



# FLAG FOOTBALL CAMP (AGES 6-11)

## ACTIVITY REFERENCE GUIDE



### QB Passing Drills

Purpose: Throwing, Catching

Equipment: Colored Spots, Footballs

Set Up: Set-up two rows of Matching Spots as shown below:



Execution:

- Line players up so they are facing each other and give 1 ball per pair. Each day you will add one of the variations listed below
  - Lower Body: Work on proper footwork when doing the 3-step drop:
    - a. Starting position, 3-Step Drop, don't cross feet, plant and put weight on back foot, transfer weight/power to front foot, squish bug with back foot.
  - Upper Body: Work on proper upper body form by having the players take a knee which takes out the lower body
    - a. Get the elbow back, ball by your ear, turn from your trunk/waist, release over your head, follow through, whip fingers
  - Throwing on the Move: Work on throwing the ball while rolling to the right & left
    - a. First Step back, second step in the direction you are rolling, third step get the arm back and twist our trunk for power
    - b. Have the receiver move in the direction of the roll-out with hands-out to make the catch
    - c. Players return their starting spots before each throw.



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- d. Stay as a group or player will get hit by a ball
- e. Do cadence for each snap/throw. Practice going on different cadences.