by

**except during option plays #3 and #4.

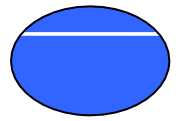
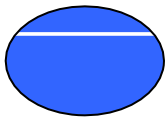
Wish Bone

Hand-off to Green Rush Left

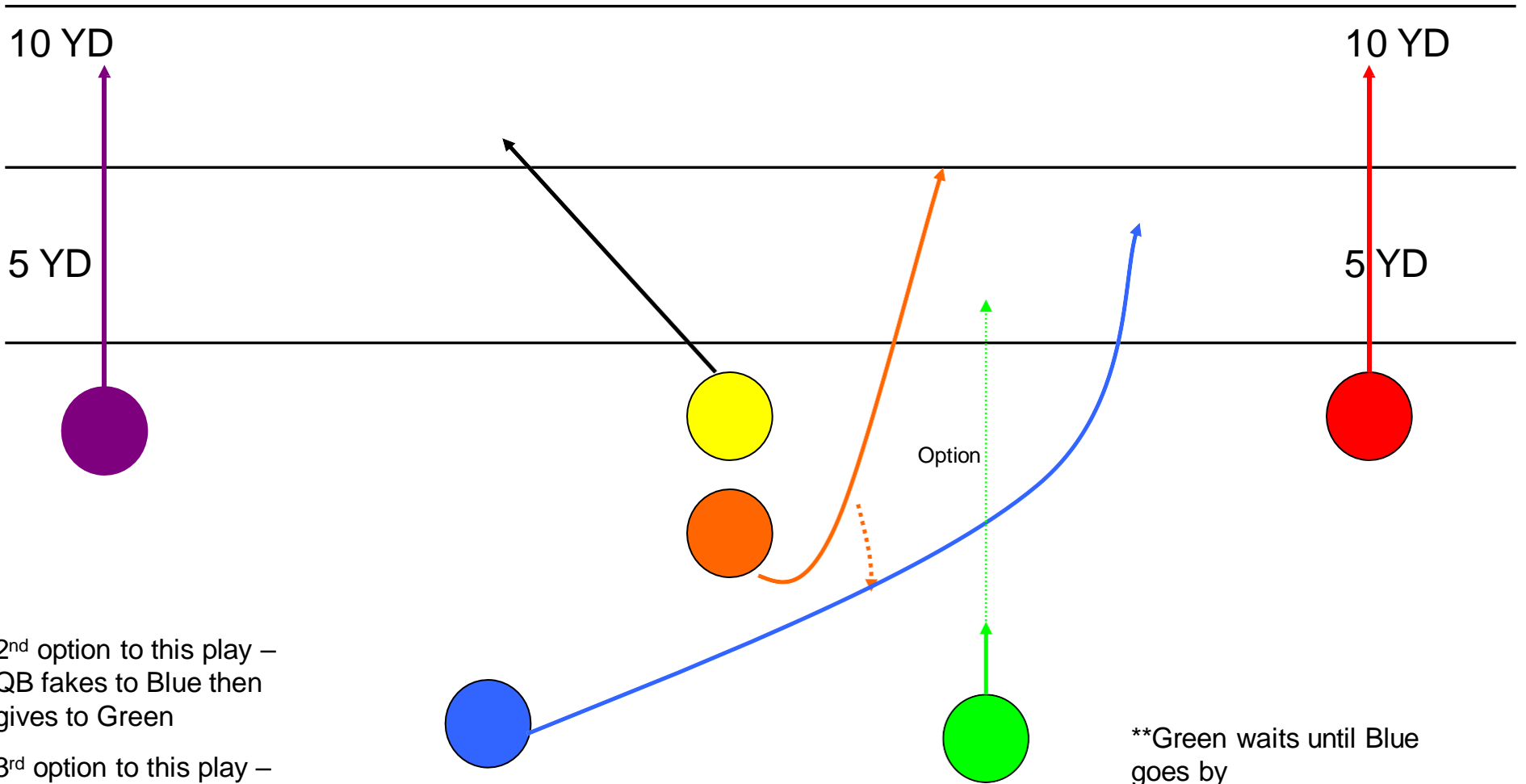
2nd option to this play – QB fakes to Green then gives to Blue

3rd option to this play – QB fakes to Blue going first and hands to Green

4th option to this play – QB gives to Blue and Green follows.



Blue Missile-RIGHT



2nd option to this play –
 QB fakes to Blue then
 gives to Green

3rd option to this play –
 QB fakes to Green going
 first and hands to Blue

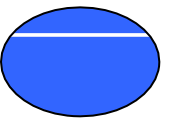
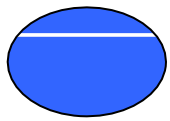
4th option to this play –
 QB gives to Green and
 Blue follows.

**Green waits until Blue
 goes by

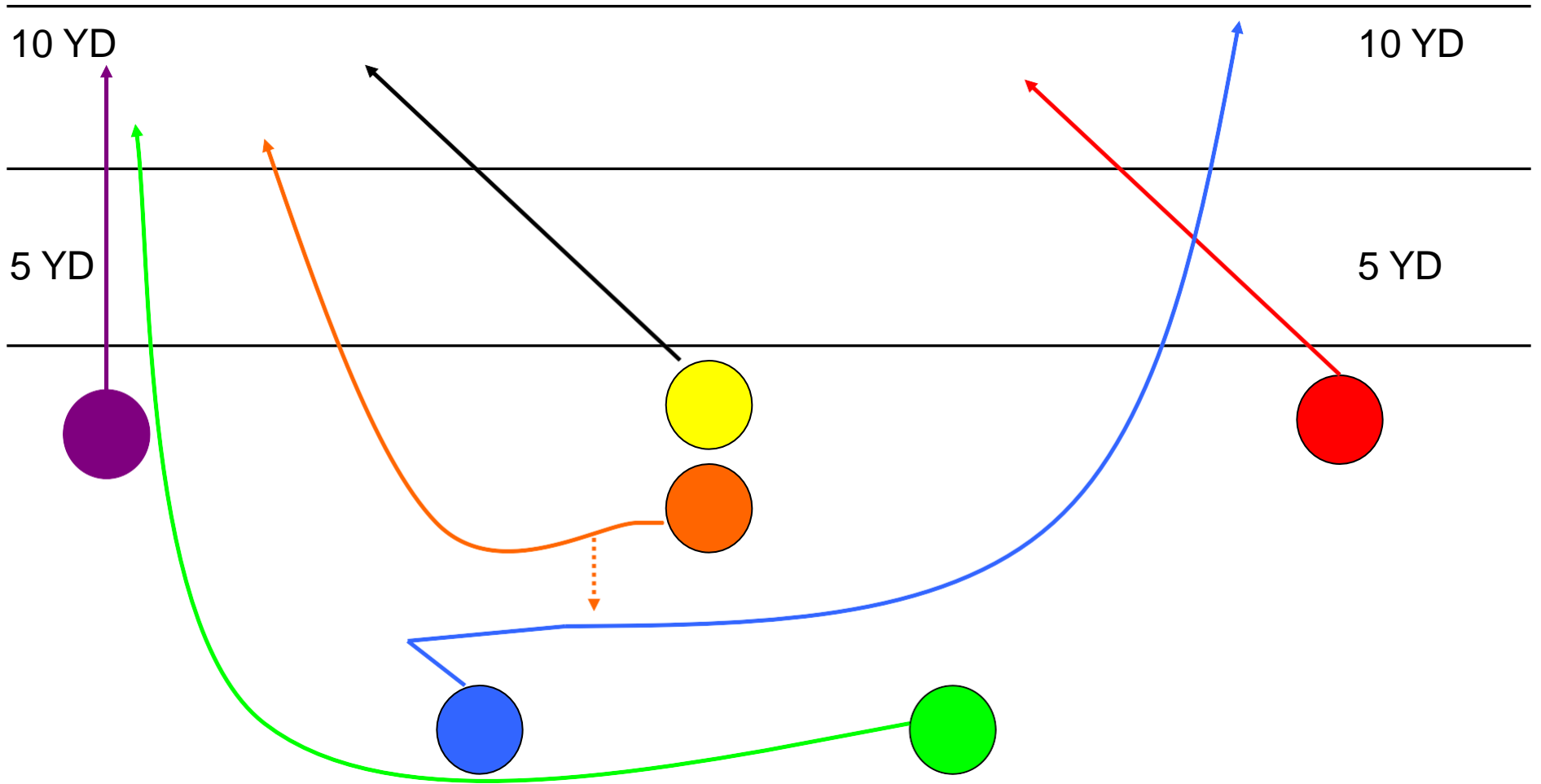
**except during option
 plays #3 and #4.

