

Flag Football Drills and Practice Plans

Making you a better coach one practice at a time!

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Introduction – How to Use this Book!

Flag football is a game that has made its way into youth sports to take the place of full contact football for many young athletes. It is fast-paced like the real game of football and many of the drills and skills are comparable, but it is a different game with different rules in its own right.

There is a lot to learn about flag football and there isn't a huge amount of information on the topic, but hopefully we can change that with this list of drills and practice plan advice.

Running flag football practices and building skills is a challenge for any coach. That's why we created this guide – to take the guesswork out of it, and to make your practices more effective, so you can build the skills of your players through drills and good practice techniques.



How this guide works:

In the first half of the book, we have drills for passing, catching, footwork, basic blocking and 'tackling' or flag pulling, positional skills and drills for both offense and defense. We'll divide these drills into three categories:

- **Basic football skills (passing, catching, kicking and footwork)**
- **Blocking and tackling (flag pulling)**
- **Positional drills and offense and defense drills**

These drills are also separated into skill level, with three skill levels being used throughout the book. Each skill level will be represented by a picture, as you will see below:



- **this will represent novice skill level**



- **this will represent intermediate skill level**



- this represents advanced skill level

By separating these drills into skill levels we have attempted to make sure that the drills you are instructing are appropriate for the youth you are coaching. You will, however, find that many of the drills can be used at the other skill levels.

In the second half of the guide... we have provided you with 25 different practice plans you can put into action. Now, instead of trying to keep your practice moving along, you will be able to run a tight ship with a minute-by-minute guide to your next practice.

We have designed these practice plans so you can print the ones you like off on your printer and take them to practice ready to roll. If you want, you can take the ones that work the best for you and make small adjustments, to tailor the practice to your team and the skills they need to work on. If you want, you can have certain practice plans for certain days of the week, etc – the sky is the limit!

Flag football is a great fun game for young athletes and part of that is building a player's skill level. Starting with the fundamentals and working your way up is the best way to coach a team. Strong fundamentals are the key to putting a winning team on the field – and we have put together a resource to help get you there!

Best of luck!

Basic football skills (Passing, catching, kicking and footwork)



1.1 Passing Accuracy 1

The first thing players need to learn is how to throw the ball properly.

What you need – Set up four cones in a 20 foot by 20 foot square situated 10 yards in front of a line of players. Have a bag of balls available so the players can throw several balls for the drill. You can set up two or three stations for this drill.

How this drill works – Have the players line up single file at one of the stations. With five or six balls at each station the coaches will signal to the players to start the drill.

When the whistle blows, the player will drop back three steps with the ball held in both hands just above the throwing shoulder and then they will attempt to throw the ball into the square created by the four pylons. Then they will run up grab another ball, drop back and throw. The ball must hit inside the square in order to count as a point. Throw 5 balls and the count the number out of 5 that are accurate.

Result – This drill helps develop the accuracy of a player's throw.



1.2 Snap and drop back

A good drop back is the foundation for good passing.

What you need – A player to snap the ball to the quarterback and an open drop back lane.

How this drill works – In this drill the player will learn to call a cadence (snap count), receive the snap and then drop back. Coaches should watch that the player pulls out from behind the center steadily, bringing the ball up high to the throwing shoulder right away.

Practice 1, 3, and 5 step drops without throwing the ball. Coaches should watch for proper mechanics when dropping back.

Result – Good drop backs set up a solid passing foundation for the young passer.



1.3 Happy feet passing

Keeping the feet moving is good for younger passers to learn.

What you need – Each player performing the drill should have a ball of their own. You should only run three or four passers at a time so you can watch the skill development.

How this drill works – The players will start as though they are taking a snap from center. They will drop back and they need to keep their feet moving up and down in short, quick bursts. The ball needs to stay at shoulder height, with both hands on it.

To add something to this drill, the coach should call out directions (left, right, center), and the player, while maintaining happy feet, will turn his or her shoulders and hips in the direction the coach calls out.

Result – The player will learn to keep his or her feet moving so they are always prepared to throw the ball. If they are flat-footed they cannot get the same power or accuracy on the ball.



1.4 Comeback catch

This is a basic drill for young players to focus on catching and to learn the proper comeback route.

What you need – You can set up a couple of groups of receivers and throwers in this drill. Split the receivers out about 7 yards to the left or right of the QB. You can run this drill repeatedly.

How this drill works – Before the drill starts, indicate to the players which way you want them to comeback – either to the outside or the inside. On the snap of the ball, the receiver will run out 7 yards and then plant the foot opposite the direction of the cut back. So, for instance if the receiver is on the right side of the QB and does an inside hook, they will plant their right foot.

The player should take two steps back toward the QB at a 45 degree angle with his or her hands outstretched waiting for the pass. The QB should learn to throw the ball as the player plants to make the cut.

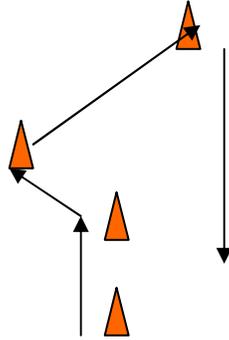
Result – Both the QB and the receiver will get work on this drill. It is a basic pass pattern that is a staple in beginner offenses.



1.5 Back peddle drill

A good skill for young players to learn early

What you need – Set up a cone course with each cone about 5 yards apart. Stagger the cones about 3 or 4 yards apart. See the diagram below.



How this drill works – The player will line up at two or more stations set up like this. The players will start with their backs to the cones. On the whistle, the player will back peddle straight back to the first cone and then open the hips and cross over to the next cone at a 45 degree angle. Then, they get to the next cone, but their hips are now turned at the opposite angle from the last cone. Then they sprint back to the line. Time the players.

Result – Quickness and agility, plus basic instruction on coverage.



1.6 Hip twist

In flag football you can't protect the flags, but moving the hips helps avoid the pullers.

What you need – You can get everyone involved in this drill as a group, or you can work on the drills with positional groups. You can put flags on the players so they understand the concept of the drill.

How this drill works – At first you can start the drill with the coach blowing the whistle each time he wants the players to twist. Players should keep the feet moving and when the whistle goes, they should still face forward and quickly twitch the hips in one direction, then the whistle blows and they twitch the other direction.

Change the drill by pairing players up and have the players twist the hips away from the player trying to reach for them.

Result – Good agility drill, but will also help players avoid flag pulls.



1.7 Three point passing

This drill helps coaches instruct the basics for the throw of the football.

What you need – Each player participating in the drill will have a ball they can use. You can run several players at a time, however coaches should make sure they can provide instruction to all of the players running the drill.

How this drill works – This drill focuses on three key areas: **grip, throwing position and release**. The grip should involve spreading the fingers over the laces of the ball, using the laces for a grip. The ball should be held just slightly behind the center. The throwing position is up near the ear on the throwing shoulder side. Just prior to the throw, the player's non-throwing shoulder should be pointed at the receiver or target area. Finally, the ball is set in motion from behind the ear and released just in front of the head, staying in a forward motion with the wrist snapping forward and the finger dragging across the ball to create a spiral – with the index finger the last to leave the ball. The hand should follow the ball to the target.

Result – Improve mechanics for your quarterbacks.



1.8 Square in, square out

This drill helps the timing of QBs and receivers on in and out patterns.

What you need – You can have two or more stations of this drill working at one time, but each station should have a quarterback and a group of pass catchers.

How this drill works – Make sure that the receivers work with all of the quarterbacks, and that they work on this drill on each side. This allows them to learn to catch the ball on both sides and allows for teaching the cuts in each direction – and on both sides of the field.

This drill starts with the QB snapping the ball and the receiver running 7 yards and then cutting straight in or straight out. The QB should get in the habit of throwing the ball just as the receiver is making the 90 degree cut to the inside of the outside.

