

# *Panther Flag Football*



## *Everybody Plays*

Flag games were designed specifically to make it easier for every player to have a role in a team's success. While size and skill certainly will come into play when the action starts, your coaching should emphasize the "working together" aspect of the games.

## *Tackle Tackling Early*

Don't let your practices dissolve into a giant pile of rambunctious kids. For both their safety and your sanity, make sure to discourage any tackling or roughness early on. Remind them that they won't help their team in a game by tackling or being rough.

## *Sportsmanship Rules!*

Help your players be good sports. After a game, shake hands with or do a cheer for the other team. Applaud good play by both sides. Treat officials with respect. While imitating you, your team won't even know it's being taught a good lesson.

## *Let Them Play Football!*

This is Flag. While teaching football skills and strategies is important, keep your lessons as simple as possible. As your team grasps the basics, move on to more advanced ideas. Overloading young players with too much information too early can cause them only confusion...and you headaches.

## *Have Fun!*

We thank you for your volunteer service. Panther Flag Football couldn't happen without you. But remember, this is fun for you, too.

## 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.

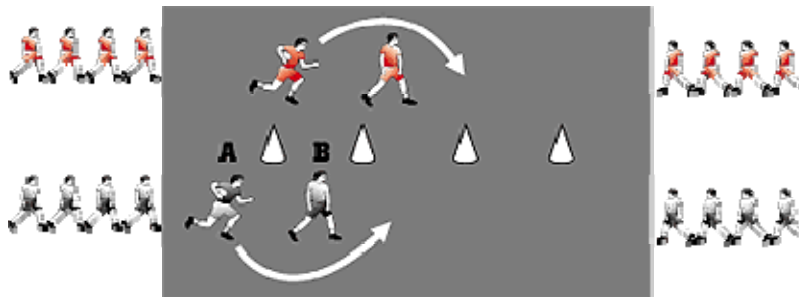
### Purpose:

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.

## Drill #2: 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.

**Progression:** Shotgun snap.

### Key Coaching Points:

- Centre must place the ball on the ground before snapping.

### Drill #3: Passing

**Purpose:** To develop proper passing technique.

**Organization:** 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.

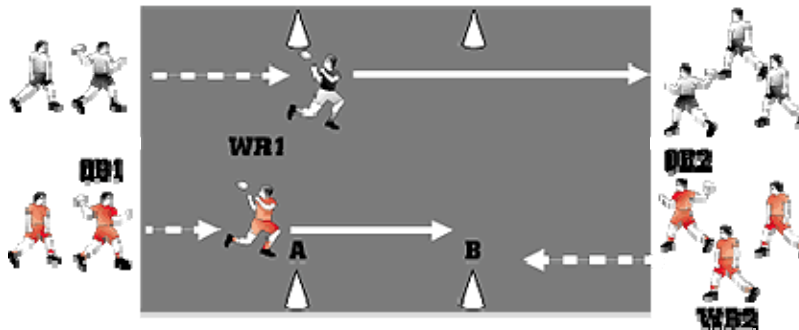
#### Progression:

- 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.

### Drill #4



**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 class can participate.

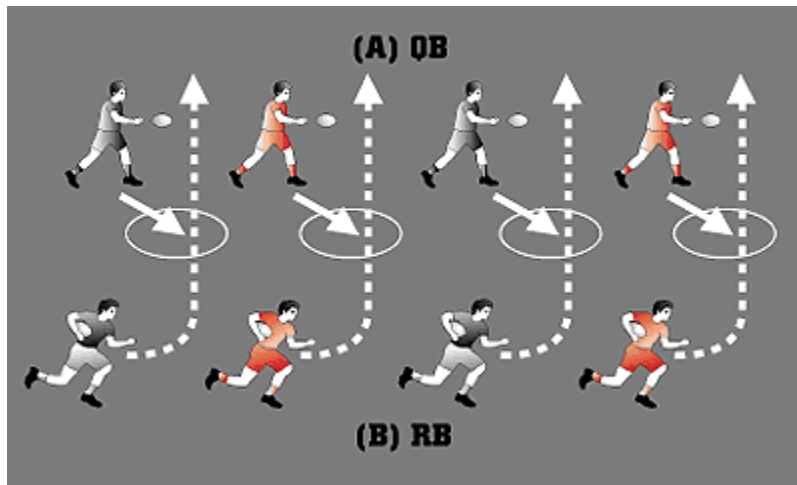
#### Drill Outline:

- 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.