Wish Bone

Hand-off to Blue Rush Right

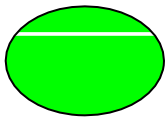


Blue Rocket - Right

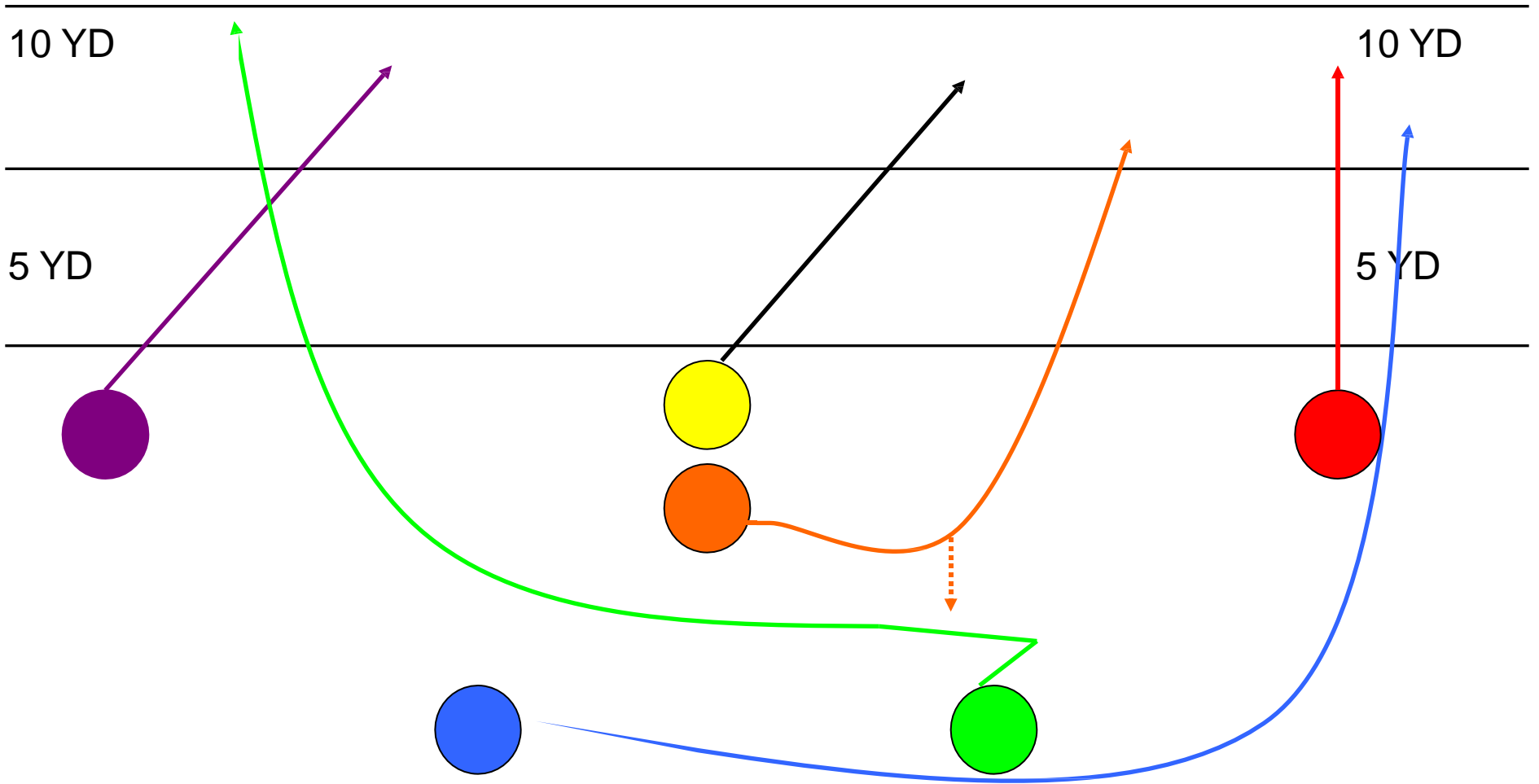
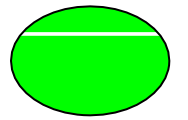


**Blue steps left then goes right

Wish Bone
 QB Run Left
 Hand-off to Blue Running Right
 Green Run Left

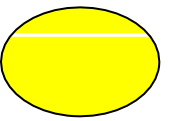
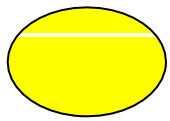


