



# FLAG FOOTBALL CAMP (AGES 6-14)

## ACTIVITY REFERENCE GUIDE

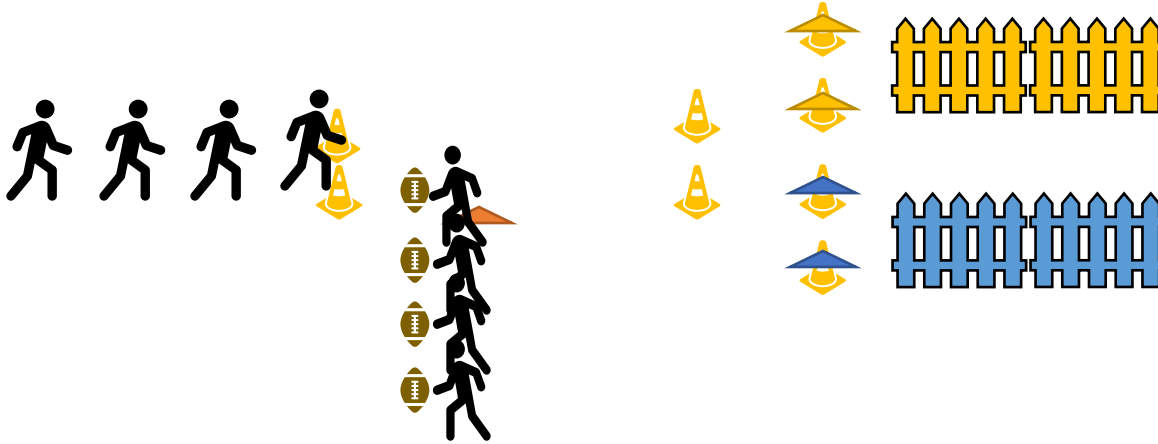


### Rushing Juke Moves w/ Agility Ladder

Purpose: Giving & receiving a Hand-Off, Juke Moves, Agility

Equipment: Cones, Football, 2 Agility Ladders (or 5 cones)

Set Up: : Set-up cones and Ladders as shown below



### Execution:

1. Teach the proper way to give and take a hand-off
2. Teach 1 Footwork Agility Exercise
3. Have half the players line-up behind the orange QB Disk. Have the other half of players line-up behind the RB Starting Gate. Give all the QB's a football
4. First QB stands in the middle in a pre-snap starting position. First RB in line gets in a 3-point stance.
5. QB starts off handing the ball off left. On hike the QB hands the ball off and says YELLOW or BLUE
6. If the QB says YELLOW:
  - a. The RB will do a Jump Cut through the Juke Gate to the Yellow Gate. Then does the Footwork Agility Exercise that was assigned/taught by the coach
7. If the QB says Blue:
  - a. The RB will do a Jump Cut through the Juke Gate to the Blue Gate. Then does the Footwork Agility Exercise that was assigned/taught by the coach
8. The QB gets in the back of the RB Line, the RB keeps the ball and gets in the back of the QB Line
9. After each player goes through twice, have the QB's line-up on the other side and practice giving hand-offs to the right.
10. Teach 1 Jumping Agility Exercise. Repeat the same drill but now the RB's do the Jump Agility down the agility Ladders.

### 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