

FLAG FOOTBALL CAMP (AGES 6-11) **ACTIVITY REFENCE GUIDE**



Route Tree

Purpose: Route Running, Catching

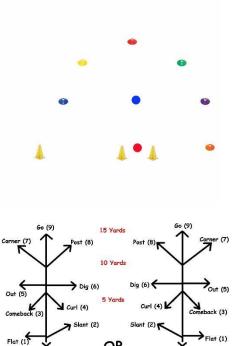
Equipment: Disks, Spots, Footballs

<u>Set Up:</u> Route tree as shown to the right = >

Execution:

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- Each color disks represents a different route. •
 - Each spot represents where the receivers should break into their routes
- Players start between the cone gate •
- Coach assigns a route and calls hike. •
- The player runs the route and the coach throws them the ball. •
- Players catch the ball, tuck the ball away, and take a couple steps up field.
- After the player goes around the drill and hands the ball back to the coach. •
 - Orange = Flat ٠
 - Red = Go
 - Yellow = Post
 - Green = Flag •
 - Blue =Dig/Slant (depending on break point)
 - Purple = Out•
 - Curl/Comeback = Not shown •



QB