

## GO LONG FLAG FOOTBALL

### Go Long Flag Football

Huddle Up and get ready for Flag Football to become an instant classic. Kids are lining up to score touchdowns and get a taste of the most popular game in the country! Players will get a chance to be running backs, wide receivers, defensive ends, and corner backs. Learn to pass, catch, run routes and punt like the pros! We'll practice these skills while playing Button Hook, Down & Out, Pitch & Run and First & Ten. Scrimmages and Red Zone Challenges will test your skills, promote teamwork and encourage sportsmanship. ARE YOU READY FOR SOME FLAG FOOTBALL!? Sign up today and score a touchdown with OTA!

**Skills to focus on:** Catching, throwing, punting, running routes, and basic plays.

**Facilities:** Make sure the area is the appropriate size for the age and amount of children who will be participating. The better and more detailed you set up the football field with cones, sidelines, End Zones, etc. the more the kids will be excited.

**Safety:** This is not tackle football; make sure the children are only pulling the flags off not wrestling others down to the ground.

**Tips:** We recommend instructors being all time quarterback. Using skills stations is a fantastic way to pace the class and create an "NFL Combine" environment for the kids to get excited about.

#### Skills/Drills

1. Running with the Ball
2. Receiving
3. Passing
4. Pass Patterns
5. Tosses/Handoffs
6. Defense
7. Kicking/Punting
8. Offense (center/QB exchange)

#### Games

1. Offense- Center/QB Exchange
2. Flag Tag
3. 500
4. NFL Ultimate
5. Run and Shoot
6. Break Away (Steal the Bacon)
7. Numbers Game
8. Fair Catch
9. Air Ball
10. QB Challenge
11. Target Practice
12. Red Zone
13. Relay Race
14. Sharks and Minnows
15. Punt Return
16. Individual Pass Patterns
17. Star Passing & Receiving
18. Super-Size Combos
19. Big Play
20. Tosses
21. ZIG ZAG
22. Miss Me
23. End Zone
24. Big D
25. Back Pack
26. Pitch and Play
27. Scrimmage