## Drill #5: Tosses



**Purpose:** To develop proper tosses or pitches.

**Organization:** 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. Players on Team A are the quarterbacks. The players on the B team are running backs. They will switch positions after each turn. Footballs for each pair are recommended and the entire class can participate if space permits.

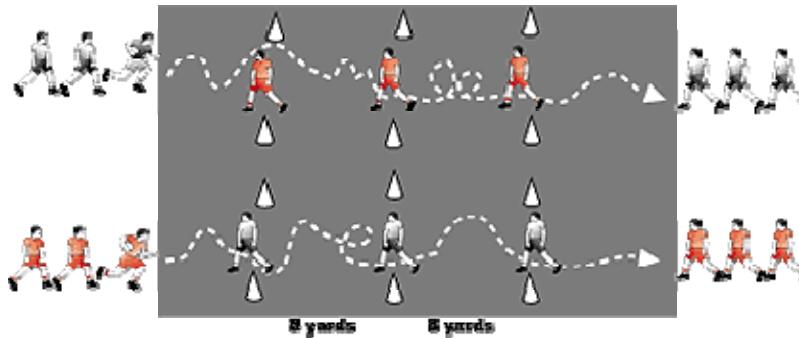
### Drill Outline:

- The QBs will have their backs to the RBs.
- The first several practices, the instructor will call the cadence, "SET GO." The instructor will then choose a QB to call out the cadence.
- Each QB holds the football in front of them with their knees bent and their feet apart.
- On the QB's "SET GO" the RB moves to the right to take the pitch from the QB at a distance of 3-5 yards.
- The first time through the drill, have players move in slow motion to get the feel of the drill.
- Switch positions; the QBs are now RBs and vice versa.
- The players now run half speed through the drill to the left.
- The players switch positions again and run through the drill at full speed.

### Key Coaching Points:

- The QB will look at the stomach area of the RB when making the pitch it to that area.
- The toss or pitch is similar to passing in Rugby.

## Drill #6: 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 8 yards apart to simulate a mini-end zone; one ball per team. The entire class can participate in one drill, or duplicate the cone set-up if space permits.

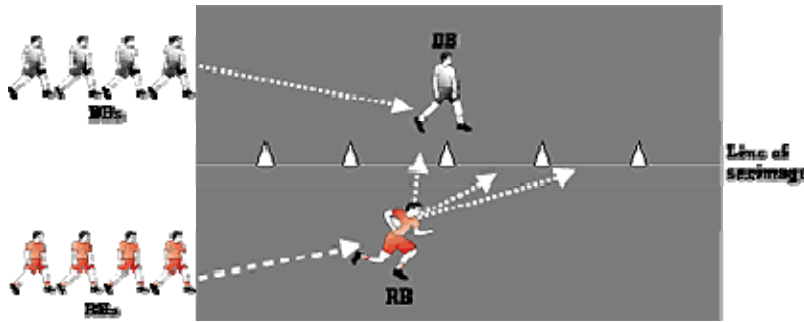
### Drill Outline:

- Relay race between teams. Drill is completed when all RBs have run through the mini end zone once.
- There are 3 mini-end zones for the RB to run through.
- Offensive team has to play against the other team's defense.
- RB has to run through three mini-end zones and avoid the defenders in each.
- The DB attempts to pull the RB flag and stop him/her from scoring.
- DB's are awarded 3 points for each flag pulled. Points are counted after the race.
- The RB is awarded 6 points for each successful TD.
- The RB must run directly to the end of the line after handing off the football to a teammate on the other side of the drill.
- Offensive and defensive players are switched after each relay race is completed.
- If both RBs flags are removed before reaching the last DB, the RBs run back to the next RB in line and hands off the ball.

### Key Coaching Points:

- RB plays with head up.
- DB watches the movement of RB's hips, not the head or shoulders.

## Drill #7: Defense



**Purpose:** To develop defensive back skills.

**Organization:** Set out a 10 x 20-yard area. Place the cones five yards apart. One football is needed. The entire class can participate in this drill which, can be duplicated for more players if space permits.

### Drill Outline:

- The object is for the RB to run along the line of scrimmage and select an area between the cones to run through.
- RB starts with the football. On coach's signal, RB begins running. The DB must mirror the RB and attempt to capture the RB's flag before the RB selects a hole between the cones.
- This drill simulates making a one-on-one flag capture. Progression: Progress to two defensive players.

### Key Coaching Points:

- RB must keep head up and the football firmly tucked away.
- DB must keep shoulders square and head and eyes looking upfield.
- DB watches the RB's hips.

## Drill #8: 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.