

## FLAG FOOTBALL T&T (AGES 7-12) ACTIVITY REFENCE GUIDE

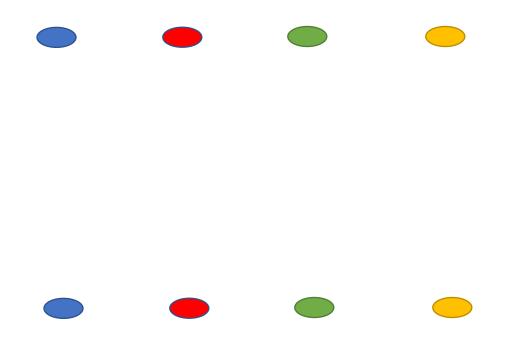


## **QB Passing Drills**

Purpose: Throwing, Catching

Equipment: Colored Spots, Footballs

<u>Set Up:</u> Set-up two rows of Matching Spots as shown below:



Execution:

- Line players up so they are facing each other and give 1 ball per pair. Each day you will add one of the variations listed below
  - <u>Lower Body</u>: Work on proper footwork when doing the 3-step drop:
    - a. Starting position, 3-Step Drop, don't cross feet, plant and put weight on back foot, transfer weight/power to front foot, squish bug with back foot.
  - <u>Upper Body</u>: Work on proper upper body form by having the players take a knee which takes out the lower body
    - a. Get the elbow back, ball by your ear, turn from your trunk/waist, release over your head, follow through, whip fingers
  - <u>Throwing on the Move</u>: Work on throwing the ball while rolling to the right & left
    - a. First Step back, second step in the direction you are rolling, third step get the arm back and twist our trunk for power



## FLAG FOOTBALL T&T (AGES 7-12) ACTIVITY REFENCE GUIDE



- b. Have the receiver move in the direction of the roll-out with hands-out to make the catch
- c. Players return their starting spots before each throw.
- d. Stay as a group or player will get hit by a ball
- e. Do cadence for each snap/throw. Practice going on different cadences.