



Flag Football Drills

Offense/Ball Handling Drills

Run Around Cones

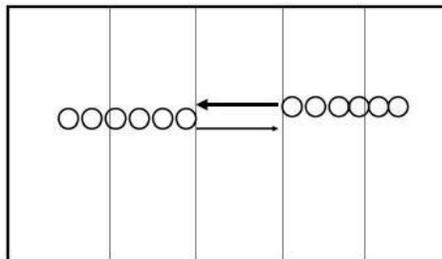
This is a simple drill that helps develop ball carrying skills and coordination.

- Divide your team into 2-3 groups.
 - o Each group lines up in a straight line.
- Set up cones or markers every 3 yards (3-4 cones per group should be fine for this age group).
- Then on the coach's command, have the first player in each group run around the cones.
 - o You can make this drill into a relay race, the first team to finish running through the cones wins the game.

Team Hand-off Exchange

With this drill, you can have a number of players work on the proper way to give and receive a hand-off.

- Divide your players into 2 lines approximately 20 yards away from each other.
- A player from one line starts with the ball.
- On the coach's whistle, the player with the ball races down field (maintaining the proper grip on the football).
- Once the player reaches the 1st player in the other line, the player with the ball hands the ball off to that 1st player.
- That player is now the ball carrier and races down field towards the other line.



Pass and Catch

- Players will pair off and begin 5 yards from each other.
- Have players throw the ball back and forth.
- After a few throws, have each player take a step back. Continue.
- For fun, make it a competition: when a pair drops a pass they sit down - go until 1 pair remains

[Practicing Handoffs](#)

[Passing Drill – Leading the Receiver](#)



Defense Drills

Flag Pulling (One on One/Man to Man Defense Practice)

- [Sweep Drill](#)
- [One on One Flag Pulling](#)
- [The Gauntlet](#)
- [The Snake](#)

Man to Man

Footwork/Speed/Agility Drills

45s with Tennis Balls Agility Drill

Circle Cone Footwork Drill

See SOCO's [General Sports Drills](#) for additional Footwork, Speed and Agility Drills