It is important to develop good timing on this route, which is another important short route in flag football.

Result – Improves the QB timing and the receivers' ability to run good routes and catch quick passes.



1.9 Fly ball

Once again, this is a drill that works on good timing for QBs, and it also helps the receiving skills of the receivers.

What you need – Run two QBs at the same time, each with a line of receivers – one with a line on the right and one with a line on the left.

How this drill works – This drill works on good fly patterns (straight and deep routes), and good timing and touch for the QB to put on the ball. QBs will work on a good 5 step drop back, and then throw the ball once the receiver has reached the 10 yard mark.

The receiver must run a straight route and not look back at the QB until they are at the 10 yard mark, as they will look to see where the ball is going. The QB must put the ball far enough ahead of the receiver so they can stay at full speed and run under the ball.

Have a competition between the two lines to see who can catch the most balls past 15 yards. Catches count for a point and drop lose two points. Bad passes are a loss of one point.

Result – This is an important pattern to execute during a game as it can make for big plays.



1.10 Cris-cross handoff

A quick hitting agility drill that works on football exchange

What you need – Line up 10 cones – pair up the cones up about 7 yards apart, but at the same 5 yard intervals. Have a line of players at each cone.

How this drill works – On the coaches' whistle, the players will start at the first cone and go diagonally towards the second cone, so they end up on opposite sides. In the middle (they will cross) the players will exchange the ball in a handoff fashion. As they reach the second cone, they will change direction and criss-cross to the other side again and make the handoff.

There should be 4 handoffs as the players criss-cross from one side to the other along the 5 cones on each side. Time the players from start to finish and add 5 seconds for any dropped exchanges.

Result – Exchanges between players will improve and agility is worked on in this drill.



1.11 Lateral drill

This drill helps players learn to lateral the ball, and receive the lateral while they are on the run.

What you need – Set up the cones similar to the way you did in drill 1.10. A line of players will be at each cone.

How this drill works – The players will be lined up on opposite sides, at the start of each line of cones. The drill will start with one line handling the ball and running forward to the first cone. The second line starts a half second later so they are running parallel with, but slightly behind the first runner. The second line will run along their line of pylons.

The runner in the first line will lateral the ball across the cone area to the second line. The runner in the second line will continue moving forward and the runner in the first line will wait a split second so he or she is behind the runner with the ball. Essentially it is a back and forth lateral drill from one end of the cones to the other.

Result – The player will improve their ball handling and catching skills and work on tossing and receiving laterals.



1.12 Air ball

This is a great passing game that makes for good timing and throw pass connection between receivers and the QB.

What you need – You can set this drill up with a QB and receiver on one side, and a defensive back as the defender. Later you can increase the difficulty by having 2 receivers versus 2 DBs, or 2 receivers against 3 DBs.

How this drill works – Set up a field area that is about 20 yards wide and 40 yards long. The QB and receiver will discuss a pass pattern to run that is from the team's usual passing tree.

When the ball is snapped, the receiver runs the route and the QB tries to pass him or her the ball, while the defensive back attempts to defend. The QB should get rid of the ball before 5 seconds is up, or it is a loss of down. Give the offensive players 5 downs to make the entire 40 yards for a score.

Result – This is a great competitive drill, and it works on the skills of both the receivers and the defensive backs.



1.13 Passing accuracy 2

This drill is an extension of the drill that was taught in the novice level of this section.

What you need – Set up cones in 10 yard by 10 yard squares and have them 20 or 25 yards down field. Have them in three squares across the field at varying depths.

How this drill works – QBs will line up and throw 9 balls at the targets – 3 at each target. The QBs should work on a good three or five step drop and then a nice toss to the target areas.

Score 5 points for each time the QB is able to land the ball in the target area. Score two points if the ball lands just outside the target area in a one-yard distance around the coned area.

Result – This is going to help your QBs learn to throw accurately and to help them learn their distances when throwing the ball.



1.14 2 receiver throws

This drill will help receivers and quarterbacks work together during the course of a play.

What you need – Set up two receivers – either one on each side, or two on the same side. Include the QB with this drill.

How this drill works – This drill is intended to help the flag football QB learn to read and react to having two receivers on any given play. While this drill does not include defensive players at this time, you can have this sort of set up during the air ball game that we described earlier.

The QB will discuss with the receivers the patterns that he or she wants them to run. The QB will snap the ball and take a 3 or 5 step drop and then make a pass to one of the players.

Coaches can cover one player and force the read to the second receiver, or you can instruct the QB to look at one receiver first and then throw to the other. This is basic recognition for the QBs.

Result – Improved communication and timing between the quarterbacks and the receivers.



1.15 Shotgun snap

In flag football, learning to execute and receive a shotgun pass is important as this is primarily a passing game.

What you need – You can set up a center and a QB in several different stations in order to work on this element of the game.

How this drill works – This is a standard shotgun snap. The QB should line up about 7 yards directly behind the center, with the hand out in front of them and the eyes forward looking at the defensive coverage.

The snap should be quick and straight back at the QB. If it is too high, the QB has to reach for it and it can disrupt the timing of the play. Since this snap is commonly used in flag football, it should be practiced regularly during the course of a season, and several times during practice.

Result – Repeated work on this skill will improve the exchange between the QB and the center, and it will also reduce the number of errors that might occur during the exchange.



1.16 Punt drill

This is a drill that helps players learn to kick for a distance and to kick for accuracy.

What you need – Just like the passing accuracy drills, you can set up four cone targets that are a 10 yard square. Set them up 30 yards downfield.

How this drill works – This drill is specifically for punters and other kickers. The punter will hold the ball and take a standard two or three step approach before they punt the ball.

The idea is to try and punt the ball into the square, just as the players were passing the ball. You can score 5 points if the ball is punted into the square area, 3 points if the ball bounces into the square and 0 points if the ball misses the target altogether.

This punting drill can be done with all of the players, either as a game, or just as a skill drill for the punters. To change the drill up a bit, you can have a holder set the ball up for the kicker to try and kick 10 to 20 yard field goals.

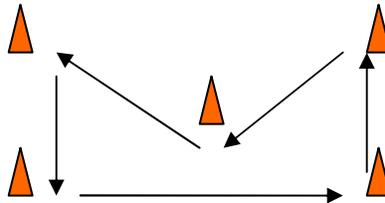
Result – This drill works on the skills of your team's kickers.



1.17 The Gauntlet

A great multi-purpose footwork drill that will help improve your players' quickness and agility.

What you need – Set up a cone course as shown below:



How this drill works – Players will start off at the front right cone with their back to the cone behind them. The drill starts with the player back peddling to the first cone, then breaking on an angle to the middle cone, then opening up the hips to cross over to the next cone, then sprinting forward to the next cone – and then finish up with a shuffle across to the final cone.

Time the players and see how they improve throughout the year.

Result – Improved quickness and agility for your players.



1.18 Option exchange

The option is a common running play in flag football, and this drill helps the QB and the running back work on it.

What you need – Set up a cone at the point where the ball is snapped and set one up on either side of the center cone at about 5 to 7 yards. You will need a quarterback and one or two running backs.

How this drill works – The drill is intended to help the timing and technique of the QB and the RBs. On the snap, the QB will run parallel to the line of scrimmage and the RB will be about 4 or 5 yards behind. The QB should not pitch the ball until he or she reaches the cone on the outside. Once defenders are added, then the QB can learn to pitch the ball when the are about to have their flags pulled.

Result – This is a great drill to develop timing on the option play.

Blocking and Tackling (Flag Pulling)



2.1 Three point stance

This is a basic drill to teach novice players the basics of the three point stance.

