

GO LONG FLAG FOOTBALL GAMES

1. Offense- Center/QB Exchange (Hike)

Equipment Needed: Footballs, Cones

Set Up: Create a 20x20 yard area with the cones.
Place cones in a straight line 4 yards apart from one end to the other.

How to Play:

1. Divide the class into 2 even teams. Within each team pair players up.
2. Each team gets a football.
3. This is a relay race, with 2 players from each team going every time.
4. The 1st set of Quarterback and Center on each team start the race.
5. 1st player in line is center, 2nd player is Quarterback.
6. The Center snaps to the Quarterback.
7. After the Quarterback receives the ball he runs down to the next cone in line.
8. Quarterback will then become the Center and Center will become the new Quarterback (Rotate position after each cone).
9. The race continues until each team goes down and back.
10. 1st team to finish wins.

2. Flag Tag

Equipment Needed: Cones, Flags

Set Up: Create playing field with cones.

How to Play:

1. Divide the class up into two teams.
2. One team should have one color of flag; the other team should have another color.
3. Teams try to grab flags from opposing players.
4. Team with the last player in still wearing their flag wins.
5. Also can have a team of "it" players who have no flags try and get all the players with flags out.

3. 500

Equipment Needed: Footballs

Set Up: No set up needed.

How to Play:

1. Players are to spread out in the field.
2. Instructor throws deep balls toward field of players.

Tips:

- Caught ball is worth 100 points. Ground ball is worth 50 points.
- When a player gets to 500 points they play come in to hit balls.
- Player that accumulates 500 points becomes QB (thrower)

4. NFL Ultimate

Equipment Needed: Cones, Footballs

Set Up: Created playing field with cones.

How to Play:

1. Divide the class into 2 teams.
2. The concept is for the team with the football to pass the ball to teammates without dropping the ball, all the while moving the ball toward the End Zone.
3. The player with the football has 10 seconds to pass or pitch the ball to a teammate.
4. The ball can be passed or pitched forward, sideways, or backwards.
5. The player with the ball can only take 2 steps after catching the ball.
6. The Offensive players without the ball can move anywhere on the field.
7. The object is to score a touchdown by passing the ball into the end zone.
8. 6 points are awarded for a Touchdown.
9. After a Touchdown, the team that was on Defense switches to Offense and takes possession of the ball from the point of the turnover.
10. Each Defensive player must stay at arm's length from the player with the ball. The Defensive play is similar to that of defense in basketball.

5. Run & Shoot

Equipment Needed: Footballs

Set Up: No set up needed.

How to Play:

1. Divide the class into 3 groups.
2. The 1st player is the DB; the 2nd player goes out to play WR; the 3rd player is the QB.
3. Patterns:
 - a. 10 yard square out pattern. Square out pattern: where the runner goes downfield then turns sharply out to the sideline.
 - b. 10 yard turn-ins or button hooks. Button Hook: where runner runs out and curls around facing Quarterback.
4. Rotate each the same way. After passing, the QB becomes the next WR; the WR becomes the DB; the next player in line becomes the new QB; the first DB goes to the back of the next group's line.
5. Make sure all players get a chance at all 3 positions.

6. Break Away (Steal the Bacon)

Equipment Needed: Footballs, Cones, Flags

Set Up: Place the football in between the 2 lines. Set up end zones using cones.

How to Play:

1. Divide the class into 2 teams. Each player should be wearing a flag.
2. The members of each team are numbered.
3. They form two opposing lines and place the football in the exact center between them.
4. The Instructor then calls out a number.
5. The players on each side who are assigned to that number are the players for that round.
6. No other team members leave their side of the field.
7. Neither player may touch the other until someone touches the football.
8. Once a player touches the football, the other player may pull their flag (or tag him/her).
9. If a player is able to grab the football and carry it to the end zone, that team scores a point.
10. If a player is tagged after touching the football and before he/she returns to their own side, the team that tagged him/her scores a point.

6. Numbers Game

Equipment Needed: Cones, Footballs

Set Up: Create a playing field with 2 end zones marked by cones.

How to Play:

1. Divide the class into 2 teams and give each team its own set of number's i.e. -1-2-3, etc.
2. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
3. Each player will have a same number as one other player on the other team.
4. Call a number and throw out two balls.
5. The players from the different teams with the same number must run out and get a ball, and run it into their team's end zone.
6. First player to score a touchdown in their team's end zone gets a point.
7. After the player scores, return ball to the Instructor as fast as possible, then return to their team.
8. Can also have players run out to retrieve fumble and make a pass to score points instead of running with ball to end zone.

