



FLAG FOOTBALL CAMP (AGES 7-14)

ACTIVITY REFERENCE GUIDE



WR Breakdown and Stick Drill

Purpose: QB Footwork, WR Breakdown, WR Stick, Receiving, Throwing

Equipment: Disk Cones, Football

Set Up: As shown below:



QB Line



QB



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Execution:

- Have 2 players start in the QB Line and the rest in the WR Line. Give the QB's a ball
- QB Line:
 - First QB starts with the ball in the pre-snap ready position with his eyes on the coach. The QB will work on moving within the pocket by following the coaches hand/arm movements
 - Coach Points to the ground – QB Breaksdown and does quick feet without moving.
 - Coach Points Back towards the QB – QB Does a 3-step Drop
 - Coach points to the left – QB moves to the left
 - Coach Points to the right – QB moves to the right
 - Coach Points Up to the Sky – QB Throws the ball
 - The entire time the QB needs to keep their feet moving, heels off the ground, facing to the side (in a throwing position, 2 hands on the ball, eyes downfield)
- WR Line:
 - While all this is going on the WR are going to work on their route running with Breakdowns and Sticks



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- On coaches whistle the first WR in line starts and sprints from Blue to Green.
- Breakdown at Green, and sprint to Yellow
- Breakdown at Yellow and spring to Orange
- Breakdown at Orange and spring to Red
- Stick at Red and spring to Purple
- Stick at Purple and do a post route
 - Breakdown – 3 quick steps, and change direction (90-120 degrees). Beat the drum with your arms
 - Stick – Stick you outside foot hard in the ground and change direction (45 degrees)
- The WR will catch the QB's ball, and then go to the back of the QB line (keep the ball). The QB will go to the back of the WR Line