

# Youngstown Youth Flag Football Drills: Overview

## **Drill #1: Warm-Up Drill: "Jingle-Jangle"**

This is a good way to begin practice. After a short stretching period this drill gets players loose and warmed up, while also helping them practice their agility and footwork.

## **Drill #2: Centre QB Exchange**

Purpose: To develop proper snapping technique. This is a relay race. The quarterback and centre on each team start the race.

## **Drill #3: Passing Drill: Progressive QB**

This drill helps refine and improve passing technique by concentrating on proper arm and hand movement.

## **Drill #4: Passing**

Purpose: To develop proper passing technique. Participants pass the football back and forth to their partner.

## **Drill #5: Individual Pass Patterns**

Learn about the Yard Curl, Yard Out, Yard Post, Post Corner, Streak and the Yard Smash

## **Drill #6: Passing and Receiving: Run & Shoot**

This drill helps players understand simple passing routes, from the perspective of both quarterback and receiver.

## **Drill #7: Passing & Receiving**

Purpose: To develop running, passing, and receiving skills. This is a relay race. The object is for QB 1 to pass to WR 1, who has run to cone (A) to catch the ball.

## **Drill #8: Passing & Receiving**

Purpose: For a WR to find an open area in order to catch a pass. The object is for the QB's to pass the football around until an opportunity arises to throw the football to the WR.

## **Drill #9: Passing & Receiving**

Purpose: To develop proper pass patterns and defensive skills. The WR snaps the football to the QB and the WR runs a 5-yard "out" pattern. The cones are set out to indicate direction.

## **Drill #10: Passing & Receiving**

Purpose: To develop proper receiving and passing skills. Teach participants how to spread out and use the entire field.

# Youngstown Youth Flag Football Drills: Overview Continued

## **Drill #11: Pass Pattern Combinations**

Learn about the Streak Out, Streak Curl, Post Out, Corner Smash, Curl Post Corner and the Twin Curl.

## **Drill #12: Tosses**

Purpose: To develop proper tosses or pitches. Set out a 20 x 20-yard area. Divide teams into even groups and place players opposite each other across the line about 5 yards apart.

## **Drill #13: Running with the Ball**

Purpose: To develop running skills. This is a relay race between teams. The first participant in each line has a football and will run with the football around each cone and then come back to the beginning of his/her line.

## **Drill #14: Running with the Ball**

Purpose: To develop running skills and avoid having the flag pulled. Relay race between teams. Drill is completed when all RBs have run through the mini end zone once.

## **Drill #15: Running with the Ball**

Purpose: To develop running skills and avoid having the flag pulled. Pair players up – one as a RB and one as a DB. The DB is in back of the RB and chasing the RB from behind.

## **Drill #16: Defense**

Purpose: To develop defensive back skills. The object is for the RB to run along the line of scrimmage and select an area between the cones to run through.

## **Drill #17: Defense**

Purpose: To develop running skills and avoid the DB. Also teaches RBs to run to an open area. The object is for the RBs to run past the DBs to the opposite end zone without getting their flags pulled.

## **Drill #18: Defense**

Purpose: To develop the defensive skills of pulling the flag and following a WR. This is a mirror drill. Players must "mirror" and stay with the player lined up across from them.

## **Drill #19: Defense**

Purpose: To develop defensive skills of backpedaling and pulling the flag. Pair up kids – one group is WRs, the other DBs. Each DB will backpedal and "mirror" the WR. All players will start in slow motion on the instructor's command.

## **Drill #20: NFL Ultimate**

Purpose: To develop awareness and feel for the flag football concept. The concept is for the team with the football to pass the ball to teammates without dropping the ball, all the while moving the ball toward the end zone.

## **Youngstown Youth Flag Football Drills: #1 Warm-Up Drill: "Jingle-Jangle"**

This is a good way to begin practice. After a short stretching period, this drill gets players loose and warmed up, while also helping them practice their agility and footwork.

**Developmental Goals:** Improve balance, footwork, and change of direction.

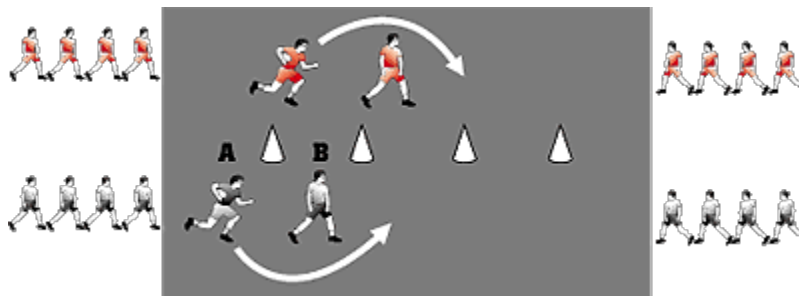
### **Drill Outline:**

Place cones at corners of 15-yard square. Line up players at one corner of square. Players then:

1. Sprint to first cone
2. Side-step to second cone
3. Backpedal to third cone
4. Sprint back to beginning of line.

Throw a football to each player as he or she finishes the drill. Repeat drill to other side after everyone has had a turn.