Green Rocket - Left

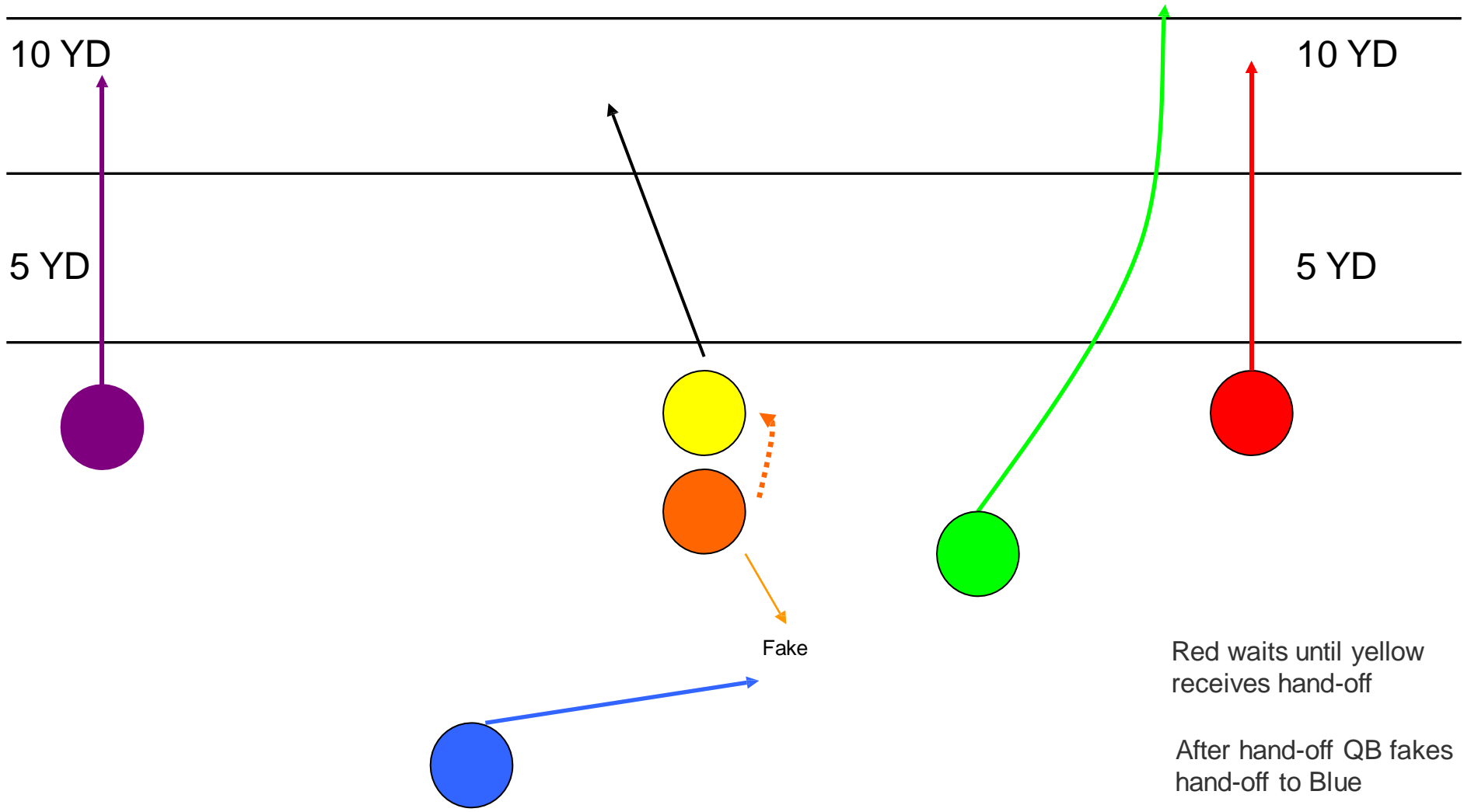


**Green steps right then goes left

Wish Bone
 QB Run Right
 Hand-off to Green Running Left
 Blue Run Right

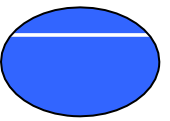
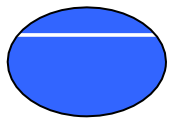


