

# GC Flag Football Week 3

## *Fundamentals of Flag football + Game Play*

### OVERVIEW & PURPOSE

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

### OBJECTIVES

#### Offense

- k. Fundamentals- Throwing, catching, handoffs
- l. Add 2-3 additional routes
- m. Create 2-3 core offensive plays

#### Defense

- n. Fundamentals- Man defense, flag pulling
- o. Add zone defense
- p. Focus on communication

#### Game play

- q. How to play!

### EQUIPMENT NEEDED

- 7. Footballs
- 8. Cones
- 9. Flags

### PRACTICE PLAN

15 minutes- Offensive skills

- 7. Partner pass- 3 minutes
  - a. How to hold football, step opposite foot, follow through

- b. Add distance or movement to throws
- 8. Routes- 10 minutes PRACTICE
  - 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
  - d. Post- 7 yards, 45 degree cut towards middle of field
  - e. Go- Run straight, look for ball after 10-15 yards

15 minutes- Defensive skills

- 7. Man Defense- 3 minutes
  - a. Footwork- Backpedaling into turn (open hip, don't cross feet to turn)
  - b. Eyes- track hips and break when receiver breaks
- 8. Flag pulling- 2- 3 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 players can do any move to avoid having flags pulled.
  - b. Skills- open palm, slap hips- keep feet active and track hips
- 9. Zone Defense- 10 minutes
  - a. 7 man zone-
    - i. 1 rusher (starts at rush line)
    - ii. Cover 3- 2 CBs and 1 LB, responsible for underneath  $\frac{1}{3}$  up to 10 yards deep. 3 safeties, responsible for deep  $\frac{1}{3}$  each.
    - iii. Cover 2- 2 CB responsible for outside  $\frac{1}{4}$  to sideline- 10 yards deep + 2 LBs responsible for middle  $\frac{1}{4}$  10 yards deep. 2 safeties, responsible for deep  $\frac{1}{2}$  each
    - iv. Cover 4- 2 LBs responsible for  $\frac{1}{2}$  up to 10 yards. 2 CBs + 2 safeties responsible for  $\frac{1}{4}$  deep each
  - b. FOCUS ON COVER 2
    - i. Drill: Place each player in their zone. All extra players run around the field as offensive players. The defense's objective is to communicate to their teammate when a player is entering or exiting their zone "In in in" "out out out" "going deep" "middle" etc.
    - ii. Let the offensive players run around randomly for about 1 minute before stopping the drill.

15 minutes- Offense/ Defense Team

5. Game flow of offense- 7 minutes
  - a. Create 2 run plays- hand off left + hand off right
  - b. Create 2 easy pass plays- look for quick slants (every WR should have a route but keep it simple and know who the target is)
  - c. PRACTICE
6. Game flow of defense- 7 minutes
  - a. Man defense
  - b. Cover 2
  - c. PRACTICE