## Youngstown Youth Flag Football Drill #2: Centre QB Exchange



**Developmental Goals:** To develop proper snapping technique.

**Set Up:** Set out a 20 x 20-yard area. Divide teams into even groups and place in even lines. Place cones in middle of drill four yards apart. One football per team; the entire class can participate.

### Drill Outline:

This is a relay race.

The quarterback (A) and centre (B) on each team start the race.

The centre (B) snaps directly to the QB (A). The centre will stand still while the QB runs to the next cone.

The previous (A) snaps to (B), then (B) snaps to (A) and so on, until course is completed.

The race is continued until each participant gets a turn.

**Progression:** Shotgun snap.

### Key Coaching Points:

Center must place the ball on the ground before snapping.

## **Youngstown Youth Flag Football Drill #3: Passing Drill: Progressive QB**

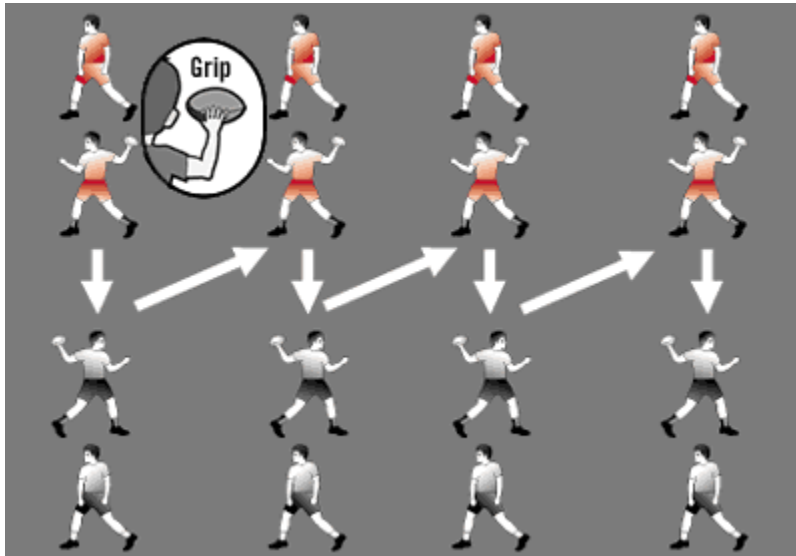
This drill helps refine and improve passing technique by concentrating on proper arm and hand movement.

**Developmental Goals:** Perfect throwing motion while using only the throwing arm.

**Set Up:** Pair off participants into two parallel lines. Players start on both knees, throwing to their partners five yards away. Show players how to follow through with their arm, so that their thumbs end up pointing down. Have each player begin with football held above his or her waist. Demonstrate how to throw from no higher than their ear.

**Progressions:** After several throws, have players switch to kneeling on right knee. Then after several throws that way, have them switch to left knee. Next, have them throw standing up with feet together. Finally, have them practice a three-step drop, then a five-step drop before throwing.

## Youngstown Youth Flag Football Drill #4: Passing



**Developmental Goals:** To develop proper passing technique.

**Set Up:** Set out a 20 x 20-yard area. Divide teams into even groups and place players opposite from each other about 3 yards apart. The entire class can participate if there are enough footballs. With a limited amount of footballs, place students behind each other and have them wait for a turn or pass the footballs available in a zig-zag pattern. (Shown above.)

**Drill Outline:** Participants pass the football back and forth to their partner.

### **Progression:**

Begin with the participants on both knees facing each other.

Kids throwing from their knees will focus on the throwing motion without the use of their legs.

Progress to right knee up and then switch to left knee up.

Next, have players stand straight up and pass with feet apart.

### **Key Coaching Points:**

Passing motion is the same as throwing a baseball, javelin, or handball.

The hand without the football points to the target or the receiver.

Make sure kids follow through on their throws.

Point - step - throw.

The receiver forms a target with both hands, palms facing out with thumbs and pointing fingers touching.

The receiver's fingers should form a triangle.

# Youngstown Youth Flag Football Drill #5: Individual Pass Patterns



**5 Yard Curl:**  
The WR runs up the field 5 yards, stops, and returns back towards the QB.



**5 Yard Out:**  
The WR runs up the field 5 yards and cuts to the sideline.



**8 Yard Post:**  
A WR runs up field 8 yards and cuts toward the centre of the field on a 45-degree angle



**Streak:**  
The WR runs straight up the field as fast as possible.



**Post Corner:**  
The WR runs up the field. At 8 yards he cuts toward the centre of the field and after 2 yards runs towards the corner of the end zone.



**5 Yard Smash:**  
The WR runs up the field 5 yards and then turns toward the QB and side shuffles with body facing the QB.















































