



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

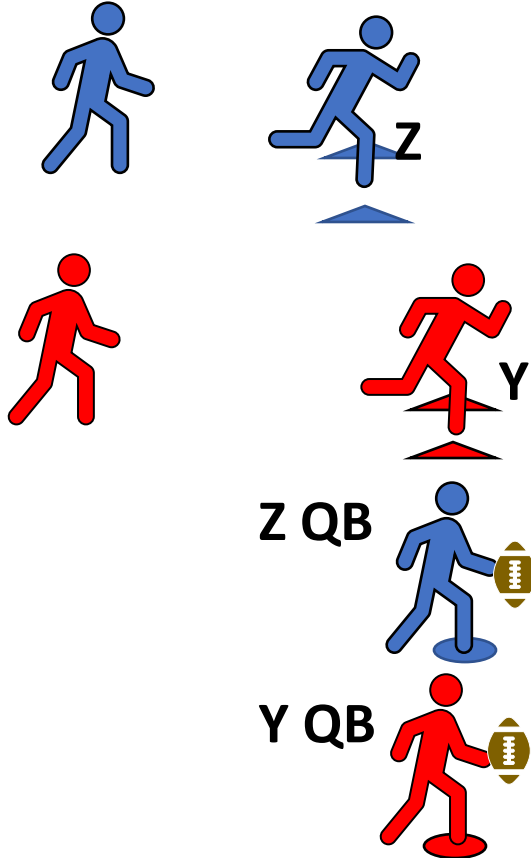


2 QB Drill

Purpose: Route Running, Catching

Equipment: Disks/Spots, Footballs

Set Up: As shown below. Use colored Disk Gates to show the WR's where to stand, and spot to show where to QB's Stand



Execution:

- Assign 2 players to be QB and have each stand on a colored spot.
- Break the remaining players into 2 groups and have each group stand between a gate code to be WR. The first WR in each line is up first and starts between the gate. Make sure Y is on the line of scrimmage. Z is off the line of scrimmage.
- Assign a route combination.
- Coach does the cadence – DOWN, SET, GO. All the players run their route. QB's throw the ball to their associated player
- WR run the ball back to the QB. WR's switch lines after each route/catch.
- Have the QB's switch between Z and Y every 3 passes. One the QB's have thrown to all the players as an Y and a Z, have them get in a WR line and pick 2 new QB's.
- Continue as time permits. Reinforce Routes, Catching, Throwing, Etc.

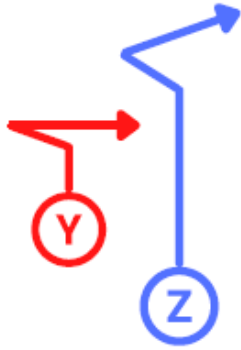
Comments:

Good Route Combinations to start with include: Dagger, SNAG, Flood, Texas, Slapo, Smash, CoCo

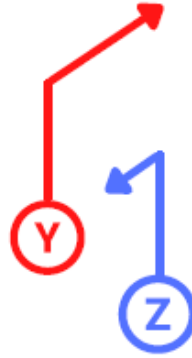
SEE NEXT PAGE FOR ROUTE COMBINATION EXAMPLES:



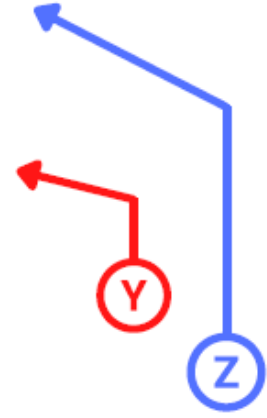
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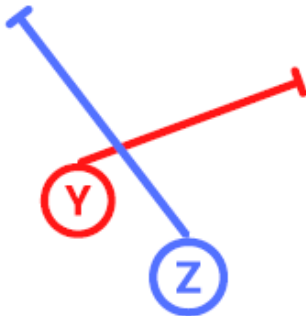
WOLF:
Y-Weasel
Z-Post Corner



