

About the Curriculum

This curriculum is designed to guide you through a five-day, flag football sports camp with three separate sessions each day. The length of camp is three hours.

This curriculum is meant to be a guide. There are teaching points with many of the drills. Some general knowledge about flag football and how to teach basic skills is assumed.

This curriculum is designed for campers ages 8-12. The drills and skills are taught at a basic level.

Flag Football can be played with teams of five, seven, eight, nine or eleven. The two most common team sizes are seven and eight. You will need to set up your team sizes in accord with the number of campers you have.

The basic skills introduced in this curriculum are Passing, Handoffs, Catching & Receiving, Flag Pulling, Defensive Back Play, Blocking & Rushing, Kicking & Punting, and Team Offense.

Basic Rules

The basic rules introduced in this curriculum are only part of the full scope of flag football rules. We will use only those that are important to the running of this short five-day camp.

The Field: The field is normally 40 yards wide and marked lengthwise by four, twenty-yard zones for first downs and two, ten-yard end zones. Because of space and ability, you will need to set much smaller boundaries for your games.

Line of Scrimmage: The line is marked with two spot discs. One marks the offensive line of scrimmage. The second, marking the defensive line, is placed one yard away from the offensive line of scrimmage. There is also an imaginary three-yard semicircle marked from where the ball is being snapped.

Series of Downs: Each team receives four downs to pass the zone-line-to-gain. Each time a team passes a zone-line-to-gain, four new downs are awarded. You may want to set shorter zones.

Punting: When a team is going to punt, they must announce their intentions. All punts are protected. The offensive and defensive lines cannot move until the ball has been kicked. The ball must be punted from at least five yards behind the line of scrimmage.

Fumbles or Muffed Kicks: All fumbles or muffed kicks are dead at the point they hit the ground. No live ball in flag football.

Flag Guarding: A runner may not use his hands, arms, or the ball to protect or prohibit an opponent from pulling his flags. A player may spin to elude the opponent. A player may not jump or hurdle to avoid a defensive player. Stiff arming is prohibited.

Opponent Contact: A defender may not hold, knock down, or physically impede the progress of a ball carrier in order to pull a flag.

Offensive Blocking: The offensive block shall take place without contact. It is called screen blocking. The blocker should have his hands and arms either to his side or behind his back. Any use of the hands, arms, elbows, legs, or body to initiate contact is illegal.

Defensive Rushing: Defensive players must attempt to go around the offensive blocker. Defensive players may not use any part of their arms, hands, elbows, or their body to contact the offensive player.

Extra Points: In flag football after a team scores a touchdown, they have two options in attempting an extra point.

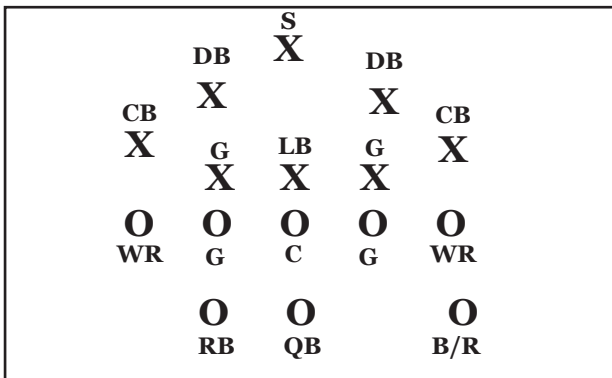
- One point from the three-yard line.
- Two points from the ten-yard line.

Offenses & Defenses: You have only a short time to develop your offense and defense for the games later in the week. You will want to set up something that is very basic and easy to learn for all the players. The following diagrams show basic offenses and defenses for five-player teams and eight-player teams.

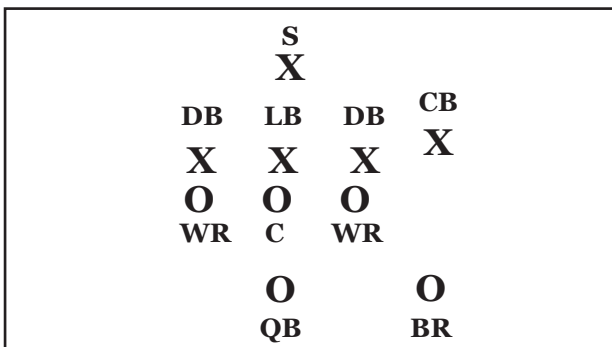
Offense: **WR - Wide Receiver G - Guard C - Center**
 RB - Running Back QB - Quarterback
 BR - Running Back / Receiver

Defense: **CB - Cornerback G - Guard LB - Linebacker**
 DB - Defensive Back S - Safety

Eight-Man (8)



Five-Man (5)



Monday

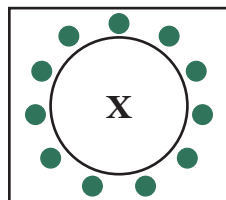
Session #1: Basics of Passing

The goal of your first session on Monday is to introduce some basic skills and to observe the ability levels of your campers. At the conclusion of the first session you will divide the players into teams. You will determine the size of the teams by the number of campers and the number of teams you need.