What you need – You can have all of the linemen (or all players for instruction sake) line up on the line of scrimmage.

How this drill works – The focus of this drill is on maintaining a good 3 point stance for blocking purposes. It is used by offensive and defensive linemen, and also it can be used for running backs as a starting position.

The players should be set in a sturdy position with one hand holding the upper body up. The players should have some weight in the arm, but not so much that they would be knocked down if the arm was knocked away. The weight should be distributed about 70/30 on the legs.

Result – The players are going to learn the fundamentals of a good three point stance.



2.2 First step

The first step is important for a good block to be set up.

What you need – You can pair up players in order to execute this drill, as they will need to execute the first step and get their arms up to block.

How this drill works – The players will line up in a three point stance and the partners can stand straight up and down to begin the drill.

On the whistle, the players taking the first step will slightly raise their upper body and take the first jab step towards the opponent. The arms will be in front of them – slightly higher than the opponents' waist. The first step will move forward toward the defender and the blocker's head will be up. The hands will engage the body of the defender.

The first step is important in getting out to set up a good blocking angle on a running play. Once the initial part of the drill is learned, you can designate a direction for the first step.

Result – Teaching a good first step on the block is important to have the advantage on the line.



2.3 The Blocking Back

Teaching running backs to block in flag football is extremely important for good pass protection.

What you need – Have a QB and RB set up in the backfield. You can line up a defensive lineman on the outside for the RB to set up the block on. Set up two cones about 4 yards apart to create a drop back lane for the QB.

How this drill works – Starting in a three point stance, the RB will take a quick first step towards the line and then move to get a good angle on the defensive lineman. At first, the lineman should not attack the QB, but rather help the RB learn to set up a good block.

The RB must keep the defensive lineman out of the 4 yard drop back area in between the two cones for 3 seconds.

Result – Flag football is primarily a passing game, and it is important to have good protection for the QB. The running back will be a big part of that protection.



2.4 Above the waist

In flag football blocking cannot occur below the waist or above the shoulder.

What you need – You can do this drill with tackling dummies if you like, to start. After the technique is worked on, the players can work against defensive players. You can use all players to teach the basics of this drill and pair up players of similar size and skill.

How this drill works – On the whistle the players will execute the first step forward. Then they will keep their arms extended and aim the hands and the arms towards the midsection of the tackling dummy or of the player they are paired with.

Players should not grab the clothing of the opposition, nor should they block below the waist or above the shoulders. This is illegal in flag football. The blocker can push the player from the midsection in one direction or another, or they can make continuous contact in order to set up the pass blocking.

Result – Generally speaking, flag football is considered 'non-contact', so for blocking purposes, the contact must stay above the waist in order to prevent any injury. Players do not have equipment, so low blocks, double team blocks and other blocks are not allowed.



2.5 Basic Flag Pull

Pulling the flag is the name of the game. Knowing how to do it effectively is the key to defensive success.

What you need – Pair up players of similar skill and make sure they each have a set of flags around the waist.

How this drill works – While this is not a game of tackle football, the approach to flag-pulling is somewhat similar – without the contact, of course.

With the head up, the player approaches the runner, lining up the outside shoulder with the middle of the ball carrier's chest. Once the tackler approaches the ball carrier, he or she will open the arms and reach at waist height, while still keeping the outside shoulder on the path to the middle of the chest. Players should not make contact with the ball carrier, except to grab the flags.

The tackler will lean into the carrier, with the arms outstretched and the head up looking to grab the flags. Keeping the ball carrier in front of the tackler is extremely important.

Result – By working this drill between players, they are going to improve their flag pulling skills.



2.6 Angle flag pull

Making the flag pull while running at an angle to the runner is a great skill to learn early.

What you need – Set up a running back and a linebacker (defensive back) about 10 yards apart directly in front of each other. Set up two cones – on the line of scrimmage – one to the left 10 yards and one to the right 10 yards.

How this drill works – On the snap of the ball, the RB will decide which cone to run towards. The defensive player will need to take an angle of pursuit that will help him or her reach the ball carrier before he or she gets to the outside of the cone.

The angle pull requires the tackler to reach out across the body of the player (without making contact) with the head up and focusing on grabbing the flags.

Result – The angle pull is important because more often than not, your defensive players will be in pursuit of a player on an angle, rather than making a tackle directly in front of them.



2.7 Reach blocking

With only three players on the line of scrimmage, making a reach block on the offensive line is common.

What you need – Set up a blocker and a defensive player. The defensive player will be a yard outside the shoulder of the blocker – either to the right or the left.

How this drill works – This is a step up from the basic first step blocking drill. The first step is extremely important in executing a good reach block. On the whistle, the blocker will take a good first step on the angle they need to take in order to execute the block.

The blocker should maintain a decent body lean forward with the arms outstretched to meet the blocker. While it is not important to reach across the blocker (unless that is the play), the angle is most important for the reach block.

Result – Work on the first quick step will help the blockers get great position in order to make effective blocks.



2.8 Cross Block Drill

A cross block is a common blocking scheme used in flag football in order to quickly open up holes in the defense.

What you need – You can start instructing this drill using tackling dummies in order to learn to gain position. This drill also uses the reach block skill learned in the last drill. Two linemen will line up directly across from the tackling dummies.

How this drill works – On the snap of the ball, one lineman will burst forth first; and angle towards the tackling dummy in front of the other blocker. The second blocker will hesitate until the first blocker makes his or her first step and then he or she will move around the first blocker and engage the tackling dummy that was in front of them.

When executed correctly, the blockers should be able to open up a large hole for the running back to go through.

You can add difficulty to the drill by adding actual defensive lineman or other defensive players, rather than tackling dummies.

Result – Blockers will learn the basic cross block that can be executed in several different situations in flag football.



2.9 Pass protection drill

Good pass protection is important in flag football because it is primarily a passing game.

What you need – At first, you can have the blockers go against tackling dummies held by coaches in order to work on their technique. Set up three linemen (a typical flag football offensive line).

How this drill works – The basics for pass protection are a good base and good arm extension towards the blocker. On the snap, the blocker should keep his or her feet moving and a good base that is about shoulder width, or slightly less.

The key in this drill is to keep in contact with the tackling dummy just above waist height. The player should keep the dummy in front of them with his or her head up at all times.

Make the drill more difficult by adding actual defensive players. The teaching points are the same.

Result – Regular work on this drill is going to make your blockers better at pass protection.



2.10 Open field flag pull

Making an open field tackle is important in flag football, as there is more open space with fewer players on the field.

What you need – Have one defensive player versus an offensive player. Place cones in order to create a 20 yard by 20 yard area. The offensive player starts on one side and the defensive player on the other.

How this drill works – An open field tackle is one that is made with out any blockers nearby and a lot of open space for the runner. The open field tackle in flag football is difficult, because you cannot simply knock the runner down in any way possible – you still have to grab the flags.

Coaches need to instruct players to keep under control with the legs bent and the head up. The arms should be in front, prepared to grab the flag. Angle the runner to the sideline, or to the inside if help is nearby. The key is to get close enough to the player (without making contact) to grab the flag. The carrier tries to get from one side to the other without the flag being taken.

Result – Open field flag pulls are game savers in flag football.



2.11 Pull flag with blocker

Making a play even though you have a blocker in front of you is key in flag football.

What you need – You can run this drill in many ways; either with an offensive lineman versus d-lineman, or lead running back and linebacker – but you will always have a running back carrying the ball. Set up two pylons about 10 yards apart on a line of scrimmage.

How this drill works – This drill is for both offensive and defensive players, as you need to either execute a good block (offense) or execute a good tackle (defense). So the blocker attempts to keep the defensive player away and the defensive player tries to shed the block to make the tackle.

