



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

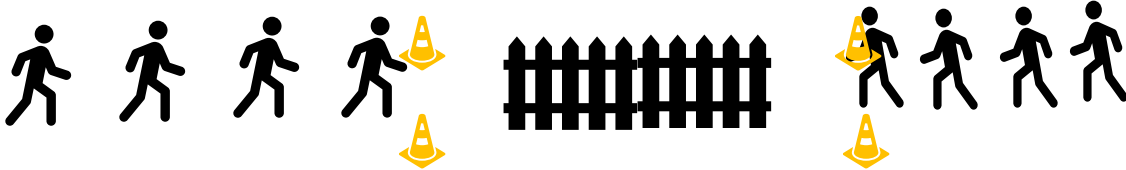


Hand-Off Drill

Purpose: How to receive a hand-off

Equipment: Cones, Football, Agility Ladder (or 5 cones)

Set Up: : Set-up 2 cone gates approx. 10 feet apart. Put down an agility ladder between the two gates



Execution:

- Go over proper way to give and receive a hand-off:
 - Giving a hand-off: Get the ball away from your body. Hold the bottom of the ball and extend your arm. Place the ball into the RB's chest. Hand should be behind the ball
 - Receiving a Hand-Off: Big arms with inside arm up. Don't take the ball with your hands. Let the QB put the ball in your chest and close your arms over the ball.
- Teach the players 1 Agility Excursive, Football work or Jumping (see below)
- Have half of the group line-up behind each cone gate so they are facing one another. Give the ball to **one** player who is at the front of one of the lines.
- Person with the ball does the agility exercise down the ladder (example, 2-in, 1-out). Make sure they are properly holding the football while going down the ladder (3-points of contact).
- Once they complete the ladder, they give a good hand-off to the RB waiting on the other side. The RB properly receives the ball and does the agility exercise back down the ladder.
- After the player hands-off the ball, they get in the back of the line they just arrived at.
- Have players continue to go back and forth, focusing on proper hand-off, ball carrying, and football technique.
- Continue as time permits, changing agility football exercises as needed.

Variations:

- For older kids, have them do 1 agility exercise one way (football) and another exercise when going the other way (jumping)

Agility Exercises:

- Footwork:
 - 2-in/1-out
 - 1-in/2-out
 - Zebra Zags
 - Artic Fox Feet
 - Crab Crossovers
 - Quicksand (footspeed edition)
- Jumping:
 - Hip Swivels
 - Cheetah Splits
 - Reindeer Hops
 - Seahorse Skips
 - Quicksand (Jumping Edition)
 - Ski Jumps