Center Sneak

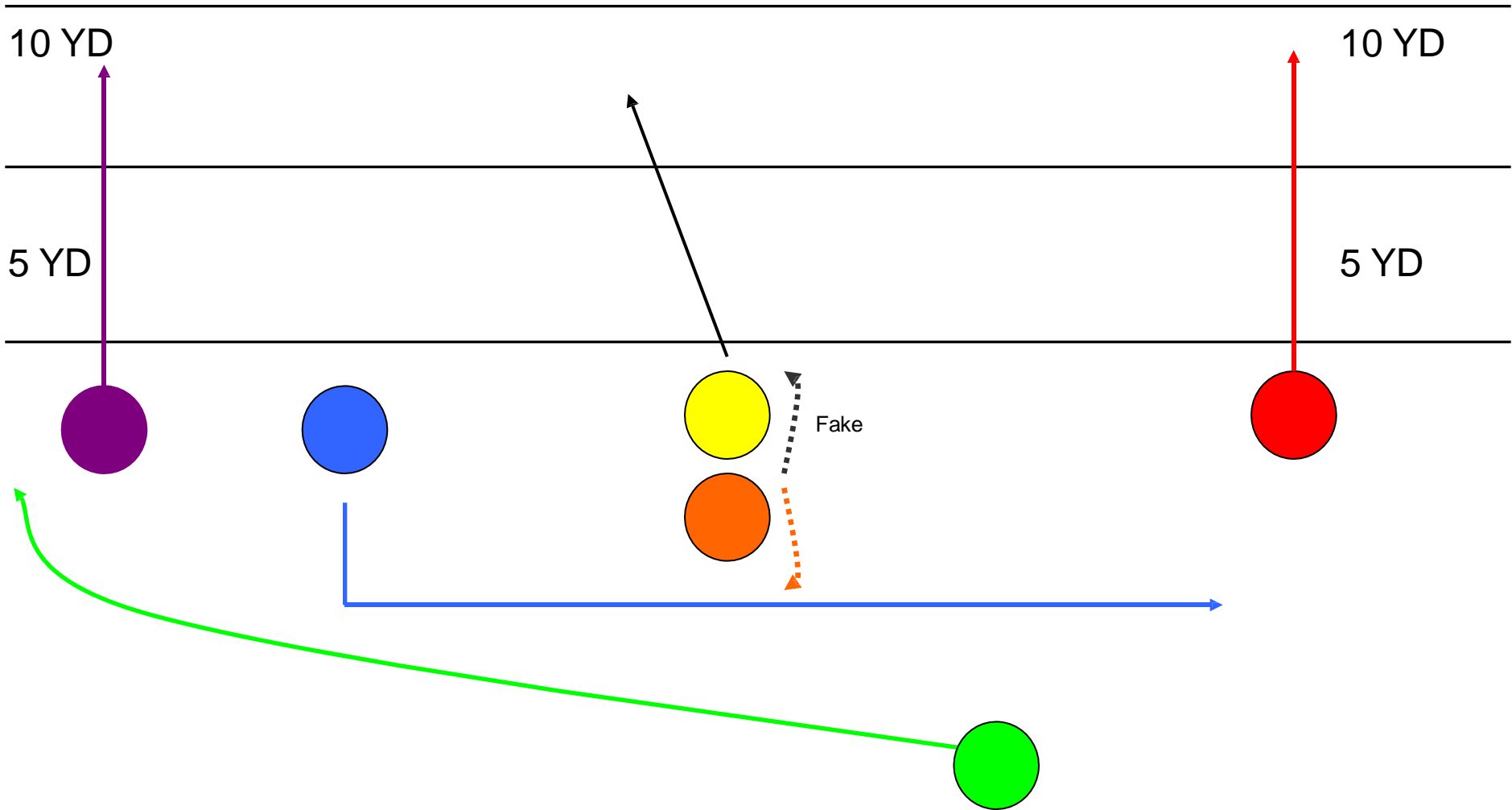


Split Set Left
 Quick Hand-off to Yellow
 Green and Blue run Right

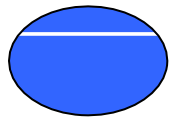
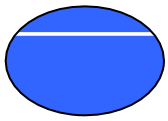
Red waits until yellow receives hand-off
 After hand-off QB fakes hand-off to Blue



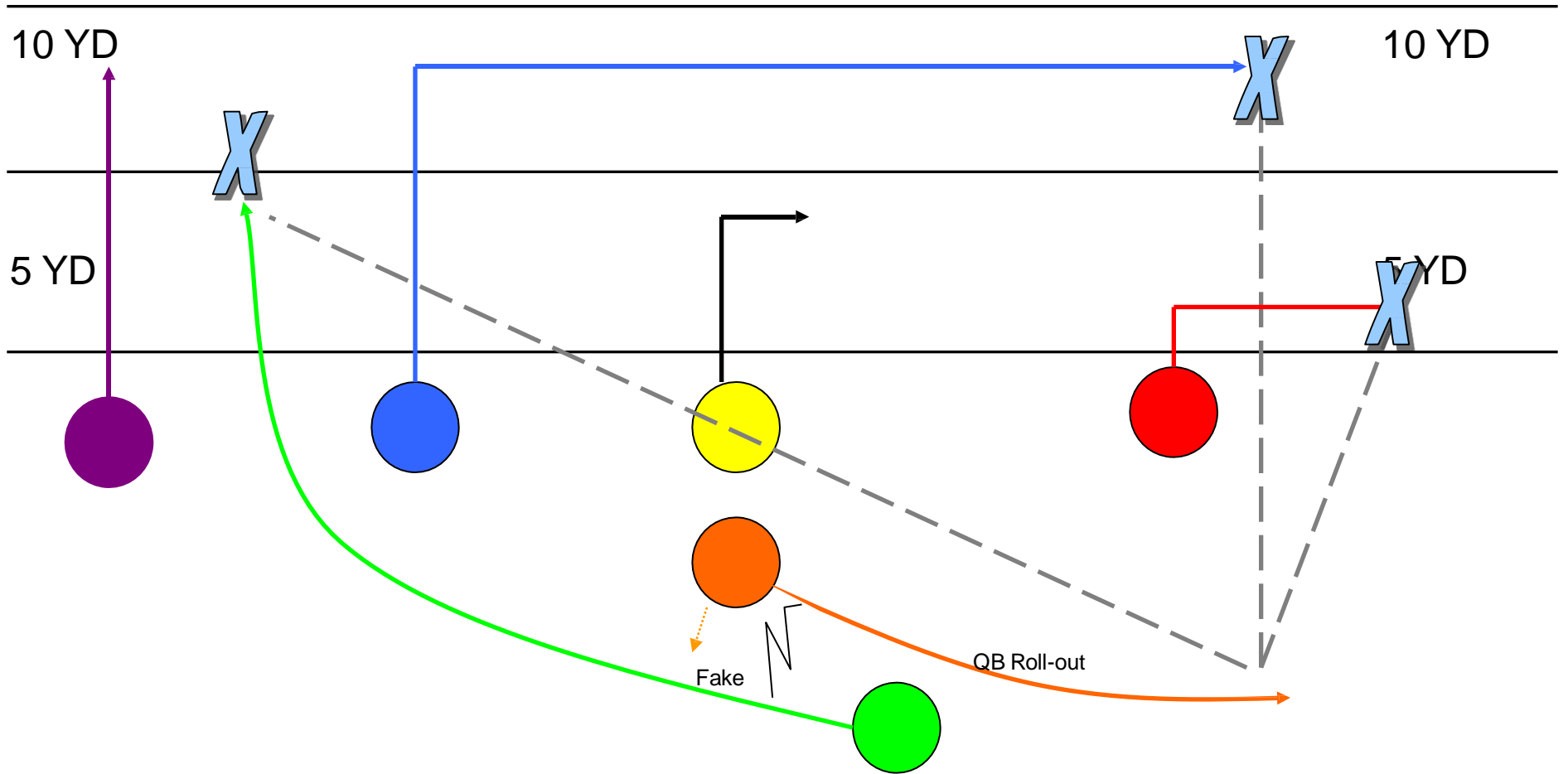
Fake Center Sneak



Split Set Right
Quick Fake Hand-off to Yellow
Hand the ball to **Blue** run Right

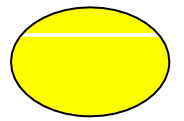
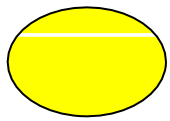