The blocker must stay on his or her feet and block above the waist, and the tackler must not make contact with the runner, except for grabbing the flags and incidental contact. This drill requires the runner to run between the two cones and the contest is between the blocker and the tackler.

Result – The blocker and tackler will get game-style practice in their respective disciplines.



2.12 Flag pull tag

This 'game' will help develop flag pulling (and avoiding) skills of all players.

What you need – Mark off an area that is 40 yards by 40 yards with cones. Players must stay in this area during this game. All players (or split into two groups) will participate. Two players will be 'it'

How this drill works – This can be quite a competitive game once it gets started. The players must avoid having their flags pulled, while the first two players have to attempt to pull flags. Coaches should watch for proper technique: in avoid the flag pull, you cannot spin or knock away the flag puller's hands.

As the players' flags are pulled, they also become flag pullers until all of the players in the square have been converted.

Result – All players are going to get good work on flag pulling in a variety of situations, and they will get the opportunity to work on legally avoiding flag pulls.



2.13 Head up flag-pull

This is a great competitive one-on-one game once the players understand the basics of flag pulling

What you need – Mark off a 10-yard by 10-yard area; you will have one offensive player (ball carrier) and one defensive player.

How this drill works – This is a very simple, but ultra-competitive one-on-one drill that pits the offensive players versus the defensive players.

The players will start on the opposite sides of the 10-yard square. On the coaches' whistle, the players will run at full speed towards each other. The object is for the defensive player to keep his or her head up and eventually pull the flag, while the ball carrier tries to elude the tackle by the defender.

The players must stay inside the 10-yard box area. The ball carrier must always be moving forward or laterally – they cannot elude the tackle by moving backwards and running around the box.

Result – Offensive players will get work on eluding the tackle; defensive players get flag-pulling work.



2.14 Block and pull

This drill helps the defensive players learn to take on a block and still make the flag pull.

What you need – Put cones 7 yards apart, and line up an offensive and defensive lineman (linebacker), and line up a ball carrier behind the offensive lineman.

How this drill works – On the whistle, the offensive lineman will take a first step and make proper blocking contact with the defensive player – but then stop. At the same whistle, the ball carrier will move forward as if he or she is hitting a running hole as a running back.

Once the lineman contact is made, the defensive player must recover and attempt to take the flag from the ball carrier. This drill should be a very quick drill and the running back should always be moving forward.

Result – This starts to simulate a game situation for both the blockers and the defensive players. This is a good drill to learn flag-pulling in traffic.



2.15 Pass protection with rush

Working as a unit is important for the pass blockers up front; this drill helps them with that.

What you need – You can start this drill with lineman blocking tackling dummies, and then upgrade to real defensive linemen. Line up three offensive linemen (typical of flag football), consisting of a center and two guards.

How this drill works – The splits (distance between the feet of the linemen) should be about 1 pace (one yard) to start. When the ball is snapped, it is important for that distance to be maintained, otherwise there is a lot of room for players to move between them.

When the whistle blows, the offensive linemen will assume a pass protection set up: upper body slightly forward with arms extended; feet close to shoulder width apart and a good sturdy base. They should make sure they keep no more than that 1 yard apart, unless the pass rush goes outside. But, they need to be careful that the defense doesn't rush someone in the middle.

Keeping close and working as a unit is an important part of pass protection and should be stressed by coaches.

Result – Better pass protection in a game that has a lot of passing situations.



2.16 Drive through

This drill helps the offensive linemen with their drive blocking for running plays.

What you need – Line up two or three offensive linemen and either tackling dummies or defensive linemen on the other side of the ball.

How this drill works – This drill stresses an important first step and then takes it beyond that to keeping the feet moving and pushing the defensive player out of a running hole.

When the whistle blows, the linemen take a quick first step to where they are going to set up their block. Then they engage the defensive lineman at waist height with open palms. They push at waist level to open up the hole in the line. Keep the feet moving.

Result – Running does play an important part in flag football, and good run blocking can make a team difficult to beat.



2.17 The Escort

This drill works on making a lead block downfield, but also helps teach the defender to avoid the block and pull the flag.

What you need – Mark off a 10-by-10 area with cones. Start this drill with a running back and a lead blocker against one defender. In future drills, you can add an offensive lineman and another defensive player.

How this drill works – The players will start at opposite sides of the 10-yard square. The defensive player however gets to take two strides inside the end line just prior to the whistle blowing.

When the whistle blows, the ball carrying team will run towards the defender and the lead blocker will attempt to make a downfield block (legal, with hands forward and contact above the waist and below the shoulders), to spring the runner downfield.

The defender can either meet the block and try to push the runner one way or another, or he or she can try to shed the block and pull the flags.

Result – While primarily a blocking drill, the defender gets a lot of work on flag-pulling against a blocker.



2.18 The Pit

This is a quick-hit, competition style drill that puts ball carriers against flag pullers in closed area.

What you need – Set up two pylons 5 yards apart. This will be the line of scrimmage. The ball carrier and flag-puller will each take two strides from the line in opposite directions so they are approximately 4 to 5 yards apart.

How this drill works – On the whistle, the runner goes forward and must run in between the two pylons that are 5 yards apart. They can juke, jive, shuck, but they cannot spin (against the rules). The defender must use good form to reach for the flags: keep the head up, keep the shoulder in line with the ball carrier's chest and arms extended towards the waist.

Each time the runner gets by the defender score a point for offense. Score a point for the defense each time a flag is pulled within 3 yards of the line of scrimmage. Players must stay between the two cones.

Result – Great competitive drill that works on essential running and flag pulling skills.



2.19 Get your flags

This helps the defenders learn to reach and pull the flags down.

What you need – Partner up players of equal skill, size and speed. Give each one a set of flags.

How this drill works – This is a game of one-on-one, where the object is to try and grab your partner's flags.

The players will start off an arms reach apart when the whistle blows. They jostle and move and reach to try and grab their partner's flags. Players cannot spin away or block flag reaching with their hands. They must move laterally or run forward or backward to avoid the pull.

Coaches must watch for proper flag-pulling technique. This is a great fun game (that also works on conditioning), but it can get out of hand if the emphasis is not on the proper flag-pulling technique.

Result – Fun game that works on the fundamentals of proper flag-pulling



2.20 Camera on your back

This is an offensive lineman drill that emphasizes getting to the block and then steering the defender away from the play.

What you need – Set up an offensive lineman versus a defensive lineman and have a ball carrier in the backfield. Set up two cones about 5 yards apart as the line of scrimmage.

How this drill works – This drill can be started at half speed so players understand the purpose. Offensive lineman want to get a good first step to get the angle they way to open up a running lane. As they engage the defender, they want to get their entire body in the way of the defender, to drive them away from the hole.

Prior to the start, the coach will indicate which hip of the offensive lineman they will run off – right or left. When the whistle blows, the lineman will step out, and as if they had a camera on the back, 'film' the running back as they go through the hole. This requires the blocker to get good position, get the body in the way and wall off the defender as the runner goes through the hole.

Result – This is a great drill to emphasize the importance of opening a running hole.

Positional drills and Offense and Defense



3.1 Handoff drill

Learning the proper way to give and receive handoffs is crucial for success in the running game.

What you need – You can have any number of groups; pair up offensive players like receivers and QBs or QBs and RBs. Each pair should have a ball.

How this drill works – This is the basic handoff and should be learned very early when teaching the fundamentals of flag football.

The player handing the ball off will stand in front with the back to the ball carrier. On the snap, the running back (ball carrier) will go straight ahead, either to the left or right side of the player handing off. The player receiving the ball should have the inside arm on the top, across the body, and the outside arm low across the body. The QB (hand off) will open up to the runner and put the ball right in his or her belly.