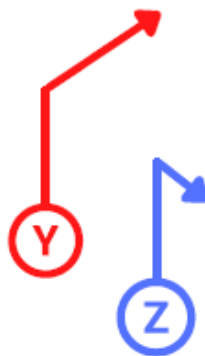
Smash:
Y-Corner
Z-Hitch



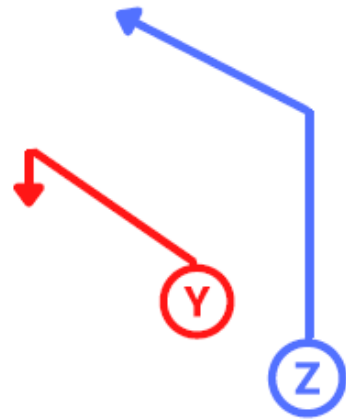
Slapo:
Y-Slant
Z-Post



Screen:
Y-Outside Block
Z-Inside Block



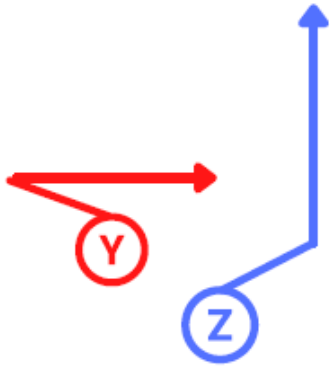
CoCo:
Y-Corner
Z-Comeback



Captain:
Y-Climb & Settle
Z-Post

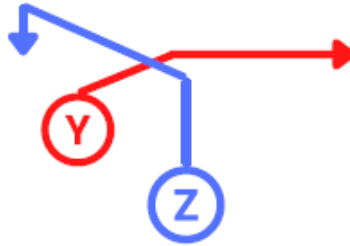


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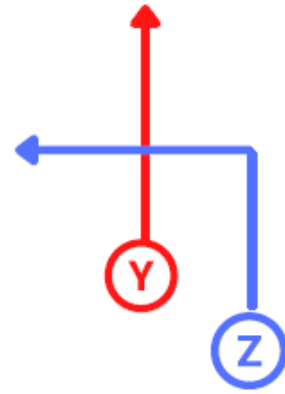
Slip Wheel:

Y-Slip Flat
Z- Wheel



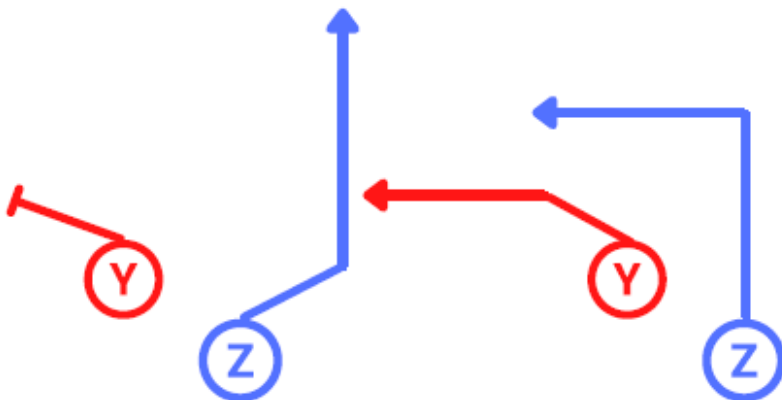
SNAG

Y-Flag
Z-Snag



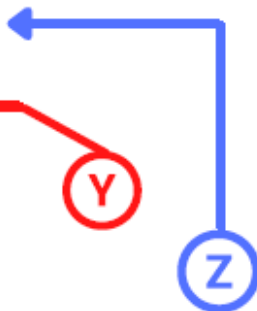
Dagger:

Y-Go
Z-In



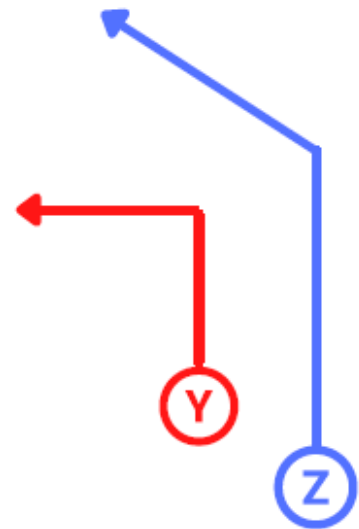
Seal Wheel:

Y-Seal Block
Z-Post Corner



Flood:

Y-Drag
Z-In



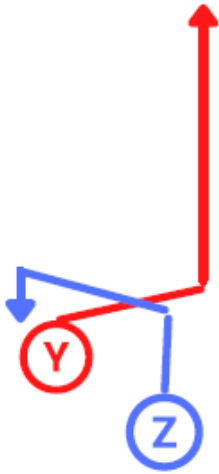
Divide:

Y-In
Z-Post

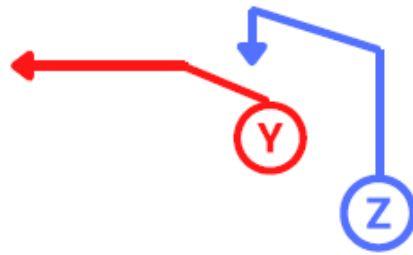


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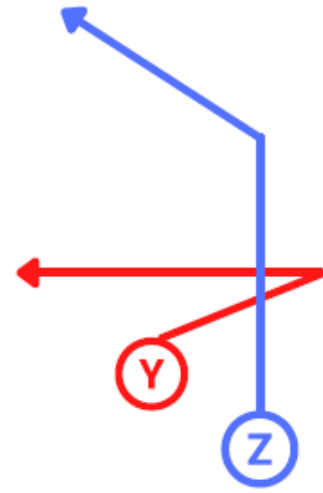
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Trek:
Y-Wheel
Z-Snag



Mesh:
Y-Drag
Z-Snag



Texas:
Y-Angle In
Z-Post