Tips:

- Award points for a player who runs back to his/her team faster than the other player, for cheering loud, and for sitting Indian style.
- Have players throw the ball back to the instructor instead of running with it.

7. Fair Catch

Equipment Needed: Footballs, Cones

Set Up: No set up needed.

How to Play:

1. Select player to punt the football into the rest of the players whom are standing down field.
2. Players may also do place kicking as opposed to punting.
3. If a receiving player catches the ball, they may then take a turn kicking.

8. Air Ball

Equipment Needed: Footballs, Cones

Set Up: Create playing field with cones.
Set up cones 5 yards from each end line and 10 yards apart
2 sets (1 of each team playing).

How to Play:

1. Divide the class into 2 even teams.
2. Each team should then be divided so that half of each team is on either side of the area.
3. This is a relay race.
4. The 1st player in line is the QB; the 2nd player in line is the WR.
5. The QB passes to the WR who has to run to the cone in front of them to catch the ball.
6. The WR runs to the other end of the area with the ball and becomes the new QB.
7. The 1st person in line one on the new side is now the new WR.
8. The WR runs to the cone in front of them to catch the ball.
9. The drill is repeated until everyone has had a turn.
10. If the ball is dropped, the WR can pick it up and continues with the drill.

9. QB Challenge

Equipment Needed: Footballs, Cones

Set Up: Create playing field with cones.

How to Play:

1. Divide the class into partners.
2. Place players opposite from each other about 3 yards apart.
3. Participants pass the football back and forth to their partners.

Tips:

- Progression Stages in QB Challenge:
 - Begin with the participants on both knees facing each other.
 - Players throwing from their knees will focus on the throwing motion without the use of their legs.
 - Progress to the right knee up and then switch to left knee up.
 - Have the players stand straight up and pass with feet apart.
 - Move them back as they become more comfortable throwing.
 - Contest on how many Perfect Passes are thrown (on target and caught)
 - Target Receivers can't move their feet to catch the ball.

10. Target Practice

Equipment Needed: Footballs, Cones

Set Up: Create playing field with cones.
The field should include objects/areas for passer to throw to or at.

How to Play:

1. Players should take a turn to throw passes from a stationary place.
2. Players should take a turn throwing on the run with a pass rusher.
3. Players should take a turn throwing from different spots running in between each area.

11. Red Zone

Equipment Needed: Footballs, Cones, Flags

Set Up: Create a 'Red Zone' field with an end zone (nor more than 20 yards)

How to Play:

1. These are 'mini' games.
2. Split players into teams.
3. Each team starts with the ball on the 20 yard line.
4. They have 3 plays to score a touchdown.
5. This must be "Man to Man" defense coverage.
6. No rushing the quarterback.
7. Teams switch from offense to defense after a touchdown or defensive stop/fumble/interception.

Tips:

- This is a fantastic game to get everyone involved quickly.
- Teach kids to hurry back to the huddle.
- Teach the defense to get excited and try to knock down a pass.
- This game can also be done without using flags.
- One hand touch can be just as good if not better for this game.
- Using a time limit instead of three downs is another good variation for a possession.

12. Relay Race

Equipment Needed: Footballs, Cones

Set Up: No set up needed.

How to Play:

1. Divide players into equal teams.
2. Proceed with a relay race.
3. Begin by running and holding the ball tucking it properly.
4. Next time through have the players zig zag through cones.
5. Next time have the players pass the ball to the next person in line.

13. Sharks and Minnows

Equipment Needed: Flags, Footballs

Set Up: Create a playing area with cones.

How to Play:

1. Players start at 1 End Zone, each with a football (if available).
2. 2 DBs are stationed in the middle of the field.
3. The object is for the RBs to run past the DBs to the opposite End Zone without getting their flags pulled.
4. If a RB has his/her flag pulled, he/she sits out.
5. Stop the drill after RBs reach the opposite End Zone.
6. Instead of RB sitting out after his/her flag is pulled, have him/her switch to a DB and assist in pulling other RB's flags.

14. Punt Return

Equipment Needed: Footballs, Cones

Set Up: No set up needed.

How to Play:

1. Divide the players into 2 teams.
2. Set up 2 End Zones.
3. Instructors are to punt balls to each team (can also throw them high in the air).
4. Players catch punt and run forward to the End Zone.
5. It is a race to the End Zone.

Tips:

- Allow players to celebrate the ball once they score a Touchdown.

15. Individual Pass Patterns

Equipment Needed: Footballs, Cones

Set Up: Set up a cone for the 5 yards line, 8 yards line, and 10 yards line.