The important part for the exchange is getting the ball into the RBs hands, with the proper arm up.

Result – Practice on hand offs to limit potential mistakes.



3.2 Hole selection drill

The running back needs to know the hole numbers in order to know the basic plays.

What you need – You can set up three cones to portray offensive linemen.

How this drill works – The RB must know that the hole to the immediate left (odd) and right (even) side are the 1 and 2 holes. Right in the middle between the center cone and the outside cones are the 3 and 4 holes. To the outside of the cones are the 5 and 6 holes.

You can practice calling a running play by the hole number, and work on the exchange (handoff drill) at the same time.

Result – Learning the basic running holes is imperative for younger players that want to play the running back position.



3.3 Man to man coverage

This helps a defense learn to cover all of the offensive players on the field.

What you need – Set up an entire offense and defense. Have 3 offensive linemen, 1 RB, 1 QB, 1 TE, and 2 WR. On defense, you will have 3 linemen, 1 linebacker, 2 safeties, and 2 cornerbacks.

How this drill works – In the initial drill, you can set things up the way described in the ‘what you need’ section, but feel free to change it to help teach the player their responsibilities.

The linebackers should cover the runningback out of the backfield, the free safety should cover the TE, and the strong safety should play deep middle. The cornerbacks will cover the wide receivers. If the offense changes to add another receiver (instead of a running back), then the safety will cover the extra receiver and the linebacker will watch the linebacker or the quarterback.

Result – Teaching your defensive players to learn their man to man coverage responsibilities is the benefit of this drill.



3.4 Passing tree

This drill helps the QBs and receivers work on different patterns, learning how to run all of them properly.

What you need – Set up a couple of different stations for this drill. Have QBs and WR (and RBs, too) working together.

How this drill works – This is a simple pass receiving drill for your receivers and QBs to work on. Go through your team’s passing tree with the receivers in each station. Make sure the receivers work with both quarterbacks, so they can learn the patterns from both sides of the field.

Coaches should watch for players making their cuts at the right yardage, making fakes and proper catching technique (hands, not body catching). For quarterbacks, make sure they are using the proper drop back and that the ball is held at the shoulder level.

Each receiver should go through the entire passing tree.

Result – This drill will work on the basics of pass patterns and the QBs will get a lot of good passing work.



3.5 Zone defense drill

This drill will help to teach younger players the difference between man-to-man defense and zone defense (common in flag football because of the speed and number of players).

What you need – Set up 5 cones in the defensive backfield (representing each of the 5 zones covered by defensive players). Line up the defense in a standard formation.

How this drill works – First, show the defenders that they will be covering an area around the cone that has been set up in the zone. Instruct the players not to go any further than 5 or 7 yards in either direction of the cone. They should NOT follow a particular player, unless that player is moving through a zone.

Run a simple passing play at half speed. Run the play and watch to see how the defenders react when a player comes into their zone – or crosses their zone. Make sure they understand that they need to watch the receivers, but not to follow a receiver too far.

Result – This drill helps young players understand how a zone defense works.



3.6 Pass rush drill

This drill will help your defensive linemen learn three different moves on the line.

What you need – You can start this drill against tackling dummies, or you can have offensive linemen. This can be a one-on-one drill, or you can have all three going at the same time. To begin, it might be best to go one-on-one.

How this drill works – Coaches should teach 3 different moves: the swim, the spin and the bull rush. The swim is a quick move that reaches around the offensive lineman. The spin is a move that engages the offensive lineman before the defensive lineman spins one way or another. The bull rush is straight ahead engaging the offensive lineman to push him or her back into the running hole or the quarterback.

These are standard moves for the defensive lineman.

Result – This drill is a good beginning drill for young defensive lineman. They will learn basic move that they can perfect as they get older.



3.7 No passing zone

In this competitive drill, the receivers are against the defensive backs in a passing / defending drill.

What you need – Mark off a 10 yard wide and 40 yard deep area. You can have a QB and 2 WR and 2 DBs.

How this drill works – This is a drill that works on defensive coverage. The QB and the receivers will design a play and then run that play. The DBs will line up across from the WR in coverage.

On the snap of the ball, the receivers must stay in the marked off area, and the DBs will maintain coverage. The QB must get rid of the ball in 5 seconds, or it is considered a sack. Give the offense one point if they are able to complete a pass, and give the defense a point for an incomplete pass and 2 points for an interception.

Result – This is a great drill for both receivers and defensive backs to learn their basic skills.



3.8 5 on 4 defense

This is a simple offense versus defense drill that adds a couple of more players, but is essentially an elaborate flag pulling drill.

What you need – Set up three offensive linemen, three defensive linemen, a QB, RB and a linebacker.

How this drill works – This drill pits one side against the other. The offense is going to try to carve out a few yards, and the defense is going to try and stop them. The primary responsibilities are going to be left to the LB and the RB.

On the snap of the ball, the offense is going to hand the ball off in one of the holes that is set out prior to the snap of the ball. The lines will engage and the RB will try to get through the line and the LB will try to read the play, avoid the blockers and then try to pull the flags.

The defense isn't outnumbered, because the QB doesn't figure into this – therefore it is a contest of four on four in reality.

Result – Players get a game-like situation and the defense works on the flag-pulling skills.



3.9 Skeleton offense

This drill gives the QB, RB and receivers an opportunity to work without the line.

What you need – You can run a couple of different stations; each one should have 2 WR 1 TE and 1 RB. Set them up in your standard offensive formation.

How this drill works – When you have the players set up, you can run a play that you have designed.

The purpose of this drill is to iron out the basics of each play so that every position player knows his or her responsibility when they take the field. Run a variety of plays so that each player knows the differences in the responsibility as each play is run.

Result – This will help the players understand how each play is supposed to work; repetition is always a great way to develop skill and timing.



3.10 Shadow

This game is a great way to help your defensive backs learn to stick close to their receivers

What you need – Pair up receivers and cornerbacks. Attach a 10 foot string (or other 'breakable' material) to each of the player's belts. Cordon off an area that is about 10 yards wide by 30 yards.

How this drill works – The receiver will start off on the line and the string will be stretched fully with the cornerback covering the wide receiver. On the snap of the ball the receiver is going to run a pattern and the defensive back must maintain coverage.

The drill is called shadow, because the defensive back is going to have to shadow the receiver within the 10-foot string limit, otherwise the string will break. If the string breaks, then the coverage is not really close enough and there is no longer a shadow.

If a defensive back is able to cover the receiver for the entire pattern, then they get a point. If a receiver is able to run a pattern to break a string, then they get a point.

Result – Defensive backs are really going to shore up their one-on-one defensive coverage skills.



3.11 Pass and pull

Being able to close on a receiver and pull the flag is going to make a defense tough to beat.

What you need – You can set up a couple of different stations for this drill. Have a line for receivers and for defensive backs. On each play the receiver and defender will run the drill then go to the back of his or her respective line.

How this drill works – The WR will line up and the defender will line up opposite him or her, about 10 yards in front. The QB will receive the ‘snap’ to start the play.

The offensive players will run a simple slant pattern, or a hook pattern in most cases. The defender will let them complete the pass and then the defender must close on the receiver to limit the amount of yards the player gets after they catch the ball.

Defenders should be able to close quickly and pull the flag as the receiver catches the ball.

Result – This works on good defensive coverage, but also forces the defender to make a good flag pull as well.



3.12 Shotgun quick pass

This is a fun drill for receivers and for defenders to see who can catch more or defend the pass.

What you need – Line up the QB in a shotgun formation. The receivers (2 or 3) will line up with defensive backs right across from them.