Your scrimmages can be played with as few as five players per team. It is not recommended that your team sizes exceed eight.

Basics of Passing

Form the campers in a circle around the coach. You may need to make more than one circle depending on the size of your camp. The coach will need to demonstrate the basics of passing.



A. The Grip

1. The player's ring finger and pinky should be the only fingers on the laces.
2. There should be daylight between the palm of the hand and the ball. The ball should not rest on the palm of the hand.

B. Ball Placement

1. Two hands should be on the ball. One hand grips the ball and the other supports the ball.
2. The ball should be held above the shoulder and next to the ear.

C. Feet

1. As a player drops back, he should use a shuffle step.
2. When throwing, the player should throw off his strong foot, which is the one on the side of his throwing arm. He then steps onto his weak foot, which is the one opposite his throwing arm.

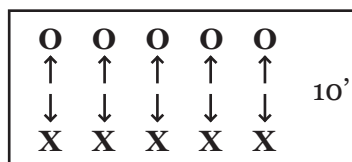
D. Hands and Arms

1. When releasing the ball make sure the ball is high around ear level.
2. The non-throwing arm extends toward the target for balance.
3. The hips and shoulders are square to the target.
4. The ball is released with a wrist snap with the index finger pointing toward the target.

Throwing Drills

Pitch & Catch

Pair the campers up and have them throw back and forth. They should be no further than ten feet apart to start. Have your coaches walk around to help



the campers. Make sure they are using the proper form. Depending on skill level, have the players continue to move further apart.

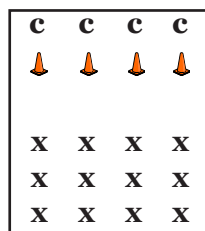
One-Knee Drill

Again have the players pair up about ten feet apart. This time have them throw to each other while kneeling on the knee that is on their throwing arm side.

Coaching point: Emphasize to the players the importance of keeping their shoulders and hips square to the target.

Target Practice

Set up a series of cones. Place the players in groups about ten feet from the cones. Place a coach behind each cone to shag the balls. Have the first person in line throw two balls at the cones and move to the back of the line. See which team hits the most cones.



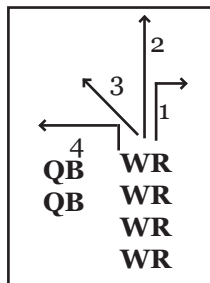
Other options include setting up small zones (5x5) in different areas of the field. Each zone is worth different point totals depending on the distance from the throwing line.

Passing Routes

Depending on the size of your group, you will want to divide into groups of six for this drill. Each group will consist of receivers and quarterbacks.

Form two lines, QB's and WR's. The WR's line up a few yards away from the QB's. The WR's will run four different routes:

- 1. Five and out.**
- 2. Deep fade.**
- 3. Quick slant.**
- 4. Five and in.**



Coaching points: This is a passing drill, not a catching drill. However, you will want to watch the receivers, trying to identify ability levels.

1. Emphasize to the QB's the concept of leading the receiver.
2. Be coaching the QB's in the correct passing techniques.
3. On the deep fade, the QB's should pass the ball out in front of the WR, allowing him to run under the ball.

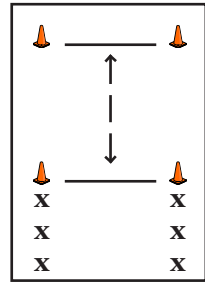
After the completion of these drills you should be able to identify the various playing skills of the campers. Divide the campers into teams as equally as you can and designate their coaches. Each team will then name their team for the week. As stated earlier, you can have as few as five on a team, but preferably no more than eight. The fewer on each team the more each player will be able to play different positions with a chance to either throw, catch, or run the ball.

Session #2: Offensive Skills

During Session #2, you will begin to teach offensive skills of throwing and handing off.

Run & Throw

Place two sets of cones marking the starting lines. Line the players up in pairs behind the line about 5-7 yards apart. The first two step forward and run in a straight line toward the second set of cones. As they run, they pass the football back and forth to each other. When they are about a fourth of the way, a second group begins until all pairs are now at the other end. They repeat the drill coming back in the other direction. This will allow each player to run to his left and right while passing.

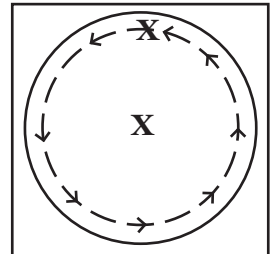


Coaching Points:

1. Try to help the campers square up as they make the passes back and forth.
2. Although they are only 5-7 yards apart, emphasize the importance of learning to lead a receiver.