Roll-out Pass- Right

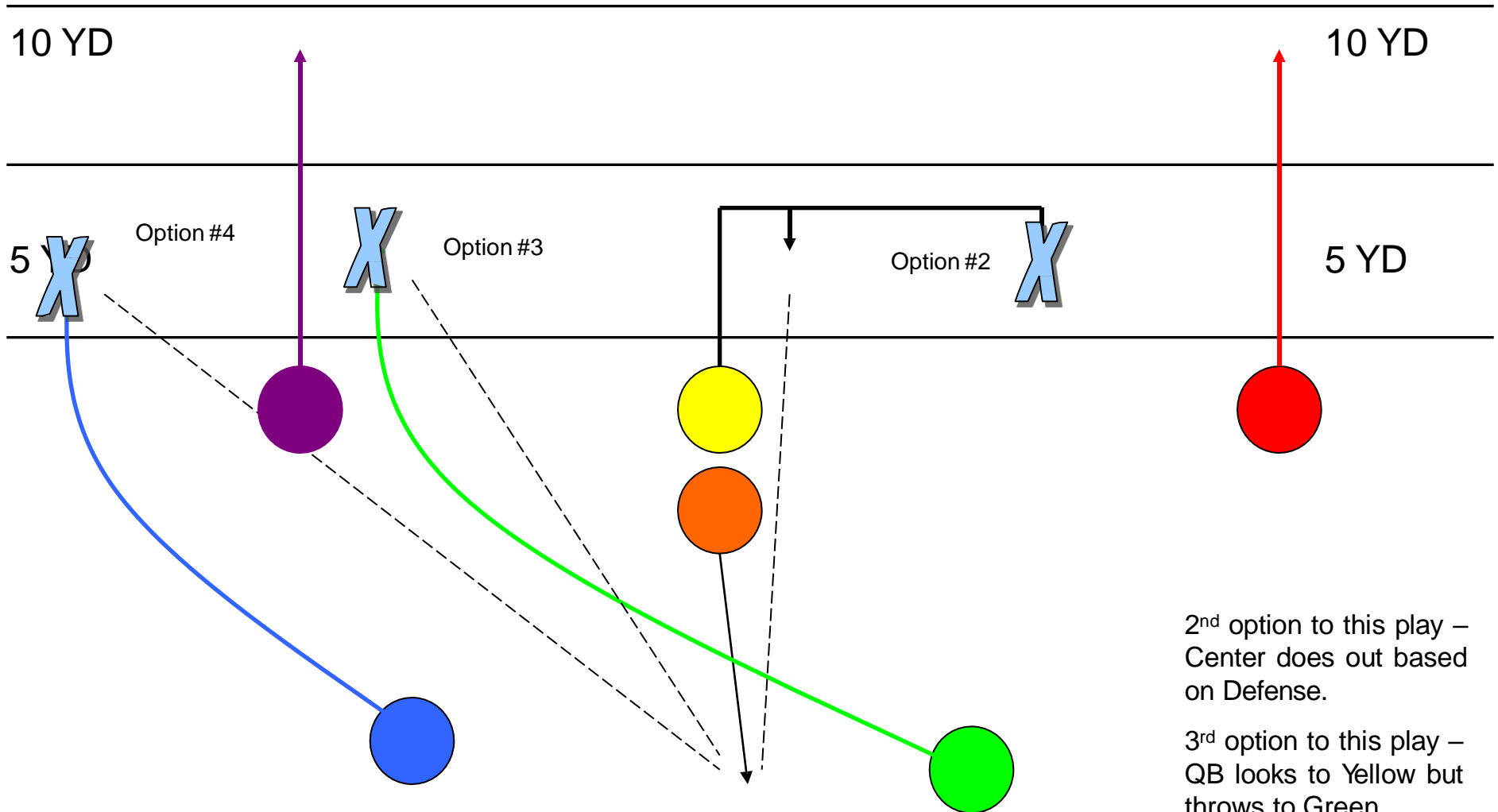


Blue 1st option
 Red 2nd option
 Green 3rd option

Split Set Right
 QB Roll-out Right
 Blue - 5 yard out pattern
 Fake to Green Running Left



Center Pass

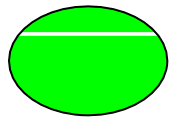
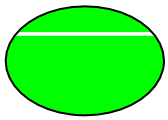


2nd option to this play – Center does out based on Defense.

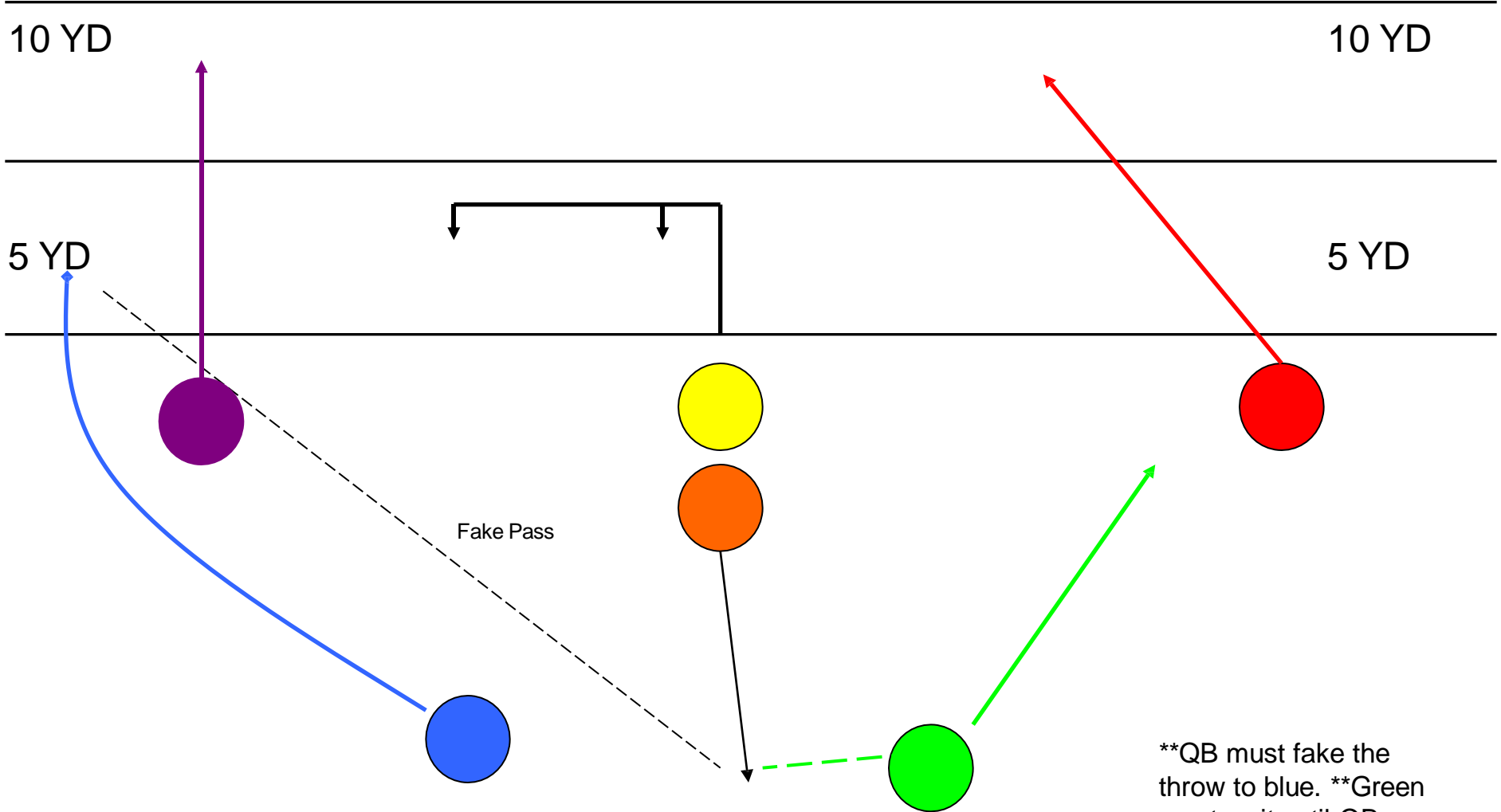
3rd option to this play – QB looks to Yellow but throws to Green

4th option to this play – QB looks to Yellow but throws to Blue.

