



Flag Football Camp (ages 6-14)

Activity Reference Guide

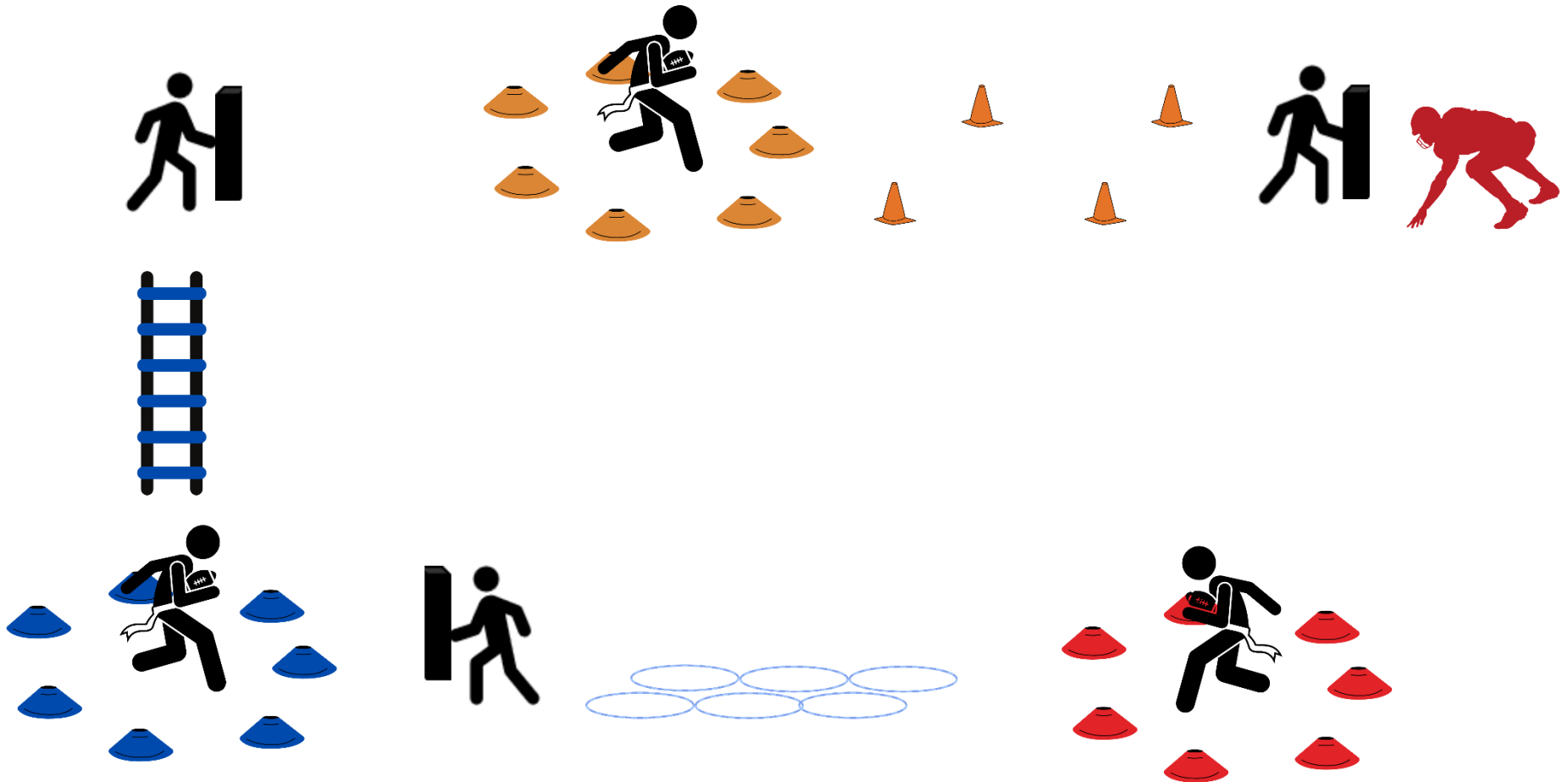


DL QB Sack Combine

Purpose: QB Toss/Pitch, RB Juke Moves, DL Shed Block & Flag Pull

Equipment: Cones, Disks, 3 footballs, Flag Belts, Agility Ladder, Agility Hoops, Blocking Pads,

Set Up: Set-up a 3-phase course. Each course should have a blocking pad, agility challenge, and QB Pocket Circle. In the example below we used touch cones, agility ladder, and agility hoops as the obstacles.





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Execution:

1. Assign 1 team to defense and 1 team to offense. The defensive team will be first up for the combine.
2. Assign one defensive player to be the DL combine participant and assign 3 of his teammates to hold the bags. Everyone else should be in line waiting their turn.
3. Assign 3 players on offense to be the QB's. They should each stand in a QB Pocket with a ball & flag. Everyone else on the offensive team should be in line waiting their turn.
4. Practice: Review the rules, skills, strategies, scoring, and sportsmanship. Have 1 player do a practice round as a demonstration.
5. Competition: THIS IS A TIMES EVENT. On the coaches whistle the first DL player starts:
 - a. Perform a swim move on the bag.
 - b. Touch the tip of all 4 cones
 - c. Sack the QB by pulling their flag
 - d. Perform a rip move on the bag
 - e. Do the ICKY shuffle down the ladder
 - f. Sack the QB by pulling their flag
 - g. Perform a Chop move on the bag.
 - h. Do quick feet down the agility hoops
 - i. Sack the QB by pulling their flag.
6. The coach stops the clock when the 3rd QB gets their flag pulled.
7. The DL combine player cannot leave the QB pocket circle until the coach blows his/her whistle or yells GOOD. The coach will blow his/her whistle or yell good if:
 - a. The QB gets their flag pulled
 - b. The QB steps outside the QB pocket circle
 - c. The QB performs an illegal spin move
 - d. The QB perform a flag guard
 - e. After 10-seconds of attempting to pull the QB's Flag.
8. Coach writes down the final time for that player then calls ROTATE:
9. ROTATION:
 - a. Offense: QB3 to QB2, QB2 to QB1, QB1 to back of the line. Next in line to QB1
 - b. Defense: Bag Holder (BH) 3 to BH2, BH2 to BH1, BH1 to DL. DL to back of the line. Next in line to BH3.
10. Once all the defensive players have had a chance to be the DL, switch offense and defense.
11. Assign team points to the 5 best times.
12. Have all players demonstrate RESPECT THE ROOTS.