



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE



Rushing Tree

Purpose: Taking a hand-off, rushing, juke moves, agility

Equipment: Cones, Colored Disks, Footballs

Set Up: Rushing Tree as



Execution:

1. Have kids line up single file behind the cone gate. First person in line starts between the gate in a 2 or 3-point stance.
2. Coach says hike and hands off the ball to the player. When the coach hands off the ball they say a color
3. The player receiving the handoff runs up to the “Juke Cone” and does the appropriate juke move (Cut, Spin, Hurdle, Stiff Arm) towards the colored disk that was called by the coach.
4. Player should accelerate through the disks and then circle back around the drill and drop the ball off near the coaches feet.

Variations:

- **Jump Cut** - Work on doing a Jump Cut around the “Juke Cone” toward to appropriate color. Focus on transferring power from one leg to the other and maximizing change of direction/distance covered in Juke. Need to stay under control and balanced. **Focus of the Day – Correct on taking the Hand-Off correctly (big target with arms, no hands)**
- **Spin Move** – Work on doing a Spin move around the “Juke Cone” in the direction of the correct color disk. Make sure they are spinning correctly:
 - Yellow, Red, Orange – Plant right foot just outside the Juke Cone, do a counter-clockwise spin, leading with left shoulder back towards the line of scrimmage. Stay balanced and under control. **Focus of the day: 3-Point Stance & getting off the ball correctly**
- **Hurdle Move** - Work on doing a Hurdle move OVER the “Juke Cones” (Add 3 more cones to make a wall). in the direction of the correct color disk. Make sure they are Hurdling correctly. Plant on one leg and get the other leg up, pull the knee up to the sky and extend forward at the peak of the Hurdle. **Focus of the day – Don’t Fumble the Ball – 3-point protection (Middle Finger, forearm, Bicep).**
- **Stiff Arm Move (Not allowed in Flag Football)** – Work on doing a Stiff Arm move toward the correct color Disk. Coach stands on one side with a Dodgeball. When the players get to where the Juke Cone would be, the coach throws a Dodgeball at the runner who Stiff Arms it away. **Focus of the Day – When possible, carry the ball in the arm opposite of the defender.**