

GC Flag Football Week 4

Fundamentals of Flag football + Game Play

OVERVIEW & PURPOSE

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

OBJECTIVES

Offense

- r. Fundamentals- Throwing, catching, handoffs
- s. Continue to build playbook

Defense

- t. Fundamentals- Man defense, zone defense, flag pulling

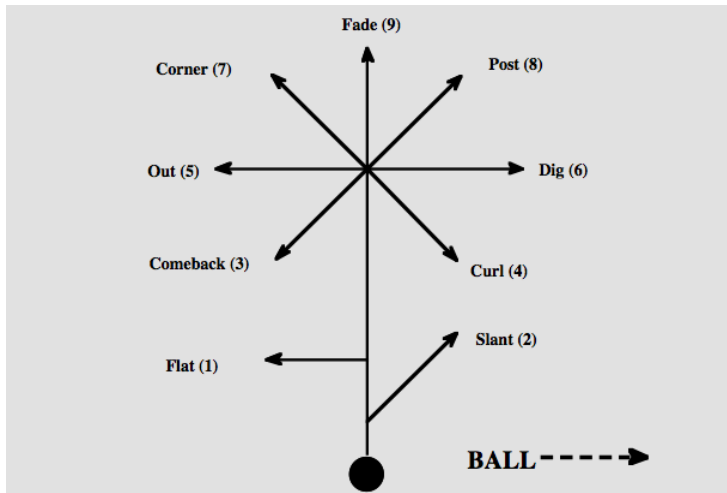
Game play

- u. How to play!

PRACTICE PLAN

15 minutes- Offensive skills

- 9. QB/WR- Route tree
 - a. Run through all receiver routes
 - i. Two lines on either side of QB
 - ii. Arrow, slant, In (dig), Out, Curl, Comeback, Post, Corner, Go (fade)



10. Practice hand off timing

- a. Line up offense- go through all run plays

11. Practice offense all together- focus on tempo, huddle, getting set on line

15 minutes- Defensive skills

10. Man Defense

- a. Footwork- Backpedaling into turn (open hip, don't cross feet to turn)
- b. Eyes- track hips and break when receiver breaks
- c. Drill- 2 players side to side, back pedal ~5yards, QB or coach turns to left or right. Player on that side becomes receiver, other player becomes defender- undercut route

11. Flag pulling

- 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.

12. Zone Defense

- 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
- 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- Create plan!