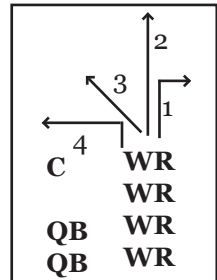
Circle Toss

Partner up for this drill. Have one player be stationary while the other player runs circles around him. The two players play pitch and catch. Change direction and then change positions. The coaches should designate how far the two players should be from each other.



Rollout Routes

This is the same drill you ran in Session #1. In this session you will need to add a center who hikes the ball to the QB in shotgun position. Also have the QB roll out in the direction of the pass.



Note: Be sure the QB squares up to make the pass.

Handoffs

Divide the players into two lines, one with QB's and the other with WR's. You will also have players switch off as hikers. On the QB's command of "Hike" the center snaps the ball back to the QB. At the same time the WR comes off the line of scrimmage toward the QB, who is running toward the WR. After the hand off the WR runs up field.

Coaching Points:

1. The player receiving the handoff (WR) runs behind the QB to receive the ball.
2. The WR makes a pocket with his arms across his body, one above the other.
3. The WR's arm which is closest to the QB is the top arm. This would be the right arm when running left and the left arm when running right. This provides an unobstructed pocket.
4. The QB places the ball into the WR's pocket. The WR does not reach for the ball.

Variation: Have running back line up 5-7 yards behind QB.

Multiple Handoffs

This is a variation of the Handoff Drill. Have the players get into two lines, about five per line. The football starts in one of the lines. Have the first two players run toward each other. The handoff should be made about midway between the two lines. After the handoff is made the next player runs toward the ball carrier and receives a handoff. This continues in the same order. Make this a game by seeing which team can make the most handoffs without dropping the ball.

Coaching Points:

1. Emphasize that the player receiving the handoff runs in back of the ball carrier.
2. Watch to make sure the player receiving the handoff is making a correct pocket with correct arm position.

Session #3: Teamwork

Today, Session #3 will be used to begin to develop team offense. Each coach will take his team for this session.

You will be at complete liberty to set up the teams and games any way you think will work best for the ability level of your campers.

If you have a large difference in age groups, you may think about setting up teams that are age based so you do not have eight-year-olds playing against twelve-year-olds.

Flag football rules vary a lot. Here are some of your options:

1. You will need to teach screen blocking, as UW's flag football program is non-contact.
2. Because every fumbled ball is dead, you may want to decide how a play is initiated. If the players are having trouble hiking the ball to the quarterback, you may want to have the center toss the ball back to the QB from the side.
3. You will need to decide how many players are eligible as receivers and ball carriers.

Your Offense

1. Most flag football plays are either passes or reverses. Use your imagination when setting up your plays.
2. You will need to have a designated number of players on the line of scrimmage depending on the size of your team. For example, on a five-person team you will need three players on the line of scrimmage, the center and two lineman or two WR's. This would then leave the QB and one other player, who can line up anywhere you want to put him.

Your Defense

If you have time today, you can begin to set up your basic defense.

Tuesday

Session #1: Catching & Receiving

The Basics

1. Ball above the chest: When catching a ball above the chest, you form a window with your hands by touching the thumbs and forefingers of each hand together. You want the nose of the ball to fit through the window.

2. Ball below the chest: When the ball is thrown below your chest, you form a pocket by touching the pinkies of each hand together with the hands spread open. The ball is then cradled into the body.

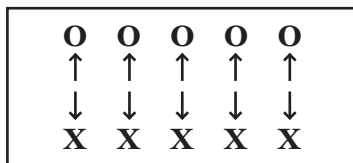
3. Over the shoulder: Use the same technique as described in the ball below the chest.

4. Keep your eye on the ball: The receiver should be taught to follow the ball all the way into his hands with his eyes.

5. Catch and tuck: When the ball is caught it is then tucked into the body. This is done by placing one nose of the ball between your index and middle finger and the other nose tightly placed into your arm just above the elbow.

Partner Pitch and Catch

Have the campers pair up and stand about ten yards apart. (You may have to adjust the distance depending on ability.) The players throw back and forth practicing the correct receiving skills. The coaches should be walking up and down the line helping the campers.



Bad Throw Catches

This is a continuation of Pitch and Catch. The variation is that the ball is intentionally thrown high, low, right, left, etc. Coaches watch carefully for the correct hand positions and tuck technique.

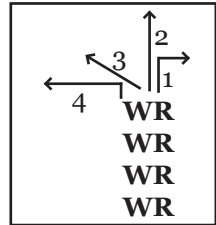
Blind Catch

The next variation to Pitch and Catch is the Blind Catch drill. One of the partners has the ball and the other, standing about ten yards away, has his back turned to the thrower. As soon as the ball is thrown, the player yells, "BALL!" At that moment the receiver turns around, locates the ball, and tries to make the catch. Repeat throwing back in the opposite direction.

Note: You may want to have the kids yell "BALL" before throwing.

