GC Flag Football Week 1

Fundamentals of Flag football

OVERVIEW & PURPOSE

Understand offense vs. defense, learn basic skills to complete a flag football game

OBJECTIVES

Offense

      a. Throwing, catching, handoffs, 2-3 routes

Defense

      b. Rushing, man defense, flag pulling

Game play

      c. How to play!

EQUIPMENT NEEDED

1. Footballs
2. Cones
3. Flags

PRACTICE PLAN

15 minutes- Offensive skills

1. Partner pass- 5 minutes
    a. How to hold football
    b. Step opposite foot
    c. Follow through
2. Handoffs- 5 minutes
    a. Arm closes to QB up, other arm down, allow QB to put ball into cradle dont

reach

3. Routes- 5 minutes
    a. Slant- 3-5 yards and diagonal into middle of field
    b. In- 5-10 yards, 90 degree cut into middle of field
    c. Out- 5-10 yards, 90 degree cut towards sideline

10 minutes- Defensive skills

1. Rushing- 5 minutes
    a. Break down at QB
        i. Run towards QB then chase QB or coach- track hips, break down, don't over pursue
2. Man Defense- 5 minutes
    a. Footwork- Backpedaling into turn (open hip, don't cross feet to turn)
    b. Eyes- track hips and break when receiver breaks
3. Flag pulling- 5 minutes
    a. One player is the flag puller and stands in a box 2 yards by 2 yards, everyone else stands in a single file line outside of the box. The first person in line runs towards the flag puller, flag puller must keep feet active and attempt to pull flags. Once the first person's flag is pulled the next player should run towards the flag puller. Offensive player can do any move to avoid having flags pulled.
    b. Skills- open palm, slap hips- keep feet active and track hips

20 minutes- Offense/ Defense Team

1. Game flow of offense- 10 minutes
    a. How many people on the field
    b. How to line up- center, receivers, QB, RB
    c. Cadence- Set Hut
    d. How to get first downs
    e. PRACTICE
2. Game flow of defense- 10 minutes
    a. How many people on the field
    b. How to line up- rush line, defenders (man vs. zone alignment)
    c. Interceptions- can return for TD
    d. How to get turnover
    e. PRACTICE