How this drill works – The defensive backs will move in closer to the receivers in order to play close defense. On the snap of the ball, the QB is allowed to take one step back, but then must find a receiver and make a throw.

The defenders will have to watch the alignment and patterns of the receivers in order to make a quick break on the ball so they can defend it. If the QB does not unload the ball within 3 seconds, it will be considered a sack. If a pass is incomplete, dropped pass or a ‘sack’, the defense gets one point and if they intercept they get two points. For each completed pass, the offense gets one point.

Result – This is a great quick drill to help players learn quick defense and closing skills.



3.13 Cone cut and pull

This drill works with defensive players and ball carrier in a flag-pulling drill.

What you need – Set up two pylons about 5 yards apart to act as the line of scrimmage. Set up another pylon 5 yards into the defender's side of the ball. Line up defenders 3 or 4 yards behind the cone; ball carriers start 5 yards behind the line of scrimmage.

How this drill works – On the whistle, the ball carrier will move forward between the two cones at the line of scrimmage. The defender will keep their feet moving in short, choppy steps in the same spot, waiting for the ball carrier. The runner will run towards the cone on the defensive side of the ball.

Once at the cone, the ball carrier must choose one way or another to cut and go. The defender must read the cut and try to make the flag pull. The ball carrier is only allowed to make one move in this drill. Score one for a flag pull and one if the ball carrier gets by.

Result – Defenders will have the runner coming right at them and they need to be able to make the play.



3.14 Swarm the defense drill

This is a fun drill that also helps to condition the players.

What you need – Set up a 20-yard by 20-yard area, and have 10 players start on one side – complete with flags. Have two defenders in the middle of the area.

How this drill works – The defensive players will face 10 people running through the 20 by 20 area at the same time. The defenders will need to decide who they are going to pull the flags of, as the runners go through the box. The RBs need to run through the area without having flags pulled.

The RBs will run from one side to the other, and once to the other side, tally up how many runners had flags pulled. Remove those players and run the drill again. Keep running until you have only one player left. They are the winner and can sit out the next drill when you change defensive players.

Result – Fun and conditioning all rolled up into one.



3.15 Flag pull relay

Another drill that works on RBs versus defensive backs and learning the proper flag pull.

What you need – You can set up more than one station for this drill. Place two cones 5 yards apart, and then another two cones 8 yards later, and then another two cones 8 yards after. Put a defender between each two cones. Line up players on both sides, about 10 yards away from the start of the cones.

How this drill works – This drill starts when one of the ball carriers goes through the course and meets the first defender. The defender attempts to pull the flag and the runner tries to get by.

The runner has to get by each of the three areas in succession to score a touchdown (worth 6 points). Defenders that are able to pull a flag are awarded three points. The drill stops if a runner loses a flag to a defender. The runner on the other side of the drill begins and comes back the other way.

Run two stations of this drill and tally the points for offense and defense to see who wins.

Result – Continued work on avoid flag pulls and pulling flags



3.16 Toss drill

A good drill to help RBs and QBs with the toss of the ball on lateral plays

What you need – Pair up players, each with a ball to practice this drill.

How this drill works – The players will move down the field, tossing the ball backward to each other as they continue to move forward. In the beginning, you can do this drill at half or three quarter speed as the players learn the proper toss technique.

Once the players understand the technique, they can begin to run this drill at full speed. Have players run a 40 yard course, exchanging the ball a minimum of 4 times.

Result – Players are going to learn the proper toss technique, but also how to catch the toss on the run.



3.17 10 Yards game

This competitive drill pits the entire offense against the entire defense

What you need – Field an entire offense against an entire defense to start. The offense can be adjusted and altered at any time during this drill to add specific challenges for the defense.

How this drill works – Judging by the name, 10 yards is what the teams are fighting for in this drill. The defense is trying to prevent a 10 yard gain, and the offense is trying to get 10 yards. This puts all of the skills together in order to try and reach their objective.

The offense will receive 1 point if they get past 10 yards and the defense will get a point if they prevent a 10 yard gain. After 10 plays, tally the points and then switch up the players on both sides.

Result – This drill can get very competitive as the sides are pitted against each other in a game-like situation. All skills are used in this one.



3.18 The Ultimate

This is another full skill game, however, this time the object is just to stop the team from making a positive gain on the play.

What you need – Set up 2 offenses and 2 defenses if you have the players. Set up a 60-yard field.

How this drill works – This drill is different from the above drill in that the defense will immediately switch if they prevent the offense from making a positive gain. As long as the offense can move the ball they will continue. Each 60 yards they make, the offense will get 6 points.

If a defense is able to stop the offense, then their offense gets to come out and try to do the same thing against the other team's defense. They start at one end of the field and try to make it 60 yards for the 6 points.

Give each side 5 possessions to try and score. Tally the points after each side has 5 possessions.

Result – This is another great full team drill that divides the team into two 'new' teams for some healthy competition and work on basic skills.

Practice Plan – How this Section Works

This is the section where we have constructed 25 general practice plans that you can follow. They are a **minute-by-minute** structured practice that you can take to run your practices. But, before we begin, here are a few tips on using the practice plans, and practices in general.

- The practice plans are a guide for your practices – you don't have to use them all, and you can substitute other drills in to each plan if you want.
- While we provide one drill in the practice plans per time slot, you can add drills as you see fit to work with your team.
- It is important for repetition and skill development to keep players moving – so if you can have several stations of the same drill at one time – then do it.

Running a good practice!

Keeping players moving while having the right amount of instruction is key to a successful practice. That's why we have helped you out with running the practices by including these practice plans. The cover skill development, fun and they also allow players to get into game-like situations to prepare them for when they do need to play.

More practice tips

- Have enough conditioning time included in all of your practices. While flag football does have breaks in between plays, it is generally much faster than traditional football because of the amount of passing in the game. The players won't like the extra time included in the practice plans for conditioning, but it will improve their game performance.
- Take enough time during the practice to make sure that proper instruction is given. While our drills keep the practice going, they are placed with the belief that players are being given instruction during this time as well. It takes only doing something twice to develop a bad habit, but seven times to develop a good habit – instruct properly first!
- Give ample rest times and water times. Don't overlook these in the practice plan. Good rest time and replenishing fluids is going to help the body rejuvenate and prevent long-term injuries.

- Keep the practices fun! You don't want players to lose interest because things are too intense. Make sure – especially at younger ages that the children are having fun. That is what keeps them in flag football programs for the years to come.

Each of the practice plans are set up for a two hour practice – but that doesn't mean that you have to run younger players through the paces for a couple of hours per practice. If you run a 60 minute or 90 minute practice, you can simply take out a few of the drills in each plan or remove the team work times and make sure you put in team drills.

Remember, the practice plans are not set in stone. You can use a base plan and substitute drills that you want into each drill.