Wish Bone
 QB Drop back pass to Center
 Green and Blue run Left

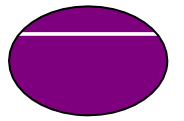
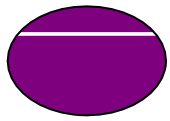


Fake Pass - DRAW

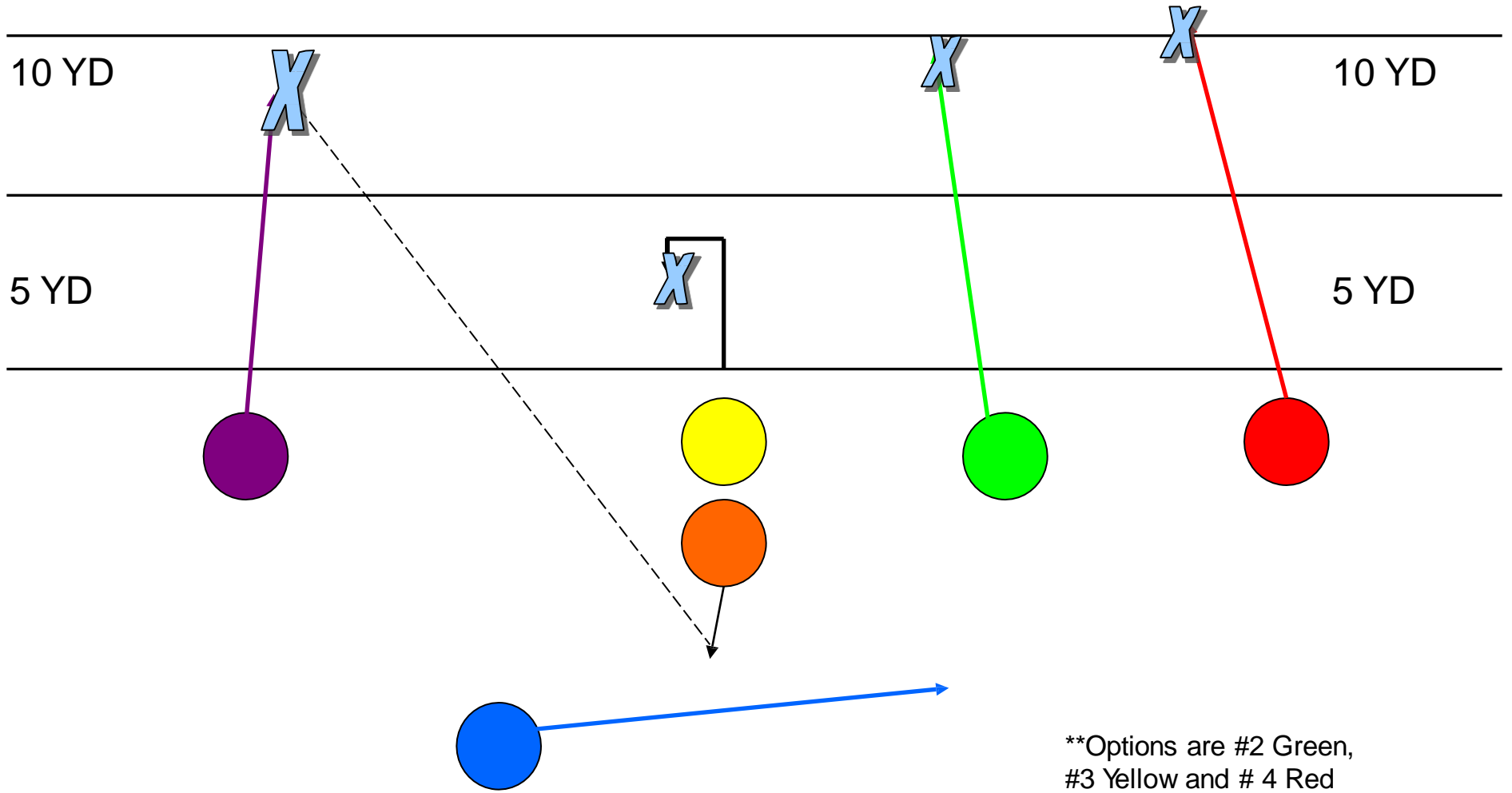


**QB must fake the throw to blue. **Green must wait until QB gives him the ball.

Wish Bone
 QB Drop back pass
 Blue run Left to catch pass
 Green stay to get hand-off

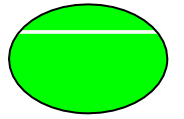
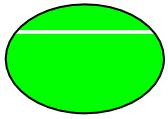