Catching on the Run

Coaches take their team for this drill. Have the coaches line their team up in the WR position and have the players run their basic patterns: five-and-out, deep fade, slant, and five-and-in. The coach is the QB for this drill.

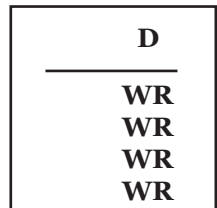


Coaching Points:

1. Do not rush through this drill.
2. Watch to make sure the WR's are using the proper catching techniques.
3. After the catch, have the WR's tuck the ball and run up field.
4. Watch each WR all the way through the tuck. As soon as he tucks and heads up field, throw to the next WR.

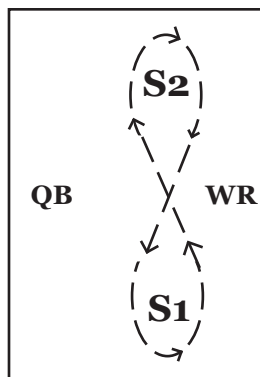
Catch and Run One-on-One (1 vs 1)

Same drill as Catch on the Run but add a defender on the WR. The coach (QB) tells the WR which of the four patterns to run. The WR is trying to make the catch with pressure from the defense. The WR becomes the defender (D).



Statue Run Around

Two footballs are used for this drill. Designate two players as statues (S1 & S2). The two statues stand in stationary position facing each other. There are two lines, QB's and WR's. The first WR steps up halfway between S1 and S2. The QB is set up about ten yards in front of the WR. The WR runs toward S2 and receives a pass from the QB. After making the catch, the WR hands the ball off to S2, runs around him and heads for S1. The QB then makes another pass to the WR heading for S1. When the QB makes the pass he turns and receives a pass back from S2. The WR hands the ball to S1, runs around him and heads back toward S2 receiving another pass. See how many balls the WR can catch before he tires.



Coaching Points:

1. This drill might work better with groups of four so both the QB's and WR's get more reps.
2. If the WR drops a pass, he picks it up and continues the drill.

Be Ready

The group is divided into their teams. The coaches have their teams line up an arm's length apart facing them. The coach then makes quick passes to the players at random.

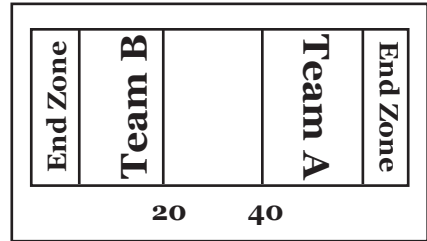
Session #2

Amazing Catches

The players are divided into their teams. Their coach lines them all up as WR's. The WR's run the deep fade route. The coach throws the ball over the WR's shoulder and the WR tries to make a one-handed catch. Be sure to tell the players this drill is to develop soft hands and ball control. The WR's should always try to catch the ball with two hands in game situations.

Ultimate Football

If you have ever played ultimate frisbee, you will recognize this game. The only difference is that a football is used instead of a frisbee. Set up a field that meets regular flag football specifications. Designate end zone areas. (You will have to adjust the size of the field depending on age and ability.) Divide the camp into two equal groups, Team A and Team B. Team A starts with the ball and tries to pass its way into the end zone.



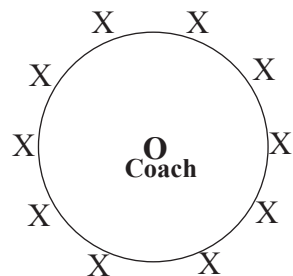
Rules:

1. The game starts when Team A makes its first pass.
2. The player with the ball cannot move other than to pivot to make a pass. All the players without the ball are moving around the field trying to get open for a pass.
3. The team with the ball tries to move down field into the end zone.
4. When the defensive team intercepts a pass or the ball hits the ground, the ball becomes in possession of the other team.
5. Defense must stay an arm's length away from the thrower.

Remember, you cannot walk or run if you have the ball. The drill emphasizes WR's moving without the ball to open spaces.

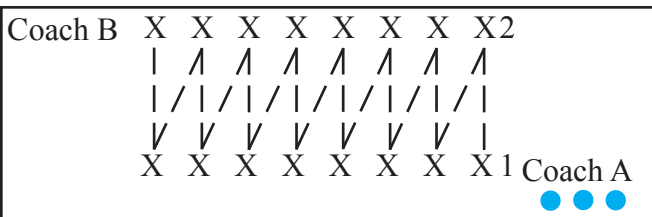
Clap Catch

The leader stands in the middle with the campers in a circle or semi-circle around him. The leader, in a random order, starts making passes to each camper. The camper must clap his hands before he catches the ball. If there is no clap or if the camper drops the pass, the camper sits down. If the leader fakes a pass and the camper claps, he must also sit down. Continue until you have a winner.



