



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

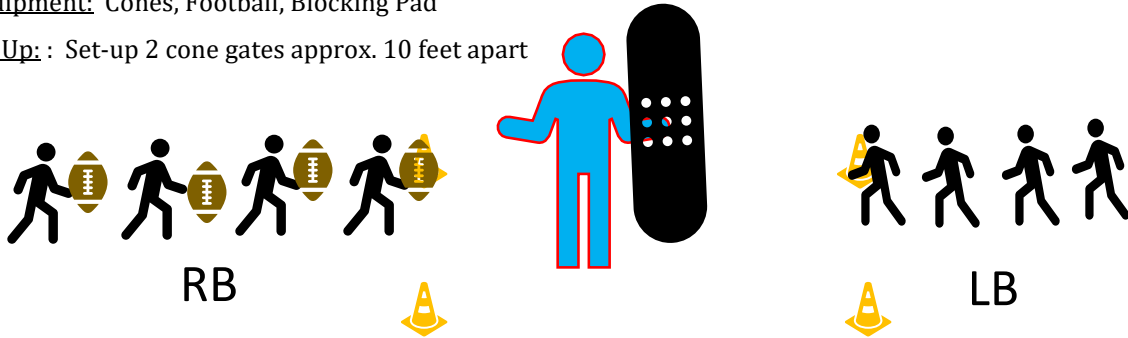


LB Flag Pull Drill

Purpose: How to shed a block and pull a flag

Equipment: Cones, Football, Blocking Pad

Set Up: : Set-up 2 cone gates approx. 10 feet apart



Execution:

1. Have half of the group line-up behind each cone gate so they are facing one another. Give the ball to RB Side
2. Coach reviews how to properly shed a block, and pull a flag
 - a. Shed a Block:
 - i. You need to protect the sideline and force the player back to the middle of the field where your teammates can help
 - ii. Take a step to the middle of the field to bring the blocker that way. Then step towards the sideline and get your hands-out to swat away the blockers hands and get leverage on the blocker.
 - iii. Bend your knees and get low...low man wins.
 - iv. Read the runner, shed the blocker, and pull the flag
 - b. Flag Pulling:
 - i. Always need to attempt to pull a flag with 2-hands. Doubles your chances.
 - ii. From the front, 2-hands directed to one flag
 - iii. From the side/back. 1 hand to the side and 1 hand to the back
 - iv. Commit to the flag pull. Leave your feet when necessary
3. On the coaches first whistle the LB goes and the coach, holding the blocking pad, positions to block the LB one way or another.
4. On the coaches second whistle, the RB runs (75%). The RB should read the coaches block but can run either direction.
 - a. Remind the kids that this is a defensive drill so the RB's can't try to be hero's and score.
5. The LB sheds the coaches block and pulls the flag.
6. The RB give the LB the ball and both players get in the back of the opposite line.
7. Continue as time permits, reinforcing proper set-up, shed, and flag pull technique
8. Recap