



Gorham Recreation Flag Football Activity Plan, Grades 3&4

Every coach should be emphasizing one thing....HAVE FUN! We would prefer each child to play every position, at this age. Because some of these kids may have never played the game before, it will be very important to start at the beginning. I would imagine that half of these kids have played before, and half have not. Explain the game, and how it is played. What is offence? What is defense? Just like any other sport, the more touches the better. Encourage these kids to practice with mom or dad at home. Playing once a week for an hour and a half is not going to do much, as far as developing their skills.

Week one:

Introductions and tee shirt hand outs

Warm up for 10 minutes (running and stretching)

WATER BREAK

Review elements of the game

- Offence vs defense
- The field
- Positions on the field
- Running or throwing the ball
- blocking
- formations
- pulling the flag properly
- installing plays

The object of the game is to score touchdowns by advancing the ball up the field by running or throwing the ball, and crossing the end zone line.

WATER BREAK

Pass with a partner for 5 minutes

Divide group into offence and defense. Coach hands off to one child at a time, while two kids on defense try to pull the flag before he/she scores

WATER BREAK

Gather the group together, go over today's practice, and give them a homework assignment for next week!

Week 2:

Warm up for 10 minutes (running and stretching)

WATER BREAK

"Today we will be working on hiking, throwing & catching"

Hiking

This drill should be practiced often

- Center lines up over the ball – make sure that knees are bent and head is up and not over the ball (see photo below)
- Quarterback lines up under center and calls hike.
- Center hands the ball between his legs while rotating the ball 90 degrees. It is important to stress here that the ball is not thrown to, or shoved at the QB. The center simply **holds the ball in place** until the QB takes it out of his hands.
- Quarterback takes the ball by placing the heels of his palms together and wrapping his hands and fingers around the center of the ball. The quarterback should NOT grab the ball with one hand on each end.
- Quarterback steps back and raises the ball to mid-chest with both hands still wrapped around.

Throwing & Catching

Explain to the kids the proper technique of throwing a football, and then break them up into groups of three or four. Set them up roughly ten yards apart and have them start throwing to each other. Slowly extend the distance.

For receiving, make sure that players are catching the ball with their hands, and not trapping it against their body. For balls received above the waist, the player's thumbs and index fingers should touch, forming a diamond. For balls received below the waist, the player's pinkies should touch.

WATER BREAK

Divide group up into throwers and catchers. Have the catchers (or receivers) run a simple route (in, out, slant, etc) and have the throwers (or quarterbacks) throw them the ball. Coaches should be correcting techniques.

Throwing contest!

Divide the kids into teams. Have them throw to a target. First to ten wins!

Catching contest!

Divide the kids into teams. Have them try to catch consecutive passes (while running) from a coach. First to ten wins!

WATER BREAK

Gather the group together, go over today's practice, and give them a homework assignment for next week!

Week 3:

Warm up for 10 minutes (running and stretching)

Review what we did last week

WATER BREAK

"Today we will be working on blocking, flag pulling, stances & handoffs"

Blocking

In football, the key to blocking is leverage and the key to leverage is staying low

- Have player get in a squat position
- Then player bends at the waist, setting belly on the thighs. This will naturally bring their hips up slightly. Their back should be as flat as a table
- With the player's necks rolled back and bellies on thighs, the player should walk like this for five yards. The lineman's legs should fatigue pretty quickly.
- Over time lengthen the distance from 5 yards to 10 yards and so forth.

Have them do a simulation, where each of them block a coach trying to rush the passer

WATER BREAK

Flag pulling

- Coach arranges 4 cones in a rectangle. Place the cones at 4 yards wide by 15 yards long
- Increase the width by 1 yard at a time, as the players improve and the season progresses, until the rectangle is about 7 yards wide

- Start 1 player as a defender – This player positions in the middle of the drill area.
- All other players form a line opposite the defender and outside the play area. They will be moving lengthwise from 1 side of the rectangle to the other
- The coach will hand the ball to one of the players, who becomes the runner. That player will attempt to run from that starting point through the play area and out the other side
- The defender will attempt to stop the players progress by pulling the runners flag using good technique
- After each attempt the runner becomes the defender and the defender moves to the end of the line

Three point stance

- Butt down/eyes up!
- One hand on the ground
- Other arm is resting on thigh
- Hand on ground should be in front of back foot

Practice coming out of the stance

Practice with a simulated “hike”.

Hand offs

- Quarterback holds the ball to his chest and simulates the snap.
- Running Back is lined up 5-7 yards behind the QB. First on the right then on the left, alternating sides each time the drill is run.
- As the quarterback calls hike the running back moves forward to take the hand-off. Simultaneously the quarterback takes one step in the direction of the play and stretches his arms out, holding the ball securely and away from his body.
- The running back must gauge the distance and be sure not to strike the quarterback’s body, arms or legs.
- As he moves forward the running back forms a pocket with his arms to receive the ball.
- The pocket is formed by placing one arm across the chest (parallel to the ground), palm down. The other arm goes across the lower abdomen, parallel to the ground and palm up.
- The QB then places the ball into the pocket and the RB clamps down on the ball with his forearms and palms.
- Make sure the RB does not try to grab the ball from the QB with his hands. Also make sure the RB is receiving the ball while moving and not stopping to accept the hand-off.

Make sure every player gets at least 2 or 3 chances to get a hand off

WATER BREAK

Relay races!

Break up into even teams. First player starts in three point stance. Runs to end line and back, next person goes (from three point stance). First to finish wins!

Break up into even teams. Half on one side of the field, half on the other. First person on one side runs to other side, hands off to team mate. Team mate repeats until all players have run. First team done wins!

WATER BREAK

Gather the group together, go over todays practice, and give them a homework assignment for next week!

Week 4:

Warm up for 10 minutes (running and stretching)

Review what we did last week

WATER BREAK

“Today we will be working on implementing some football plays and playing a game”

Review the basics! There should be a max of 4 plays that each team should be working on. You can run the plays on both sides, technically giving you a total of 8 plays.

1. *Dive*- QB hands off to right or left side for the RB. Run through the middle
2. *Sweep*- QB hands off or pitches to right or left side for the RB. RB runs around end
3. *QB Keep*- QB fake hands off to RB and run the opposite way
4. *Pass*- QB passes to end who runs a simple 5 yard out

WATER BREAK

Play a simulated game working all plays that we have reviewed!

WATER BREAK

Gather the group together, go over todays practice, and give them a homework assignment for next week!

Week 5:

Warm up for 10 minutes (running and stretching)

Review what we did last week

WATER BREAK

“Today we will be working on implementing some football plays and playing a game”

Come up with new plays! There should be a max of 4 more plays that each team should be working on.

1. *Reverse* - QB hands off to RB who runs right, hands it to WR who runs opposite direction
2. *Stop n Go* - Receiver runs hard for 5 steps, stops, and then keeps running. QB throws to him/her
3. *Curl route* - Receiver runs seven steps (straight) and then curls to the inside. QB throws to him/her
4. *Posts with RB curl* - WR go deep, RB runs a short curl pattern and receives pass

WATER BREAK

Play a simulated game working all plays that we have reviewed!

WATER BREAK

Gather the group together, go over today's practice, and give them a homework assignment for next week!

Week 6 & 7:

Warm up for 10 minutes (running and stretching)

Review what we did in past weeks

WATER BREAK

“Today we will be playing a game the whole time!”

WATER BREAK

*Week seven coach Mike will come out at the end for medal presentations!