

**PDC Plan (first 4 classes): Flag Football**

**Programming Day Card - 1**

Warm Up: Capture the Flag

Skill/Review: Running with the ball

Drill: Alleyway Obstacle Course

Games:

1. Offense – Center/QB Exchange
2. Flag Tag
3. 500
4. NFL Ultimate
5. Game Play Scrimmage

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**

**Programming Day Card - 2**

Warm Up: Sorcerer's Stone

Skill/Review: Receiving

Drill: Receiver Stacks

Games:

1. Run and Shoot
2. Break Away (Steal the Bacon)
3. Numbers Game – Fumble Recovery
4. Fair Catch
5. Game Play Scrimmage

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**

**Programming Day Card - 3**

Warm Up: Jingle Jangle

Skill/Review: Passing

Drill: Passing Stacks

Games:

1. Air Ball
2. QB Challenge
3. Target Practice
4. Red Zone Challenge
5. Game Play Scrimmage

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**

**Programming Day Card - 4**

Warm Up: Spud

Skill/Review: Pass Patterns

Drill: Pattern Receiver Stacks

Games:

1. Relay Race
2. Flag Tag
3. Sharks and Minnows
4. Punt Return
5. Game Play Scrimmage

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**