Following are practice plans for you to use in your practices! They are divided into three areas, very similar to the way the drills were divided in the main book. There are **8 beginner practice plans, 8 intermediate practice plans and 8 advanced practice plans.**

Beginner Practice Plan #1

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Basic flag pull	2.5	Arms extended, shoulder lined up with chest
:35 to :38	Water break	-	-
:38 to :45	Handoff drill	3.1	RBs inside arm is always up
:45 to 1:00	Above the waist	2.4	Keep hands above the waist when blocking
1:00 to 1:10	First step	2.2	Good blocking drill for o-lineman
1:10 to 1:20	Pass rush drill	3.6	Three simple move to learn
1:20 to 1:30	Flag pull tag	2.12	Good game for flag pulling lessons
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Angle flag pull	2.6	Good angle, reach for flag
1:45 to 1:55	Man to man	3.3	Keep the WR close
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Beginner Practice Plan #2

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Flag pull tag	2.12	Good warm up game
:35 to :38	Water break	-	-
:38 to :45	Hole selection	3.2	Teach the young players the proper hole
:45 to 1:00	Passing tree	3.4	All players can learn to run the pass patterns
1:00 to 1:10	Angle flag pull	2.6	Good angle, reach for flag
1:10 to 1:20	Man to man	3.3	Keep the WR close
1:20 to 1:30	Snap and drop	1.2	Good drill for QB basics
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Comeback catch	1.4	Two steps back to the QB
1:45 to 1:55	Back peddle drill	1.5	Keep body low and use arms
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Beginner Practice Plan #3

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Basic flag pull	2.5	Arms extended, shoulder lined up with chest
:35 to :38	Water break	-	-
:38 to :45	Passing accuracy	1.1	Good technique and distance drill
:45 to 1:00	Hip twist	1.6	Twist hips to avoid flags
1:00 to 1:10	The blocking back	2.3	Backs need to block, too
1:10 to 1:20	Happy feet passing	1.3	QBs got to keep the feet moving
1:20 to 1:30	Square in, square out	1.8	Good cuts for these short patterns
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Team offense and team defense work		Use skills to tailor team work
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Beginner Practice Plan #4

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Flag pull tag	2.12	Good warm up game
:35 to :38	Water break	-	-
:38 to :45	Handoff drill	3.1	RBs inside arm is always up
:45 to 1:00	Above the waist	2.4	Keep hands above the waist when blocking
1:00 to 1:10	Snap and drop	1.2	Good drill for QB basics
1:10 to 1:20	The blocking back	2.3	Backs need to block, too
1:20 to 1:30	Happy feet passing	1.3	QBs got to keep the feet moving
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Hole selection	3.2	Teach the young players the proper hole
1:45 to 1:55	Passing tree	3.4	All players can learn to run the pass patterns
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Beginner Practice Plan #5

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Basic flag pull	2.5	Arms extended, shoulder lined up with chest
:35 to :38	Water break	-	-
:38 to :45	First step	2.2	Good blocking drill for o-lineman
:45 to 1:00	Pass rush drill	3.6	Three simple move to learn
1:00 to 1:10	Zone defense	3.5	Early test for young players
1:10 to 1:20	Comeback catch	1.4	Two steps back to the QB
1:20 to 1:30	Back peddle drill	1.5	Keep body low and use arms
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Team offense and team defense work		Use skills to tailor team work
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Beginner Practice Plan #6

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Flag pull tag	2.12	Good warm up game
:35 to :38	Water break	-	-
:38 to :45	Angle flag pull	2.6	Good angle, reach for flag
:45 to 1:00	Man to man	3.3	Keep the WR close
1:00 to 1:10	Open field flag pull	2.10	Keep the head up and the feet moving
1:10 to 1:20	Comeback catch	1.4	Two steps back to the QB
1:20 to 1:30	Back peddle drill	1.5	Keep body low and use arms
1:30 to 1:35	Water break	-	-
1:35 to 1:45	First step	2.2	Good blocking drill for o-lineman
1:45 to 1:55	Pass rush drill	3.6	Three simple move to learn
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Beginner Practice Plan #7

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Zone defense	3.5	Early test for young players
:35 to :38	Water break	-	-
:38 to :45	First step	2.2	Good blocking drill for o-lineman
:45 to 1:00	Pass rush drill	3.6	Three simple move to learn
1:00 to 1:10	Snap and drop	1.2	Good drill for QB basics
1:10 to 1:20	Passing accuracy	1.1	Good technique and distance drill
1:20 to 1:30	Hip twist	1.6	Twist hips to avoid flags
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Team offense and team defense work		Use skills to tailor team work
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Beginner Practice Plan #8

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Basic flag pull	2.5	Arms extended, shoulder lined up with chest
:35 to :38	Water break	-	-
:38 to :45	Passing accuracy	1.1	Good technique and distance drill
:45 to 1:00	Hip twist	1.6	Twist hips to avoid flags
1:00 to 1:10	Snap and drop	1.2	Good drill for QB basics
1:10 to 1:20	Hole selection	3.2	Teach the young players the proper hole
1:20 to 1:30	Passing tree	3.4	All players can learn to run the pass patterns
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Handoff drill	3.1	RBs inside arm is always up
1:45 to 1:55	Above the waist	2.4	Keep hands above the waist when blocking
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Intermediate Practice Plan #1

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Flag pull tag	2.12	Good warm up game
:35 to :38	Water break	-	-
:38 to :45	Reach blocking	2.7	Good first step is key
:45 to 1:00	No passing zone	3.7	Good competitive drill
1:00 to 1:10	Shadow drill	3.10	Keep close so the string doesn't break
1:10 to 1:20	Pass and pull	3.11	Quick break for defenders to limit gain
1:20 to 1:30	Square in, square out	1.8	Good cuts for these short patterns
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Cris-cross handoff	1.10	Good technique on handoffs
1:45 to 1:55	Lateral drill	1.11	Solid pitches
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Intermediate Practice Plan #2

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Shotgun snap	1.15	Get the snap up and get the ball in position
:35 to :38	Water break	-	-
:38 to :45	Reach blocking	2.7	Good first step is key
:45 to 1:00	No passing zone	3.7	Good competitive drill
1:00 to 1:10	Pull flag with blocker	2.11	Get past blocker and reach for flag
1:10 to 1:20	Shotgun quick pass	3.12	Make quick decisions; 3 seconds is a sack
1:20 to 1:30	Air ball	1.12	Defender works on quick breaks to the ball
1:30 to 1:35	Water break	-	-
1:35 to 1:45	5 on 4 Defense	3.8	LB needs to keep the head up to make play
1:45 to 1:55	Skeleton Offense	3.9	Work on basic plays in this segment
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Intermediate Practice Plan #3

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Air ball	1.12	Defender works on quick breaks to the ball
:35 to :38	Water break	-	-
:38 to :45	Cross block drill	2.8	Good first step
:45 to 1:00	Fly ball	1.9	Good timing and reach for the ball
1:00 to 1:10	Three point passing	1.7	Stress good technique
1:10 to 1:20	Pass pro drill	2.9	Quick feet and arms extended
1:20 to 1:30	Open field flag pull	2.10	Keep the head up and the feet moving
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Cris-cross handoff	1.10	Good technique on handoffs
1:45 to 1:55	Lateral drill	1.11	Solid pitches
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Intermediate Practice Plan #4

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Flag pull relay	3.15	6 points for TD, 3 points for flag pull
:35 to :38	Water break	-	-
:38 to :45	Shadow drill	3.10	Keep close so the string doesn't break
:45 to 1:00	Pass and pull	3.11	Quick break for defenders to limit gain
1:00 to 1:10	Cross block drill	2.8	Good first step
1:10 to 1:20	Fly ball	1.9	Good timing and reach for the ball
1:20 to 1:30	Square in, square out	1.8	Good cuts for these short patterns
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Team work		5 on 5 or 8 on 8 work
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Intermediate Practice Plan #5

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Flag pull tag	2.12	Good warm up game
:35 to :38	Water break	-	-
:38 to :45	Open field flag pull	2.10	Keep the head up and the feet moving
:45 to 1:00	Pull flag with blocker	2.11	Get past blocker and reach for flag
1:00 to 1:10	Shotgun quick pass	3.12	Make quick decisions; 3 seconds is a sack
1:10 to 1:20	Three point passing	1.7	Stress good technique
1:20 to 1:30	Pass pro drill	2.9	Quick feet and arms extended
1:30 to 1:35	Water break	-	-
1:35 to 1:45	5 on 4 Defense	3.8	LB needs to keep the head up to make play
1:45 to 1:55	Skeleton Offense	3.9	Work on basic plays in this segment
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Intermediate Practice Plan #6