Passing Weave

Coach A tosses a ball to Player 1 who passes the ball to Player 2, etc. As soon as



Player 1 makes the pass to Player 2, the coach tosses another ball to Player 1. Players will need to make an accurate pass and then look immediately for another pass. The last player tosses the ball to Coach B. Coach B sets the ball down and then the drill begins from that end.

Session #3: Practice & Scrimmage

Practice

For the first portion of Session #3, have the coaches take their teams and continue to work on their offensive plays and defense. Set some positions today.

Scrimmage

The second portion of Session #3 is set for short scrimmages. Pair up the teams and play a simulated game. Treat it like a scrimmage. Set up a short field with a designated end zone. Give the ball to one team for a certain amount of plays on offense (eight will be plenty). Switch sides of the ball, (offense to defense) and run eight plays.

Coaching Points:

1. Remember, we have not worked on defense or flag pulling. That happens on Wednesday.
2. Review screen blocking and the defensive non-contact rules.
3. The coaches should be on the field with their team helping them line up correctly and understanding their coverage responsibilities.

Have fun with this first scrimmage. You will learn a lot about what skills you need to work on.

Wednesday

Session #1: Flag Pulling

Today we will begin to work on defense. Explain to the campers the importance of defense and how many times it determines the outcome of games.

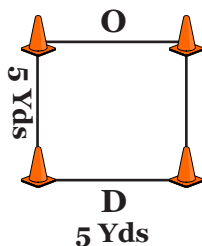
Flag Pulling

Coaching Points:

1. Like many skills in sports, the key here is keeping your eyes on the opponent's flags.
2. Be sure to get a firm grip on the flag or flags when making a tackle.
3. If you get a chance, pull both flags of a ball carrier. This will limit the opportunity of the ball carrier from breaking away.
4. Also explain the importance of taking good angles on the ball carrier when you are running to pull his flag(s).

Flag Pull 1 vs 1

Lay out a field using four cones. The area should be at least five yards by five yards. The defensive player sets up on one end line. The offensive player starts on the other end with a ball. The offensive player tries to score by getting to the other end line without having his flag(s) pulled. The defender must make an open field flag pull. Have the offensive player run again in the other direction. Then, switch the two players.

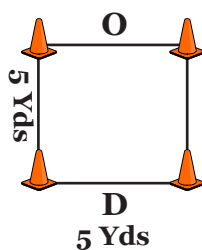


Coaching points:

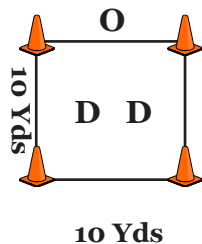
1. Remember neither the offense nor the defense can initiate contact.
2. Watch for flag guarding and hurdling by the offensive player.
3. Make sure the defender moves toward the offensive player. The offensive player will easily score if the defender waits for him.

Oklahoma

Use the same setup as Flag Pull 1v1. Start with both players lying on their backs, with their heads “facing” each other. When the whistle is blown, both players jump to their feet. The offensive player tries to score while the defender attempts to pull his flag. Then switch the two players.



Flag Pull 2 vs 1

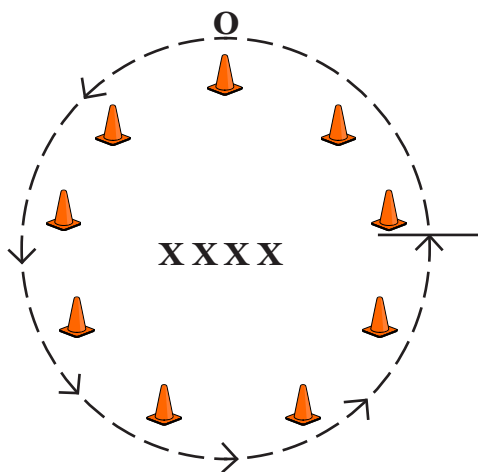


For this drill add a second defensive player and increase the size of the square to ten yards. The two defenders will need to learn to work as teammates to corner the runner and pull the flag. After the offensive player goes up and back, rotate positions until each player has been on offense once and

defense twice.

Circle Drill

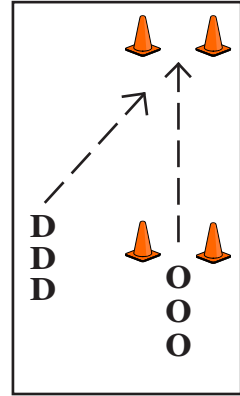
Form a circle with cones and have four players in the middle at a time. One player starts at twelve o'clock and begins to run counter-clockwise with a football in his hands. When he gets to three o'clock the coach will tap one of the middle players on their back. They then have to try to pull the flag of the player with the ball before he gets to twelve o'clock. The player who gets tapped then becomes the runner and a new person enters the circle.