How to Play

1. **5 Yard Curl**-The Wide Receiver (WR) runs up the field 5 yards, stops, and returns back towards the Quarterback (QB).
2. **5 Yard Out**- The WR runs up the field 5 yards and cuts to the sideline.
3. **8 Yard Post**- The WR runs up field 8 yards and cuts toward the center of the field on a 45-degree angle.
4. **Streak**- The WR runs straight up the field as fast as possible.
5. **Post Corner**- The WR runs up the field. At 8 yards he cuts toward the center of the field and after 2 yards run towards the center of the end zone.
6. **5 Yard Smash**- The WR runs up the field 5 yards and then turns toward the QB and side shuffles with body facing the QB.

16. Star Passing & Receiving

Equipment Needed: Footballs, Cones

Set Up: Set up several small playing field areas with cones.

How to Play:

1. Divide the class into groups of 6.
2. 5 players will be on offense and 1 player will be on defense.
3. Station 4 players in the corners of the area and a lone receiver, shadowed by a defender inside the area.
4. The object is for the 4 QB's to pass the football around until an opportunity arises to throw the football to the WR.
5. The length of the drill is 30 seconds.
6. 6 points are awarded for each reception and the defense is awarded 3 points for an interception.
7. Either switch to a whole new group of players at QB, WR, and DB or, switch players on the field into new positions.

Tips:

- Lower drill time to 20 seconds.
- Add an additional DB to the field.
- If the football is intercepted, put the QB who threw the interception on defense.

17. Super-Size Combos

Equipment Needed: Footballs

Set Up: No set up needed.

How to Play:

1. 2 WRs and one QB are used in these combinations.
2. **Streak Out-** #1 WR runs a 5- yard out toward the sideline and #2 WR runs a streak.
3. **Streak Curl-** #1 WR runs a streak and #2 WR runs a 5 yard curl inside.
4. **Post Out-** #1 WR runs a post and #2 WR runs a 5 yard out.
5. **Corner Smash-** #1 WR runs a corner and #2 WR runs a 5 yard smash.
6. **Curl Post Corner-** #1 WR runs a 5 yard curl and #2 WR runs a post.
7. **Twin Curl-** #1 WR and #2 WR both run 5 yard curls. This play is used to short-yardage situations.

18. Big Play

Equipment Needed: Footballs, Cones

Set Up: Create a 40x40 yard area with the cones.
Create a circular goal at the end of each side of the field.

How to Play

1. Divide the class into 2 even teams and place players opposite each other across the field.
2. 8 to 10 participants start on the field, the remaining players stand on the sidelines.
3. The game is very similar to basketball, but without the baskets or dribbling.
4. The ball starts with 1 player at the center of the field.
5. The object is to throw the football to a teammate in the circle/a goal.
6. The player with the ball has to pass to his/her teammates inside the game or can get assistance from teammates on the sidelines.
7. The player with the ball can only take 2 steps, similar to basketball. The players in the playing area without the ball are free to move around.
8. The ball must be passed within 10 seconds or the other team gets possession of the ball.
9. The idea is to try to knock down or intercept a pass. If the ball is dropped or intercepted, the team on defense is awarded possession of the football.
10. 6 points are awarded each time the ball is passed to a player in the goal area. The player in the goal cannot leave that area.

19. Tosses

Equipment Needed: Footballs, Cones

Set Up: Create a playing field with cones.

How to Play:

1. Divide the class into even groups and place players opposite each other across the line about 5 yards apart.
2. Players on Team A are the QBs. The players on Team B are the RBs.
3. They will switch positions after each turn.
4. The QB will have their backs to the RBs.
5. The 1st several practices, the Instructor will call the cadence "SET GO."
6. The Instructor will then choose a QB to call out the cadence.
7. Each QB holds the football in front of them with their knees bent and their feet apart.
8. On the QB's "SET GO" the RB moves to the right to take the pitch from the QB.
9. The 1st time through the game, have players move in slow motion to get feel of the game.
10. Switch positions: the QBs are now RBs and vice versa.

20. ZIG ZAG

Equipment Needed: Footballs, Cones

Set Up: Create a playing field. Cones are set 8 yards apart to simulate an End Zone.

How to Play

1. This is a relay race between teams.
2. The first player in each line has a football and will run with the football around each cone and then come back to the beginning of his/her line.
3. When the player returns to the line, they will hand off to the next player at the front of the line, and then go to the back of their team's line.
4. The 1st team to have each player complete the race wins the race.

Tips:

- Have players backpedal or hop over the cones.