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Square in, square out	1.8	Good cuts for these short patterns
:35 to :38	Water break	-	-
:38 to :45	Punt drill	1.16	Good practice for kicking game
:45 to 1:00	Cross block drill	2.8	Good first step
1:00 to 1:10	Fly ball	1.9	Good timing and reach for the ball
1:10 to 1:20	Reach blocking	2.7	Good first step is key
1:20 to 1:30	No passing zone	3.7	Good competitive drill
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Team work		5 on 5 or 8 on 8 work
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Intermediate Practice Plan #7

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Flag pull tag	2.12	Good warm up game
:35 to :38	Water break	-	-
:38 to :45	Escort drill	2.17	Make a good lead block to spring runner
:45 to 1:00	Pull flag with blocker	2.11	Get past blocker and reach for flag
1:00 to 1:10	Shotgun quick pass	3.12	Make quick decisions; 3 seconds is a sack
1:10 to 1:20	Shadow drill	3.10	Keep close so the string doesn't break
1:20 to 1:30	Pass and pull	3.11	Quick break for defenders to limit gain
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Reach blocking	2.7	Good first step is key
1:45 to 1:55	No passing zone	3.7	Good competitive drill
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Intermediate Practice Plan #8

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Square in, square out	1.8	Good cuts for these short patterns
:35 to :38	Water break	-	-
:38 to :45	Open field flag pull	2.10	Keep the head up and the feet moving
:45 to 1:00	Cris-cross handoff	1.10	Good technique on handoffs
1:00 to 1:10	Lateral drill	1.11	Solid pitches
1:10 to 1:20	5 on 4 Defense	3.8	LB needs to keep the head up to make play
1:20 to 1:30	Skeleton Offense	3.9	Work on basic plays in this segment
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Team work		5 on 5 or 8 on 8 work
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Advanced Practice Plan #1

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Passing Accuracy 2	1.13	Deeper throws require more touch
:35 to :38	Water break	-	-
:38 to :45	Head up flag pull	2.13	The key to any successful flag pull is HEAD UP
:45 to 1:00	Swarm defense	3.14	RBs avoid flag pull
1:00 to 1:10	Reach blocking	2.7	Good first step is key
1:10 to 1:20	Pass pro rush	2.15	Pit the o-line against d-line
1:20 to 1:30	Camera drill	2.20	Keep the back to the runner for block
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Team work		5 on 5 or 8 on 8
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Advanced Practice Plan #2

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Shotgun snap	1.15	Get the snap up and get the ball in position
:35 to :38	Water break	-	-
:38 to :45	Pit drill	2.18	Quick flag pulls are the key
:45 to 1:00	Block and pull	2.14	Shed the block and reach for the pull
1:00 to 1:10	Gauntlet	1.17	Keep the feet moving
1:10 to 1:20	2 receiver throws	1.14	QBs working with two receivers at a time
1:20 to 1:30	Punt drill	1.16	Good practice for kicking game
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Ultimate	3.18	Good time to work on offense
1:45 to 1:55	Get your flags	2.19	Fun one on one drill
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Advanced Practice Plan #3

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Reach blocking	2.7	Good first step is key
:35 to :38	Water break	-	-
:38 to :45	Escort drill	2.17	Make a good lead block to spring runner
:45 to 1:00	Head up flag pull	2.13	The key to any successful flag pull is HEAD UP
1:00 to 1:10	Swarm defense	3.14	RBs avoid flag pull
1:10 to 1:20	Drive through	2.16	Keep the feet moving
1:20 to 1:30	Toss drill	3.16	Good toss technique
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Team work		5 on 5 or 8 on 8
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Advanced Practice Plan #4

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Shotgun snap	1.15	Get the snap up and get the ball in position
:35 to :38	Water break	-	-
:38 to :45	10 yards	3.17	Try to gain and try to defend against
:45 to 1:00	Option exchange	1.18	Quick pitch on the run
1:00 to 1:10	Gauntlet	1.17	Keep the feet moving
1:10 to 1:20	2 receiver throws	1.14	QBs working with two receivers at a time
1:20 to 1:30	Punt drill	1.16	Good practice for kicking game
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Ultimate	3.18	Good time to work on offense
1:45 to 1:55	Get your flags	2.19	Fun one on one drill
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Advanced Practice Plan #5

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Passing Accuracy 2	1.13	Deeper throws require more touch
:35 to :38	Water break	-	-
:38 to :45	Drive through	2.16	Keep the feet moving
:45 to 1:00	Toss drill	3.16	Good toss technique
1:00 to 1:10	Pass pro rush	2.15	Pit the o-line against d-line
1:10 to 1:20	Camera drill	2.20	Keep the back to the runner for block
1:20 to 1:30	Flag pull relay	3.15	6 points for TD, 3 points for flag pull
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Team work		5 on 5 or 8 on 8
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Advanced Practice Plan #6

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Flag pull relay	3.15	Another good warm up drill
:35 to :38	Water break	-	-
:38 to :45	Escort drill	2.17	Make a good lead block to spring runner
:45 to 1:00	Pit drill	2.18	Quick flag pulls are the key
1:00 to 1:10	Block and pull		Shed the block and reach for the pull
1:10 to 1:20	Cone cut and pull	3.13	LB reads the play
1:20 to 1:30	Shadow drill	3.10	Don't break the string
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Ultimate	3.18	Good time to work on offense
1:45 to 1:55	Get your flags	2.19	Fun one on one drill
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Advanced Practice Plan #7

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Shotgun snap	1.15	Get the snap up and get the ball in position
:35 to :38	Water break	-	-
:38 to :45	Head up flag pull	2.13	The key to any successful flag pull is HEAD UP
:45 to 1:00	Swarm defense	3.14	RBs avoid flag pull
1:00 to 1:10	10 yards	3.17	Try to gain and try to defend against
1:10 to 1:20	Option exchange	1.18	Quick pitch on the run
1:20 to 1:30	Punt drill	1.16	Good practice for kicking game
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Team work		5 on 5 or 8 on 8
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Advanced Practice Plan #8

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Flag pull relay	3.15	Another good warm up drill
:35 to :38	Water break	-	-
:38 to :45	Escort drill	2.17	Make a good lead block to spring runner
:45 to 1:00	Gauntlet	1.17	Keep the feet moving
1:00 to 1:10	2 receiver throws	1.14	QBs working with two receivers at a time
1:10 to 1:20	Ultimate	3.18	Good time to work on offense
1:20 to 1:30	Get your flags	2.19	Fun one on one drill
1:30 to 1:35	Water break	-	-
1:35 to 1:45	10 yards	3.17	Try to gain and try to defend against
1:45 to 1:55	Option exchange	1.18	Quick pitch on the run
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.

Advanced Practice Plan #9

Time	Drill	Pg.	Coaching Tips
00 to :10	Passing, catching, sprints	-	Loosen up and work on skills
:10 to :15	Team stretch	-	For warm up
:15 to :25	Jog around the field	-	Limbering up and preparing for drills
:25 to :35	Shotgun snap	1.15	Get the snap up and get the ball in position
:35 to :38	Water break	-	-
:38 to :45	Pass pro rush	2.15	Pit the o-line against d-line
:45 to 1:00	Camera drill	2.20	Keep the back to the runner for block
1:00 to 1:10	Pit drill	2.18	Quick flag pulls are the key
1:10 to 1:20	Block and pull	2.14	Shed the block and reach for the pull
1:20 to 1:30	Punt drill	1.16	Good practice for kicking game
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Drive through	2.16	Keep the feet moving
1:45 to 1:55	Toss drill	3.16	Good toss technique
1:55 to 2:00	Cool down	-	Stretching, warm down for QB's, etc.