



FLAG FOOTBALL CAMP (AGES 7-14)

ACTIVITY REFERENCE GUIDE

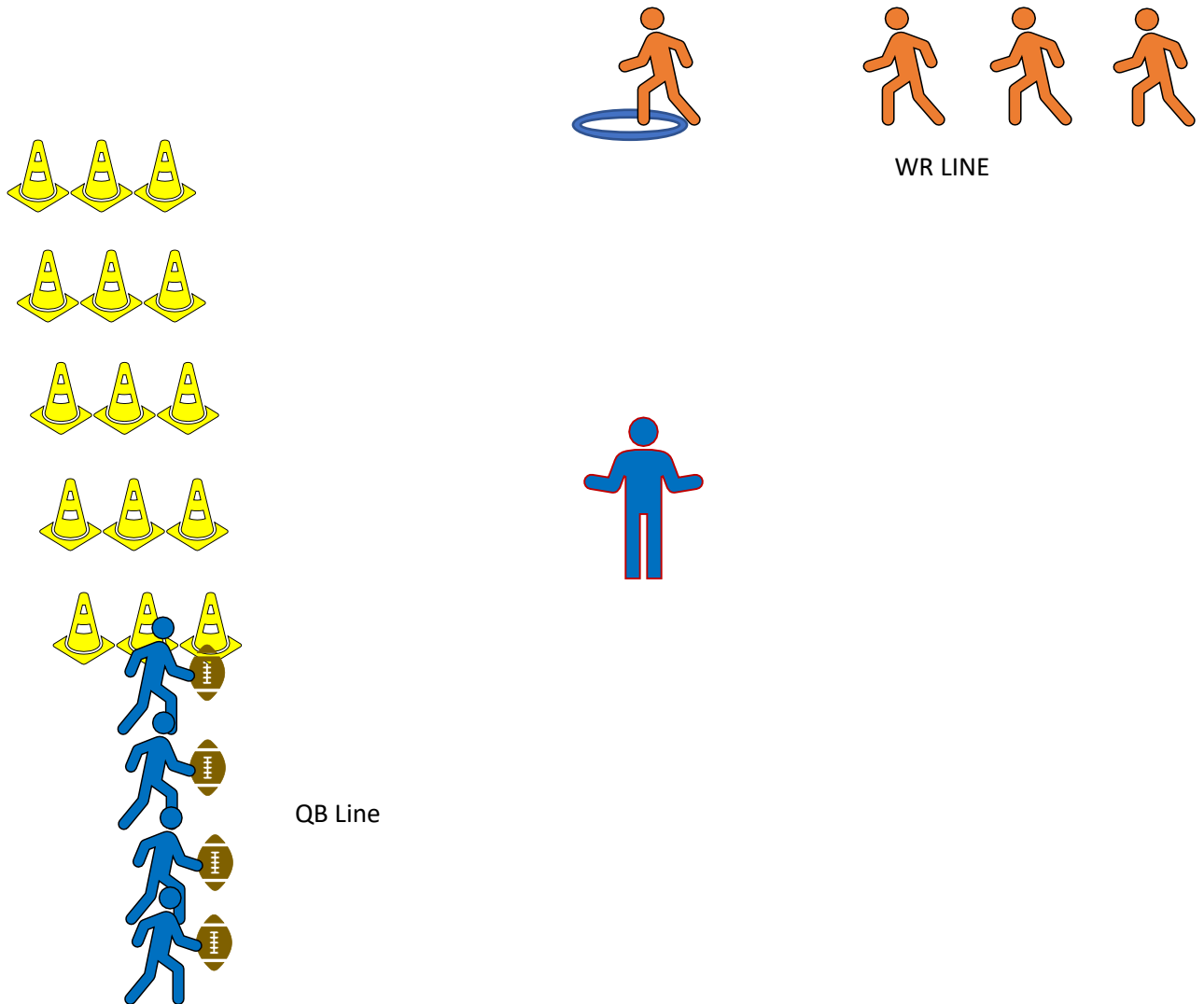


QB Trojan Drill

Purpose: QB Footwork, WR Breakdown, Throwing, Catching

Equipment: Disk Cones, Football

Set Up: As shown below:



Execution:

- Split players into 2 lines (QB & WR). Give all the QB's a Football
- Coach stands in the middle so the QB's are looking at him
- On the coaches whistle the first QB & WR in each line begin.
 - QB:
 - QB starts by breaking down, quick feet. Heels off the ground
 - Coach points Forward, Back or UP
 - QB follows the Coaches Hands signals to go around or over the CONES
 - UP – does a backwards step over the cones
 - Forward – shuffles his feet forward and around the cones in the U shape
 - Back – Shuffles his feet backward and around the cones in a U Shape
 - Continue does all 5 cones
 - When the QB gets to the end of the 5-cones he/she throws the ball to the WR
 - WR:
 - On the coaches whistle the WR does Agility Taps.



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- Coach assigns a Tap Foot and direction
 - Right Foot/Right Side = left right left in the agility hoop, right foot outside the hoop to the right
 - Left Foot/Left Side = right left right in the agility hoop, left foot outside the hoop to the left
 - Right Foot/ Front = left right left in the agility hoop, right foot right outside the hoop to the front
 - Left Foot/Back = right left right in the agility hoop, left foot right outside the hoop to the back
 - Etc. Get creative with different combinations
- WR keeps the ball and gets in the back of the QB Line. QB gets in the back the WR Line
 - Continue as time permits. Recap Footwork