

# 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.

















