X = Players waiting to pull flag
O = Player running with ball

Angle Drill

Form two lines - (O) Offense and (D) Defense. The offensive player runs in a straight line down the field without stopping. He cannot cut back or juke. His job is to run straight for the cones on the other end. Have the defensive players several yards away from the offensive player and several yards down field. The defensive player should run at a wide angle to catch the offensive player and pull his flag.

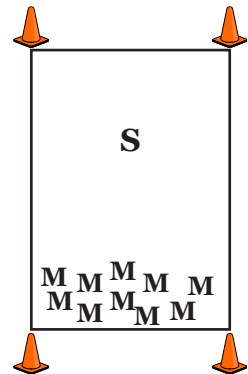


Coaching Points:

1. The defender should not run straight at the ball carrier, but take an angle to where the ball carrier is going.
2. The defender should always try to keep the ball carrier from getting to the sidelines. Turning him back into the field allows other teammates to make the flag pull.

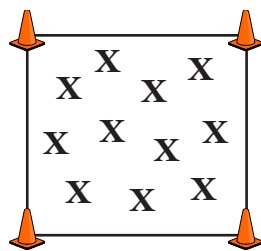
Sharks and Minnows

Set up a field large enough to give all the campers room to roam. All players are wearing flags. Designate one player as the shark (S) and put him in the middle of the playing area. All the rest of the campers are minnows and line up near one of the end lines with a football in their hands. On the coaches signal, all the minnows run to the other end of the field trying to avoid the shark. When a minnow gets his flag pulled he joins the sharks. The game continues until there is only one minnow left.



Tails/Flags

Set up a square field large enough for the size of your group. Everyone wears flags. All the players then run around the square trying to pull each other's flag. When a player's flag is pulled, he sits on the ground next to his flag. He can still pull flags as long as he is sitting. Keep playing until only one player remains.



Variation: You can play teams - yellow flags against green flags, coaches vs. campers, etc.

NOTE: You may not have the time during this session to play both Sharks and Minnows and Tails. You will need to choose one and play the other one later in the week if time permits.

Flag Pulling Duel

Set up four to six cones to mark off a small square or circle. Have two players at a time enter the ring, each wearing a flag belt. Players will compete to see who can pull off the other's flag(s) first. The winner will then take on a new challenger, until everyone on the team has had a chance to play. Then try it again, this time with each player keeping one hand behind his back.

Stampede

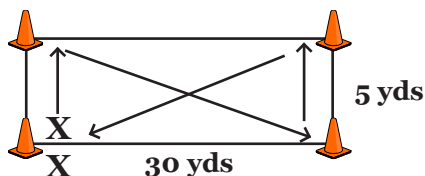
Line up one kid about ten yards off the line of scrimmage. The kid stands with his feet shoulder-width apart, hands out to his sides, and is not allowed to move from his spot. Then have ball carriers start running to each side of the flag puller in succession. The goal is to teach the kid how to pull flags with both hands and in the hardest situation, which is when someone is running full speed at him.

Session #2: Defensive Backs

When coaching defensive backs, be sure they understand the importance of staying behind the receiver they are covering. When knocking the ball down, the defender should always use his inside hand. This will leave him in a better position to make the tackle if he misses the ball.

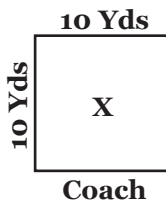
Corner Zig Zag

This is an agility drill. Make a rectangle using four cones. The rectangle should be five yards by thirty yards. The players start at one of the cones and back-pedal five yards to the end of the rectangle. They then sprint at an angle across the rectangle. From there they again back-pedal the five yards to the end of the rectangle and then they sprint back to the starting point.



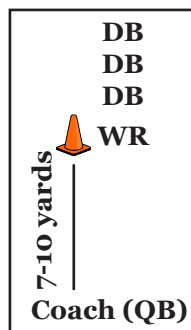
Four Corners

This also is an agility drill. Set up a ten-yard by ten-yard square. A player stands in the middle. The coach will then point to where the player should run within the square. The player should always keep his eyes on the coach. Make sure the player does not turn his head away from the coach. This drill is very representative of the movements a cornerback will make in a game. Have each player go for a few seconds until he tires.



Knock It Down

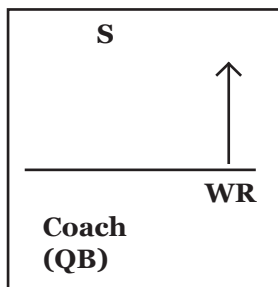
The coach is the QB. Have a WR line up about seven yards from the QB. The WR is stationary. Line the defensive backs up three yards behind the WR. As soon as the ball from the QB is in the air, the DB comes up from behind and knocks the pass down. No interceptions in this drill, that comes later.



Safety Drill

Safeties are defensive players who play in back of the secondary. For this drill the coach is the QB. The players are divided into two groups to begin this drill. Have half the players line up in the WR position and the other half in the S position. The WR's are split out about ten yards and run a deep fade route.

