

### Throwing the Football

- Hold the ball near the back with your fingers over the laces
- Keep your elbow in tight to your body and the ball up by your ear
- Point your non-throwing shoulder toward your target
- Throw the ball by letting it spin off your fingers as you follow through toward your target
- Power should come from the hips, you want them to twist their hips the flick the back hips round while keeping their toes on the ground.

### Leading the Receiver

- As a quarterback, you don't want to throw the ball to where the receiver is but rather where your receiver is going to be
- Practicing your routes with your receivers will help you figure out how far you can lead them with your throws

### Receiving a Pass

- Form a triangle with your hands (between your index fingers and thumbs)
- Keep your eye on the ball at all times
- Try to keep the ball away from your body, and the defender
- Keep your hands soft so that you can cushion the ball, "Soft hands catch, hard hands bounce"
- Once you have caught the ball, tuck it away so that you don't fumble it. And ensure four points of contact. (hand, forearm, bicep and chest)

### Short Passing Routes

- Short passes are safe and effective ways of moving the ball
- Short passes can be run towards the sideline (out), towards the middle of the field (in), or just by turning back toward the QB when you have found an hole in the defense (button hook)
- Often a short pass can turn into a big gain with a few quick moves

### Long Passing Routes

- Long passes are great ways of moving the ball in a hurry
- Long passes can be run towards the sideline (corner), towards the middle of the field (post) (post pattern), or just by running straight (Streak)
- A long pass is most effective when the defence is caught off guard. Using a mixture of running plays and short passes will open up the field for the long bomb as the defence will second guess their coverage.

### 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. Purpose: Improve balance, footwork, and change of direction.

Drill Out:

- 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.

### Drill: Centre QB Exchange

Purpose: To develop proper snapping technique.

Organization: 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.

Key Coaching Points: Centre must place the ball on the ground before snapping.

### Drill: Running With The Ball

Purpose: To develop running skills and avoid having the flag pulled.

Organization: Set out a 40 x 40-yard area. Place cones 2 yards apart to simulate a mini-end zone.

Recommended for six pairs of players, the maximum number of kids is 20. If cones are not available, marks on the ground or floor, t-shirts, or tape can be used. Balls are optional. Drill

Outline:

- 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.
- RB's should carry a football (if available).
- Each RB starts off on the end line at either side of the playing area.
- The DBs start 5 yards behind the RBs.
- On the coach's whistle, the RBs attempt to cross through the mini-end zones without

getting their flags pulled by the pursuing DBs.

- The DB must chase the RB.
- Both flags are pulled, RB is out. If one flag pulled, the RB keeps going.
- Any end zone can be crossed and there is no order in which the end zones have to be crossed.
- The drill lasts 45 seconds and then you switch RB's to DB and DB's to RB.

Progression: Shorten time to 30 seconds. Key Coaching Points:

- RBs run plays with their heads up.
- DB watches the movement of RB's hips, not his/her head or shoulders.

### Drill: Passing & Receiving

Purpose: To develop running, passing, and receiving skills.

Organization: Set out a 20 x 20-yard area and divide the team into even groups. Set cones 5 yards from each end line and 10 yards apart. Each team requires one football so the entire team can participate.

Drill Outline:

- 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.
- The second participant in line is WR 2.
- WR 2 runs to cone (B) and repeats the drill.
- The drill is repeated until every participant has a turn.
- If the ball is dropped, the WR picks it up and continues with the drill.

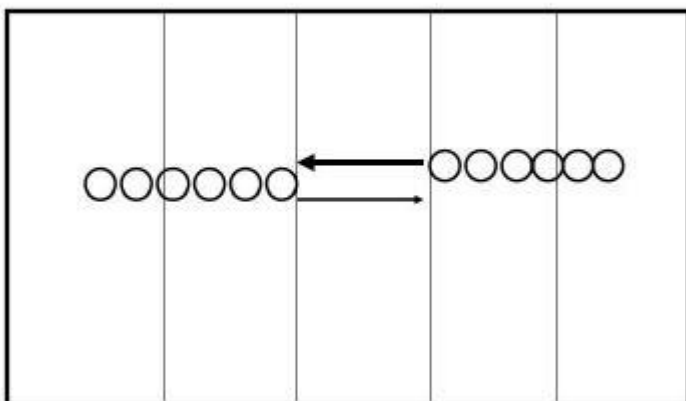
Key Coaching Points:

- WR must stop and completely turn around giving the QB a big target.
- WR must give a solid handoff to the QB when returning to line.
- After each relay race, a WR becomes the new QB.

### Run Around Cones

This is a simple drill that helps develop ball carrying skills and coordination. Divide your team into 2-3 groups. Each group lines up in a straight line. Set up cones every 3 yards (3-4 cones per group should be fine for this age group). Then on the coach's command, have the first player in each group run around the cones. You can make this drill into a relay race, the first team to finish running through the cones wins the game.

### Team Hand-Off Relay



### Team Hand-off Exchange

With this drill, you can have a number of players work on the proper way to give and receive a hand-off. Divide your players into 2 lines approximately 20 yards away from each other.

A player from one line starts with the ball. On the coach's whistle, the player with the ball races down field (maintaining the proper grip on the football). Once the player reaches the 1st player in the other line, the player with the ball hands the ball off to that 1st player. That player is now the ball carrier and races down field towards the other line. Emphasize holding the ball properly when running, good hand-off exchange (hand-off acceptance target, and good hand-offs into target). This is a great drill to use if you are employing reverse, double or triple reverse plays that rely on a smooth hand-off to be effective.