Quick Pass

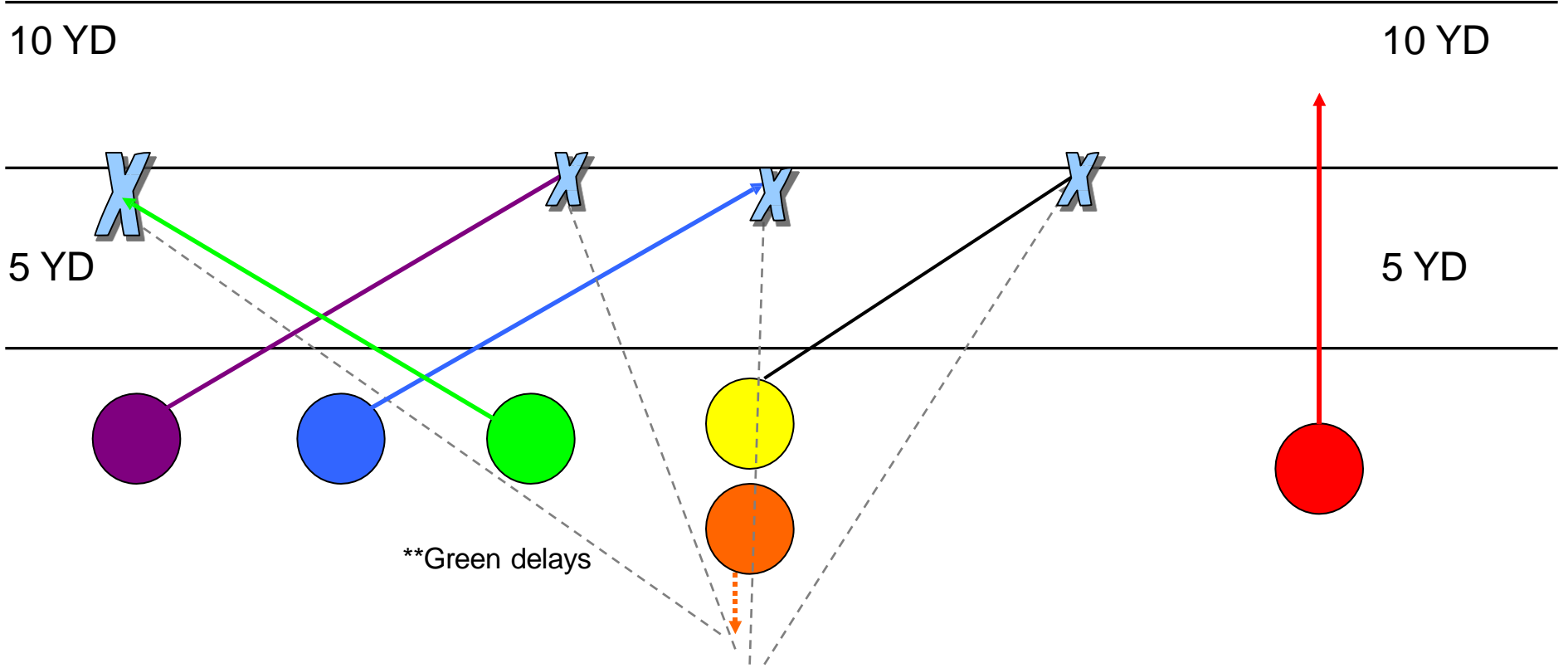


Twins Right

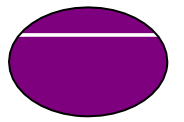
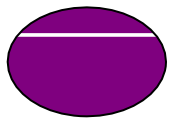
QB Quick Pass to Purple



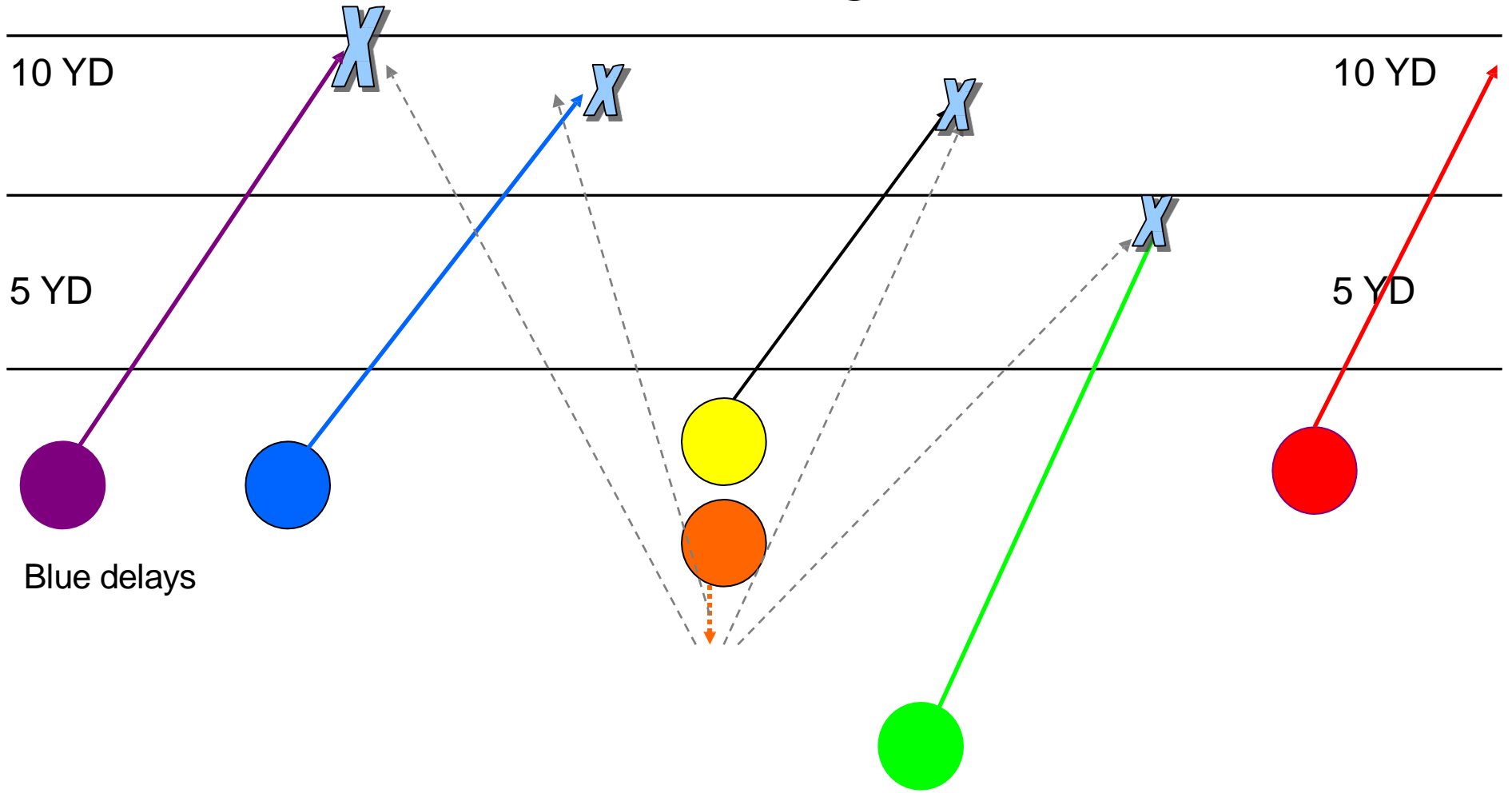
Green Fade Left



Trips Left
First option is Green



All Fade Right

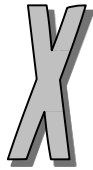


Twins Left
 First option is Purple

4 - 2

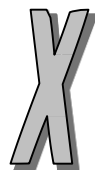
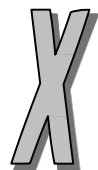
10 YD

10 YD



5 YD

5 YD

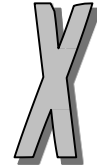
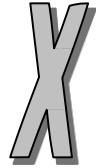
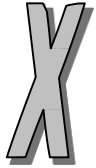


Line of Scrimmage

3 - 3

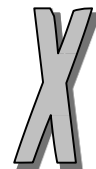
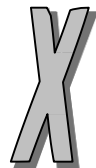
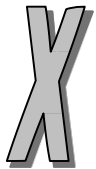
10 YD

