

Demonstrations

1.) Water Balloon Hail Mary:

- a. Coaching Points
 - i. Soft Hands!
 - ii. See the ball all the way into your hands (NOT one hand)
- b. How to Demonstrate:
 - i. Have coach select several players
 - ii. Select a distance for each to start from
 - iii. Coach throws water balloon to player
 1. Players who catch the balloon without it breaking move to a further distance

2.) Hard Snap Count

- a. Coaching Point
 - i. Defense must always watch the ball – not anticipate the snap count.
 - ii. Fire off line when center “Hikes” ball
- b. How to Demonstrate:
 - i. 2 coaches are necessary for drill
 - ii. One coach is the center – other is the QB
 - iii. Coach selects several players to play defense
 - iv. QB coach uses creative (funny) snap counts and tries to draw defense offside

3.) Breaking the Huddle Correctly

- a. Coaching points
 - i. Players must listen closely to QB
 - ii. Be in a tight huddle so defense cannot listen in or observe play
- b. How to Demonstrate:
 - i. Coach (QB) takes knee 5 yards off LOS
 - ii. Players surround QB in tight circle
 - iii. QB give instructions to each player
 - iv. QB Breaks huddle
 1. Ready on 3, ready on 3, 1-2-3 “BREAK – w/clap”
 - v. Player sprint to their positions.

4.) How to Receive a Pitch or Handoff

- a. Coaching points
 - i. Players MUST secure ball (One hand over, one hand under)
 - ii. Players must cut UP-field when ball is secured
- b. How to Demonstrate
 - i. Coach is QB
 - ii. Selects player to be RB

- iii. Throws pitch or hands-off
- iv. Critiques players form

5.) Wide Receiver Stance (Line of Scrimmage)

- a. Coaching points
 - i. Inside foot up, flat on the ground but weight slightly on the toes. 80% of weight on front foot, 20% on back foot.
 - ii. Back foot heel is slightly off the ground, about an inch. Back foot is just under a foot behind the front foot. Needs to be comfortable. Back leg should be slightly bent, so not so far back that it needs to be straight.
 - iii. Feet are underneath the armpits.
 - iv. Front knee is over the front foot toes.
 - v. Chest is over the knee and over the toes.
 - vi. Chin, turned inside, also ends up over the chest which is over the knees and over the toes.
 - vii. Hands relaxed/or hand up – Players choice
 - viii. On the snap, push off the back toes to roll and then press off the front foot to explode upfield.
- b. How to Demonstrate
 - i. Self-Explanatory

6.) Juke Move – Shudder Step

- a. Coaching Points
 - i. Locate defender(s)
 - ii. Signal you may go in either directions (head, shoulders and/or torso)
 - iii. Fake in one direction (don't over commit!)
 - iv. Quickly switch to other direction and sprint out of move
 - 1. Always cut UP-field
 - 2. Stick to one juke move at first (Don't slow down or waste time)
- b. How to Demonstrate:
 - i. Self-Explanatory

7.) Running Off DB (defense)

- a. Coaching Points
 - i. Speed Kills!
 - ii. One move and break!
 - iii. Hard, Deep cut into the ground
- b. How to Demonstrate:
 - i. Show players the proper way to run a button-hook or post route.

8.) Cross Patterns (Pick-Plays)

- a. Coaching Points

- i. WRs must be on the same page – Run same route on opposite sides of the field (In Route, Slant, ETC.)
 - ii. (WR1 – receives pass | WR2 – sets pick)
 - iii. Both must get off line quickly and into their individual routes
 - iv. WR2 must “rub” “Screen” “pick” WR1 DB using proper stance
- b. How to Demonstrate
 - i. Select 2 players to be WR and 2 to be DB
 - ii. Run route

9.) Break Down Play

- a. Coaching Points
 - i. WR must have internal clock
 - ii. WR eyes must come back to QB
- b. How to Demonstrate:
 - i. Have WR run sloppy routes – DB stays close to WR
 - ii. WR break off routes and run back towards QB in attempt to get open.

10.) Proper Flag Football Blocking

- a. Coaching Points
 - i. Similar to setting a pick in basketball
 - ii. Both feet must be firmly planted in ground
 - iii. Player CANNOT extend arms