The safeties line up about ten yards down field facing the QB. The QB throws a long pass to the WR. The S comes over at an angle to make a defensive play on the ball. The first priority is to knock down the pass, but if the S has a chance for an interception, he should go for it. The QB should try to throw the ball at a height and speed that will allow the S and WR to get to the ball about the same time. Try to pair up players of equal speed and ability.

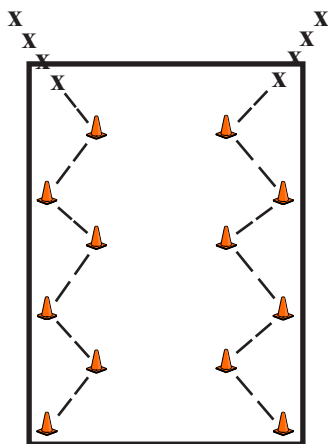


Tip Drill

The coach is the QB. Place a WR about five yards away facing the QB. The DB's line up about five yards behind the WR. The QB then throws a high pass to the WR who need to extend his arms to catch the ball. For this drill the WR is the "tip person" and does not try to catch the pass, but tips it into the air. As the pass is thrown the DB comes up toward the WR and attempts to catch the ball after it has been tipped. The DB makes the interception, turns and runs up field. Have the WR tip the passes in different directions so the DB has to react to different ball locations.

Diagonal Movement

Divide the campers into groups and start them in the corners of the field. The players will back peddle to the first cone, then pivot and back peddle to the next cone. Follow this procedure to the end of the field. The keys here are correct footwork and defensive position. The player doing the back-peddling never turns his back.



Go Up and Get It

Two players line up side by side. The coach blows the whistle and the kids run in place. Then the coach or quarterback throws the ball high toward the two kids. Each kid tries to outdo the other and get the ball. The purpose of this drill is to teach both players to go up and get the ball at its highest point and to learn how to outdo the opponent for the ball.

Open Area

Divide the team into groups of six, with five on offense and one playing defense. They will play in an area measuring approximately ten feet by ten feet. Place four players, the quarterbacks, on the corners, with a receiver and a defender in the middle. The quarterbacks pass the ball around until there is an opportunity to pass to the receiver to make a reception while the defender tries to intercept the ball. This drill is good for the receiver to find an open area to catch a pass.

Session #3: Scrimmages

Have the coaches spend the first part of Session #3 setting up their defense and reviewing their offense.

You will then set up a scrimmage with one of the other teams. Today the coaching emphasis is on defense. The coaches should be on the field again with the players aligning them properly and explaining their coverage responsibilities.

Thursday

Session #1: Blocking and Rushing

Review the proper screen blocking technique with the players before you begin Session #1 drills.

Protect This House

Have the players partner up with another player of equal size and speed. Each pair should have a football. If there are not enough balls you can use cones for this drill. One player is on offense and the other on defense. They face each other with the ball or cone placed five yards behind the offensive player. The defensive player is three yards away from the offensive player. The offensive player tries to stop the defensive player from getting to the ball.

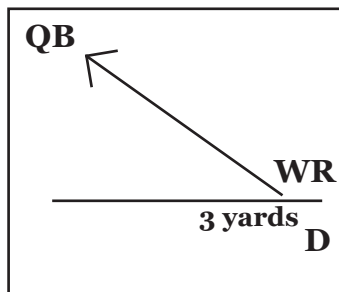
Variations: Two blockers against one defender, 2 vs 2, or 3 vs 2.

Protect The Quarterback

This is a three player drill (quarterback, blocker, and defender). The object of this drill is to see if the blocker can keep the defender away from the quarterback for five seconds. Be sure the defender is three yards off of the ball at the beginning of the play. Remind the players that if the defender can get to the QB quicker than five seconds it can result in an interception or sack.

Get Your Hands Up

This drill concentrates on rushers. Place a WR in a stationary position on the line of scrimmage. The QB has a ball and signals "Hike." On the signal the defender rushes toward the QB in line with the WR. The QB counts "One, two" and throws the ball toward the WR. The defender rushes with his hands high and tries to knock down or tip the pass.



Make Up Your Mind

This drill is a variation of the “Hands Up” drill. Again you have a QB, WR, and Defender. The defender again rushes at the QB, but in this drill the QB has to hold the ball for five seconds and then can pass to the WR who can run any pattern he wants. The defender needs to try to pull the flag of the QB or deflect the pass.

Session #2: Kicking & Punting

Coaching Points:

1. The players will be kicking soccer style.
2. Have the players march off five steps from the ball at an angle.
3. The first step towards the ball is made with the non-kicking foot.
4. When approaching the ball, the player's eyes should be focused on the bottom half of the ball.
5. The non-kicking foot is the plant foot and is placed right next to the ball.
6. The ball is then kicked by using the inside portion of the kicking foot.

Use a kicking tee if you have one. If not, a flat cone will work quite well. Give each player several chances to kickoff. You will probably want to have several groups doing this drill at once, so it takes only a short period of time. The longest kicker in each group will then have a one-kick playoff to see who has the best leg.