21. Miss Me

Equipment Needed: Footballs, Cones, Flags

Set Up: Create a playing field area.
Divide the field with lines of cones into 3 "End Zones".

How to Play:

1. Divide the class into 2 equal teams.
2. Each team then has to divide into an Offense and a Defense.
3. This is a relay race between teams.
4. Drill is completed when all the RBs have run through the End Zone once.
5. There are 3 End Zones for the RB to run through.
6. The Offensive Team of Team #1 must play against the Defensive Team of Team #2.
7. RB has to run through three mini-end zones and avoid the defenders in each.
8. The DB attempts to pull the RB flag and stop him/her from scoring.
9. DBs are awarded 3 points for each flag pulled. Points are counted after the race.
10. The RBs are awarded 6 points for each successful TD.
11. The RBs must run directly to end of the line after handing off the football to a teammate.
12. Offensive and Defensive players are switched after each relay race is completed.
13. If both RBs' flags are removed before reaching the last DB, the RB runs back to the next RB in line and hands off the ball.

22. End Zone

Equipment Needed: Footballs, Cones, Flags

Set Up Create playing area with the cones.
Place cones 2 yards apart to simulate an End Zone (place multiple down through the playing area).

How to Play

1. Pair players' up- 1 as a RB and 1 as a DB.
2. The DB is in back of the RB and chasing the RB from behind.
3. RBs should carry a football.
4. Each RB starts off on the end line at either side of the playing area.
5. The DBs start 5 yards behind the RBs.
6. On the Instructor's whistle, the RBs attempt to cross through the End Zones without getting their flags pulled by the pursuing DBs.
7. The DB must chase the RB.
8. The RB continues until flags are pulled or they pass through every End Zone.
9. Any End Zone can be crossed and there is no order in which the End Zone have to be crossed.
10. The drill lasts 45 seconds and then you switch the RBs to DBs and DBs to RBs

23. Big D

Equipment Needed: Footballs, Cones, Flags

Set Up: Create a playing area with cones.
Place the cones 5 yards apart on the line of scrimmage.

How to Play:

1. The object is for the RB to run along the line of scrimmage and select an area between the cones to run through.
2. RB starts with the football. On Instructor's whistle, RB begins running.
3. The DB must mirror the RB and attempt to capture the RB's flag before the RB selects a hole between the cones.
4. This drill simulates making a 1-on-1 flag capture.

24. Back Pack

Equipment Needed: Footballs, Cones, Flags

Set Up: Create a playing field with cones.

How to Play:

1. Divide the class into pairs. 1 group is WRs, the other DBs.
2. Each DB will backpedal and “mirror” the WR. All players will start in slow motion on the Instructor’s command.
3. Switch, making WRs play as DBs. Progress to half speed.
4. Switch positions again. Now go to full speed. On the Instructor’s whistle, the WRs will try to run past the DBs, who are backpedaling.
5. During the drill, the Instructor calls out “GO”, the DB is now allowed to pull the flag of the WR who is still running for the End Zone.
6. The “GO” simulates the WR catching the football.

Tips:

- The Instructor will pass a football to an open Offensive player when “GO” is called.

25. Pitch and Play

Equipment Needed: Footballs, Cones, Flags

Set Up Create a playing field with cones.

How to Play

1. Divide the class into even teams.
2. One team is on Offense, the other defense.
3. Offense starts with ball at their end of the field.
4. On the whistle the offensive team must try to advance the ball down field to score by only tossing the ball backwards to each other (lateral passes).
5. Defense is trying to pull off the ball carriers flag.
6. If the ball carrier gets their flag pulled off while holding the ball, possession changes and the defense goes to offense on their side of the field.
7. 6 points is awarded for scoring a TD.
8. Once the offense scores, they go to defense and the defense goes to offense.

25. Scrimmage

Equipment Needed: Footballs, Cones, Flags

Set Up: Create a playing field with cones.

How to Play:

1. Divide the class into 2 equal teams. Each team needs a team name and flags.
2. Team starts with the ball on their own 10 yard line.
3. There are NO tosses or laterals EVER when a player is running with the ball.
4. The Offense will have 8 plays to score a Touchdown.
5. If they fail to score after 8 plays, the possession changes to the opposing team.
6. The ball is placed on the 10 yard line, and that team has 8 plays to score a Touchdown.
7. Touchdowns are worth 6 points
8. To go for 1 extra point the team will have 1 play from the 5 yard line.
9. To go for a 2-point conversion, the team will have 1 play from the 10-yard line.
10. According to the time the scrimmage allows, the Instructor will decide on the time length of each half, and the length of the game.