



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE



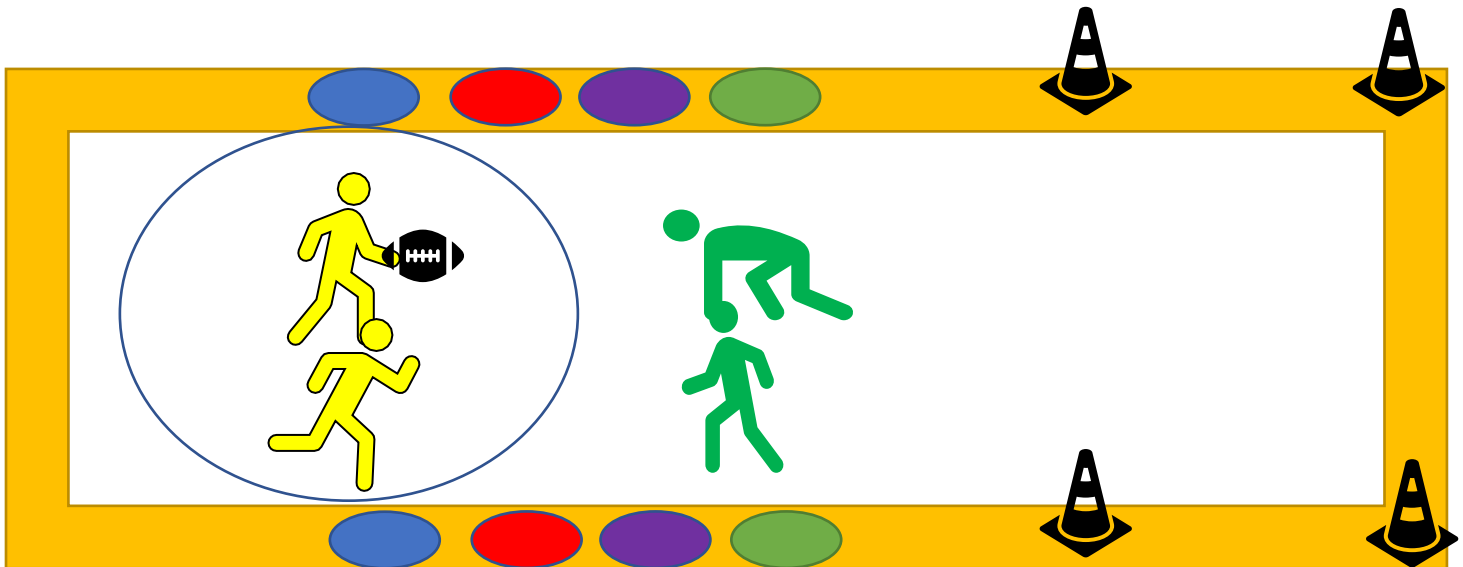
Defensive Drills (Defensive Line)

Purpose: Defense, Flag Pulling, Strategy

Equipment: Footballs, Flag Belts, Disks and Cones

Set Up:

- Set-up a line colored spots/disks on each sideline for players to stand on. Spots should match the same color on the opposite side of the field (red – red, blue – blue, etc).
- Have one team stand on one sideline and the other team stand on the other sideline. You want to make sure that you match players of similar size and ability on the same color (purple's = best players, red = worst). That way they are competing against players of similar ability. Of course, you will not tell the players that this is the case.
- Use Disks to set-up a large circle in the middle of the field. Put 1 cone approx. 5' away from the circle.



Execution:

- Coach splits the players into their camp teams and assigns each team to one of the sidelines
- Coach has all of the players stand on their color and shout out what color they are standing on
- Coach assigns one team to offense and one team to defense.
- Coach calls two colors and the players from each team on that color comes out on the field on either offense or defense.
- Coach assigns one offensive player to be QB and the other to be WR. They stand in the middle of the circle of disks which is the pocket.
- Coach assigns one defensive player to be DL and the other to be CB. The defensive lineman and will start in a 3-point stance at the cone approx. 5' from the pocket. The CB will be in a 2-point stance.
- When the coach blows their whistle the DL player tries to pull the QB's flag while the QB tries to avoid the defensive player without leaving the pocket.
- After 5-seconds the coach blows his/her whistle and the WR can run a route and try to catch a ball:
 - a. Scoring:
 - i. Sack = 1-Point for the Defense
 - ii. Interception = 2-points for the Defense
 - iii. Interception for a touchdown = 6-points for the defense.
 - iv. Completed Pass = 1-point for the offense
 - v. Touchdown = 6-Points for the Offense
 - vi. Incomplete Pass (after 5-Seconds) = 0-points
- Switch QB/WR and DL/CB and play again.
- Call next 4-players and play again.
- Switch what team is on offense and defense and continue as time permits.