

## GO LONG FLAG FOOTBALL SKILLS & DRILLS

### 1. RUNNING WITH THE BALL

#### SKILL –

- a. Must run with quick feet and keep head/eyes up to see field.
- b. Tuck ball in the arm closest to a sideline.
- c. Two hands on the ball when running in middle of field.
- d. Fakes when trying to avoid a defensive player.
- e. Don't cross feet when running ball.

#### DRILL – Alleyway Obstacle Course

Equipment Needed: Footballs

Set Up: Set up an obstacle course for players to go through.

#### How To

1. The players take a handoff from the Instructor.
2. Complete the challenge to get to the end zone.

### 2. RECEIVING

#### SKILL –

- a. Receivers should catch balls with their hands.
- b. Arms should be outstretched with hands open to form target.
- c. Receiver's hands should give with ball (soft hands).
- d. Tuck ball to body once it's been caught.

#### DRILL – Receiver Stacks

Equipment Needed: Footballs

Set Up: No set up needed.

#### How To:

1. Place the players into stacks.
2. 1<sup>st</sup> player in line is passer, 2<sup>nd</sup> player is receiver.
3. Have player rotate positions.
4. Passers go to Receivers; Receiver goes to the end of the line.
5. Use the short and long route.

### 3. PASSING

#### SKILL –

- a. Ball griped with laces, towards back of ball.
- b. Opposite arm points to target while bringing the ball back.
- c. Ball should be thrown overhand, no side arm.
- d. Step forward with opposite foot from throwing arm.
- e. Point – step – throw.
- f. Follow through (thumbs should end up pointing down).

### **DRILL – Passing Stacks**

Equipment Needed: Footballs

Set Up: No set up needed.

How To:

1. Place the players into pairs.
2. Then split them into 2 stacks.
3. Have them practice throwing with a partner.
4. Or have them in stacks and throw to an Instructor.

### **4. PASS PATTERNS**

**SKILL –**

- a. Quick steps.
- b. Sharp movements.
- c. Emphasize V cuts, stutter steps, head fakes.

### **DRILL – Pattern Receiver Stacks**

Equipment Needed: Footballs

Set Up: No set up needed.

How To:

1. Place players into stacks.
2. Demonstrate each pattern for the players.
3. Make sure they don't start looking for the ball until they make their cut; unless it is a deep pattern.
4. Streak, Curl, Out, Post, Corner, Smash, etc.

### **6. TOSSES/HAND OFFS**

**SKILL –**

- a. Quarterback's should look at the stomach area of the back that will receive the ball
- b. Quarterback will make the pitch to that area
- c. Quarterback should plant a lead foot when making pitch
- d. Back should show target with open hands to receive pitch

**DRILL –**

Equipment Needed: Footballs

Set Up: No set up needed.

How To:

1. Place players into stacks.
2. Have 3 players in the drill: 1<sup>st</sup> player snapper, 2<sup>nd</sup> player quarterback, and 3<sup>rd</sup> player running back
3. The snapper snaps the ball to the quarterback; and the quarterback tosses or hands the ball off to the running back.

ROTATION- snapper to quarterback – quarterback to running back – running back to the end of the line – NEW SNAPPER

## 7. DEFENSE

**SKILL –**

- a. Rushing passer using fakes, not using contact.
- b. Keep hands up to block passes.
- c. Block by moving feet and body not by using arms or holding.
- d. Making a tackle (pulling off flags).

**DRILL –**

Equipment Needed: Footballs, Flag

Set Up: No set up needed.

How To:

1. Set up players to block with their arms behind their backs, they can only move their legs.
2. Instructor should be quarterback.
3. Defense should try to “sack”, Instructor.
4. Practice defense by running pass patterns with defenders to try and intercept the pass.
5. Practice tackling (pulling off flags) by pairing players up, one offensive player one defender, defender chases partner and tries to pull flag off.

## 8. KICKING/PUNTING

**SKILL –**

- a. When place kicking and punting use shoelaces of your foot
- b. Punt by dropping ball down while meeting the ball with foot, keeping your leg straight.
- c. Place kick by running to meet the ball, keeping your head down, but leaning back slightly

**DRILL –**

Equipment Needed: Footballs

Set Up: No set up needed.

How To:

1. Place players in stacks.
2. Have the players kick the ball as far as they can and mark it off to see which player can kick the farthest.

3. Demonstrate the correct way to kick before letting them kick.
4. Once they kick their ball, they need to chase down the ball.
5. Have 3 or 4 players going at once in their stacks.
6. If you have a 'T' you can practice field goals.

## 9. OFFENSE (CENTER/QUARTERBACK EXCHANGE)

### SKILL –

- a. Quarterback should stand behind Center.
- b. Center: knees bent, feet apart with head up.
- c. Center: place ball on ground before snapping.
- d. Quarterback: balanced stance hands up.
- e. Center: Use one or two hands to snap ball (most comfortable)
- f. Center: Don't look through legs when snapping the ball.

### DRILL –

Equipment Needed:            Footballs

Set Up:            No set up needed.

### How To:

1. Place the players into pairs.
2. Have the players all practice with a partner snapping the ball through their legs.
3. One player is the Center, the other is the Quarterback; they continually switch.
4. If the students have a hard time with this, let them do it from the side; across their body (shotgun Snap). Like a side toss.