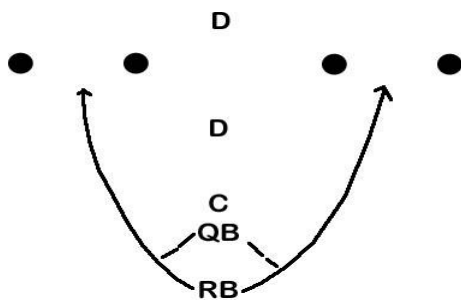
### Flag Sweep Drill

It's great to get your running backs running close to full speed when they take the hand-off from the QB, making it much easier for them to begin eluding defenders from the start. In this drill, have a center, a QB and a line of running backs wide left or wide right. On the snap, the running back takes off toward the QB and accepts the hand-off using proper technique and sweeps wide then turns it upfield. Add cones for the RB to get through and a defender or two to simulate game play. Rotate positions on every play.

### Don't Sweep Too Wide Drill

While one of a Running Back's goals is not to be tackled, the more important goal is to gain yardage and score. Many young players only concentrate on not getting tackled and run in an East and West direction and then finally running out of bounds for no gain. This happens quite often when a sweep play is called. To avoid having the RB bow out a sweep too wide, practice this drill. Set up a pair of cones just outside of where the Tight End would line-up. This is the area that the runner should run through. At the snap of the ball, the QB will hand-off to the RB who will then cut up field and through the cones. Add another set of cones a few yards apart about 5 yards down field and put a defender there – the RB needs to get through the cones without having his/her flag pulled by the defender. Rotate positions.

### Three on Two Running Drill



This is a really effective drill that gets 5 plays at a time involved and in a game situation - simulating a running play. For this drill, on offense you will have a center, a QB and a RB and on defense (1 Lineman and 1 Linebacker). Set up 2 pairs of cones a few yards apart, about 5 yards down field from the line of scrimmage, one pair left of center and one pair right of center - these are the areas that the Running Back needs to run through. This is a great way to practice the Center/QB exchange, the QB/RB exchange (mix it up, left and right) and pursuing the ball carrier and flag pulling. You can have 2 of these drills going on at the same

time so that everyone on the team is involved. Have your Running Backs line-up in their proper stance and in their proper position in the backfield (approximately 3-5 yards back). The QB should call out the signals, move and pivot in the correct direction and hand the ball off to the RB. The RB should have a proper hand position so as to correctly accept the hand-off. The QB should make sure that he firmly puts the ball into the RB's target area. Then, it's up to the RB to try to get through the designated cones before the 2 defenders pull his/her flag. After each play, rotate the positions.

#### QB 3 Step Drop, Roll-Out Drill

The first step towards a successful pass is the proper QB drop-back and set-up. In this drill have your QBs receive the snap from the Centre, drop back 3 steps and setup in the proper throwing stance. After the QB sets up correctly and has the proper footwork, add a Receiver and have the QB throw a pass to the Receiver. As skills develop, add a defensive back to cover the receiver and a defensive rusher to rush the QB, simulating game situations. Practice the 3 and 5 Step Drop Back as well as the Roll-Out Right and Roll-Out Left.

#### Out of the Back Field Receiving Drill

The Running Back can also be used as a Receiver. The short pass to the Running Back coming out of the back field can be a very effective play. For this you will have 1 or 2 QBs throwing to 1 or 2 groups of RBs. The QB will go through the signals and fake a hand-off to the Running Back. After the fake, the QB will set up for a pass down field, the RB will then run a "flare" pattern into the "flat" (around the line of scrimmage by the side-line). The QB will then throw a pass to the RB. Emphasize the importance of the fake hand-off, the QB's look down field and then the pass to the RB. A pair of cones 5 yards down field that the receiver has to run through and a defender or two to pull their flags, creating a game like situation.

## Passing Drill

This is a simple drill that works on a number of areas: Receivers must learn how to get open and create space from a defender. QBs focus on set up and throwing, leading the receiver into the designated areas and defenders will learn how to best stay with a receiver. Set up 2 boxes of cones about 5 yards down field and 5 yards square - these are the areas the receiver must catch the pass in. The QB must throw the pass before the receiver enters the designated area. Start without a defender to get the offense comfortable with the drill, then add a defender to cover the receiver. More advanced: add a 2nd WR and defensive back, a center and a defensive rusher 7 yards back to simulate game situations.

## Flag Football "Ultimate"

Like Ultimate Frisbee, but with a football. 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.

- Set up a large field with an end zone at each end - play can be 3 on 3, 4 on 4 or 5 on 5.
- The player with the football has 10 seconds to pass the ball to a teammate.
- The ball can be passed forward, sideways, or backwards.
- The player with the ball can only take 2 steps after catching the ball.
- The offensive players without the ball can move anywhere on the field.
- If the ball is caught in the end zone, 7 points are awarded to the receiving team. After a touchdown, the team that was on defence switches to offense and takes possession of the ball on their own 5-yard line.
- If the ball is dropped or intercepted, play continues with the other team in possession of the ball from the point of the turnover.
- Each defensive player must stay at arm's length from the player with the ball. When guarding the player in possession of the ball, the defensive play is like that of basketball.

This is a great drill for working on WRs getting open, throwing (leading the receiver) and catching and teamwork.