# FLAGFOOTBALLPLANS <br> Your \#1 Source for Youth Flag Football 

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# Youth Flag Football Plays Practice Plans \& Drills 

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## 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 28 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 too many pages to find and call plays. The book has 28 key plays, each play has other options leading to a total of over 70 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 handoffs 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 $\mathrm{him} / \mathrm{her}$ 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.

## Passing Drill:

This drill is designed to get the receivers and QB in tune with each other. Timing in the pass plays are critical to success. The QB should know which receiver is going to be his first option, but should also be prepared to make quick decision. In the drill the QB will not look at the intended receiver until he is prepared to throw the ball. The coach will yell out which receiver is getting the ball once the play starts. I use this drill as my warm-up before games. It focuses on the fundamentals of running plays and establishes timing with the QB and Receivers.
The Drill: Set-up the Split Set Offense. QB, Center, two RB positions and receivers. . All the remaining players will get in lines at the RC positions. Have a coach stand directly in front of the Center/QB and call out which RC is getting the ball, either left or right, along with any fakes. Call out the play and have the team run the play as is originally designed. During the play the QB should be prepared to throw to the designed receiver at the proper spot. Once this timing is established, start throwing to the optional receivers. Calling out the receiver while the play is running is a good addition to the drill. All players should focus on running their pattern each time.

## 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 due to 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 you 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 RIGHT




Running Back


Running Back

## WISH BONE LEFT



Running Back

## SPLIT SET - LEFT



## SPLIT SET - RIGHT



Running Back

## TWINS - RIGHT




Running Back


Running Back

## TWINS - LEFT



Running Back

## TRIPS - LEFT



Wide Receiver
Wide Receiver
Wide Receiver
Center


Quarterback


Running Back


Running Back

## Speed Green - Right

10 YD

Wish Bone Left
Hand-off to Green - Run Straight

## Speed Blue - Left



## Wish Bone Right <br> Hand-off to Blue - Run Straight

## Blue Sweep - RIGHT



Wish Bone Left
Green Leads Right

## Green Sweep - LEFT



Wish Bone Right
Blue Leads Left
Hand-off to Green

## End Around - Left



## End Around - Right



## Reverse - 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



## Fake End Around - Right



Twins Left
Fake the hand-off to Brown

## Bull Rush - LEFT



Wish Bone Right
Fake to Blue Right

## Bull Rush - RIGHT



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

## Green Missile - LEFT



## Blue Missile-RIGHT



## Blue Rocket - Right


**Blue steps left then goes right

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

## Green Rocket - Left



Wish Bone Left
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

## Fake Center Sneak



Wish Bone Left
Quick Fake Hand-off to Yellow
Hand the ball to Brown run Right

## Roll-out Pass- Right



Split Set Right
QB Roll-out Right
Blue $1^{\text {st }}$ option
Red $2^{\text {nd }}$ option
Green $3^{\text {rd }}$ option
Blue - 5 yard out pattern
Fake to Green Running Left

Center Pass
10 YD

QB Drop back pass to Center Green and Blue run Left

## Fake Pass - DRAW



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

## Quick Pass



Split Set Left Twins Right
QB Quick Pass to Purple

## QB Pass - Left



Twins Left
Hand-off to Blue - Run Wide Right Blue passes back to QB

## Green Fade Left



Trips Left
First option is Green

All Fade Right


Twins Left
First option is Purple

$$
4-3
$$



$$
3-3-1
$$



## $3-2$ - 2 Inside



Line of Scrimmage

## 3-2-2 Outside



## Passing Tree




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