Punting - Coaching Points:

1. Hold the ball on both sides with the arms extended at hip level.
2. The ball is dropped from this position onto the foot. It is not tossed into the air. Watch this closely.
3. The punter should take only two steps to kick the ball.
4. The first step is made with the kicking foot, then the planting foot, and then the kick.
5. When contacting the ball, the toes of your kicking foot should be pointed downward and contact with the ball is made with the laces of your shoes.

Set the players up in the same groups as kicking, identify the best punter in each group, and have a one-kick playoff to see who has the strongest leg.

Catching Punts

Coaching Points:

1. The player receiving a punt should always take their first step back before receiving the punt.
2. The players need to catch a kick by cradling the ball into their chest with both hands.
3. A punt should never be caught with the arms extended; it is very difficult to catch a ball this way. The ball needs to be caught close to the body.

I've Got It!

Send the players with their coach to practice fielding punts. Because this skill will be difficult for many of the players, the kicking should be done by the coach. Set the players up in a line 15-20 yards away from the coach. They step out one at a time and attempt to catch the punt. If the skill level of the players is low, the coach should move closer and throw a punt into the air rather than kick it.

Session #3: Team Practice or Scrimmage

Spend Session #3 reviewing your defensive setup and practicing your offensive plays for tomorrow's games.

Friday

Session #1: Review Drills

Choose from these drills and games for Session #1:

- Tails (see Wednesday Session #1)
- Sharks and Minnows (See Wednesday Session #1)

Jump Ball

Place all the campers in one general area. One player starts with the football about ten yards away from the group. He throws the ball as high as he can, trying to land it in the middle of the group. The players are trying to catch the ball before it hits the ground. Players can catch or defend. The thrower gets a point if the ball is not caught and throws again. If a player catches the ball, he gets a point and is now the thrower. See who can gain the most points.

Session #2: Game Day

You will play your games during Session #2. Two short fields are highly recommended for the games. For example, two end zones with a midfield at twenty yards. Be creative, but make it enjoyable for the teams.

Capture the Football

Divide a field into two equal areas. Space will depend on how large the teams are.

Place one 6x6 box marked out with cones at the back end of each team's area. This is where the football is placed. Make a jail 6x6 for each team somewhere off to the side of each area. Place cones marking the boundary line to each team's area. Split the group of campers into two teams. Each camper will wear a flag set.

The object of the game is to try and steal the other team's football out of their box and get it back to their own side of the field safely without it touching the ground.

Rules:

On your side of the play area your flags cannot be pulled. If you cross over to the other team's side then your flags can be pulled.

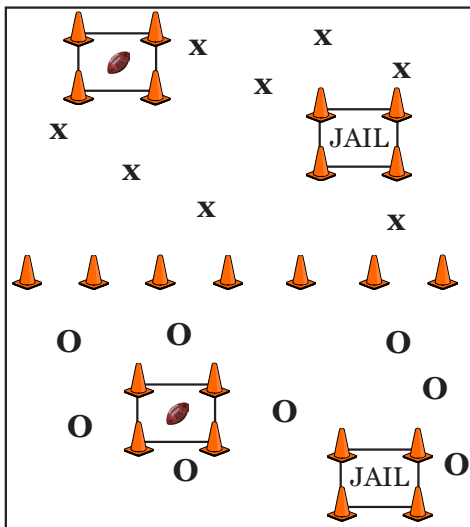
If your flags are pulled, you go to the opposing team's jail.

Teams can only have two guards on jail until there is an attempt on it from the opposing team, and then they can bring in as many guards as needed.

The only way to get out of jail is for one of your teammates to make it over to you and tag your arm or hand. Once this happens, your teammate walks you back in hand to your side of the field (you get safe backs); the opposing team cannot pull your flags while you take a prisoner back.

Notes:

- Once you get into the opposing team's box containing the football, you are safe, your flags cannot be taken.
- There is only one person allowed in the box at a time.
- There is no time limit once in the box.
- You can pass it, run it, or punt it from the box.
- Once you pass or punt it from the box you are no longer safe and your flags can be taken.
- If you run the ball out of the box you cannot re-enter the box to be safe again.
- Opposing teams can only put two guards on the box until there is an attempt on it from the opposing team. Then the team can bring in as many guards as they need.
- There can be no players in the box until the ball is in it.
- The ball can be passed off an unlimited amount of times in any direction. As long as it does not hit the ground, it is still alive.
- Once the ball hits the ground, or a player's flag with the ball gets taken, the ball is dead and is returned to the box.
- A team wins when the ball is run across the boundary line safely or thrown into their side and caught safely.



Session #3: Ultimate Football or Flag Football

Coaches vs Campers Have fun with this. Depending on the skill level of the campers, Ultimate Football may work better than a “real” flag football game.