10 YD



5 YD

5 YD

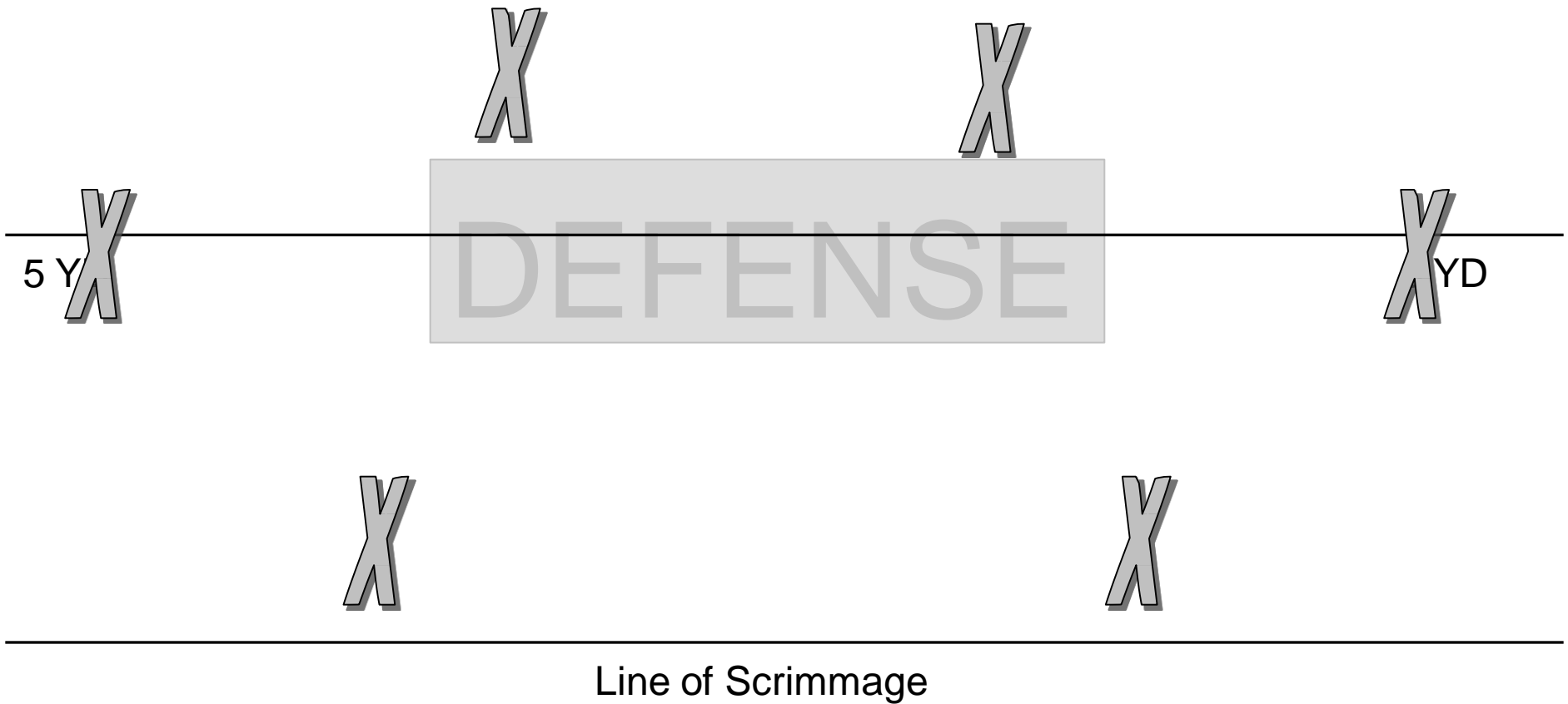


Line of Scrimmage

2 – 2 – 2 Inside

10 YD

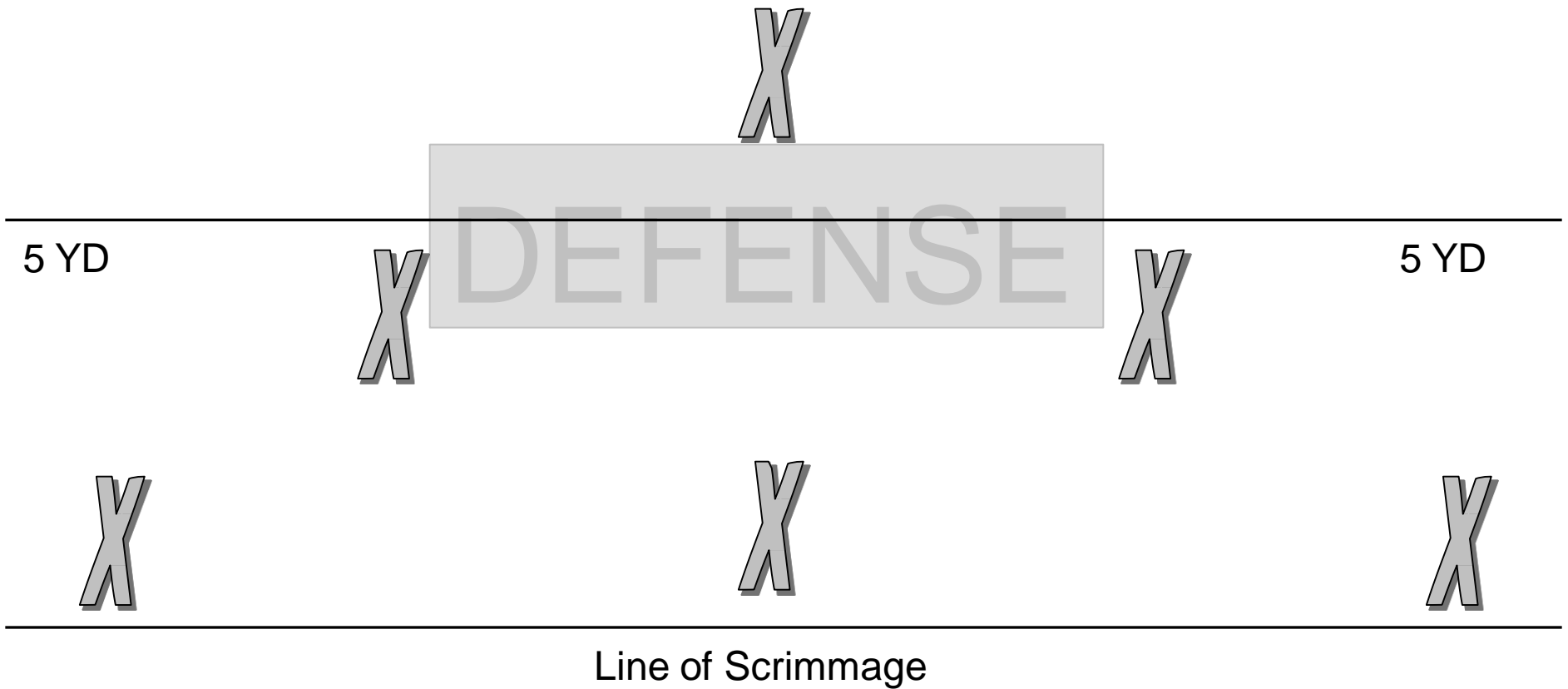
10 YD



3 – 2 – 1 Outside

10 YD

10 YD



Passing Tree

