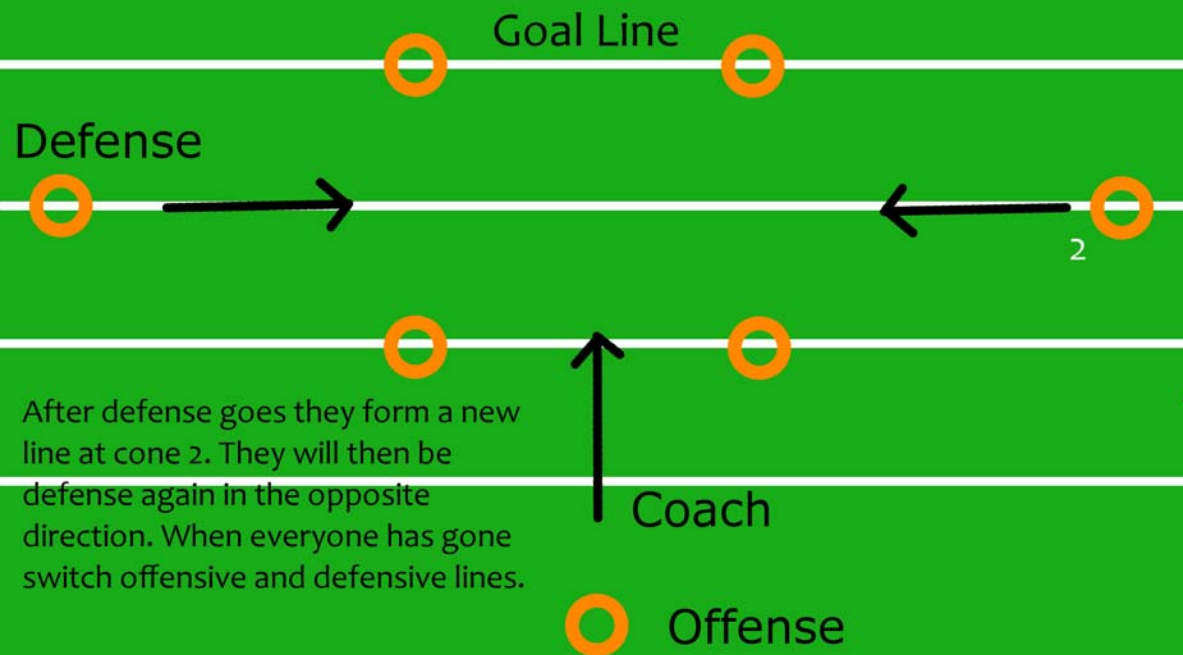




Turf Wars - Angle Tackle Drill



After defense goes they form a new line at cone 2. They will then be defense again in the opposite direction. When everyone has gone switch offensive and defensive lines.

Offense

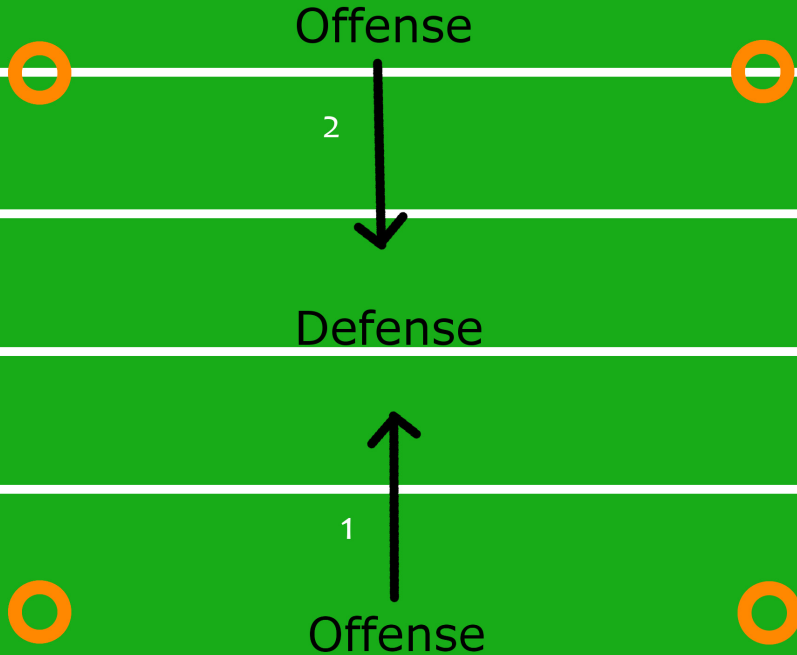
On the whistle the offensive player will run forward and take a hand from the coach. The runner will then try to score by getting past the second set of cones. Keys: Proper technique when receiving a handoff, tucking ball, and minimal juking. Stress running hard and straight when possible.

Defense

On the whistle the defender will run and take the proper angle to be in the best position to make the tackle. Keys: proper angle, breakdown, and flag pull.



Turf Wars - Sharks & Minnows



Offense or Minnows

On the whistle the offense tries to run across the field to safety on the other side.

Defense or Sharks

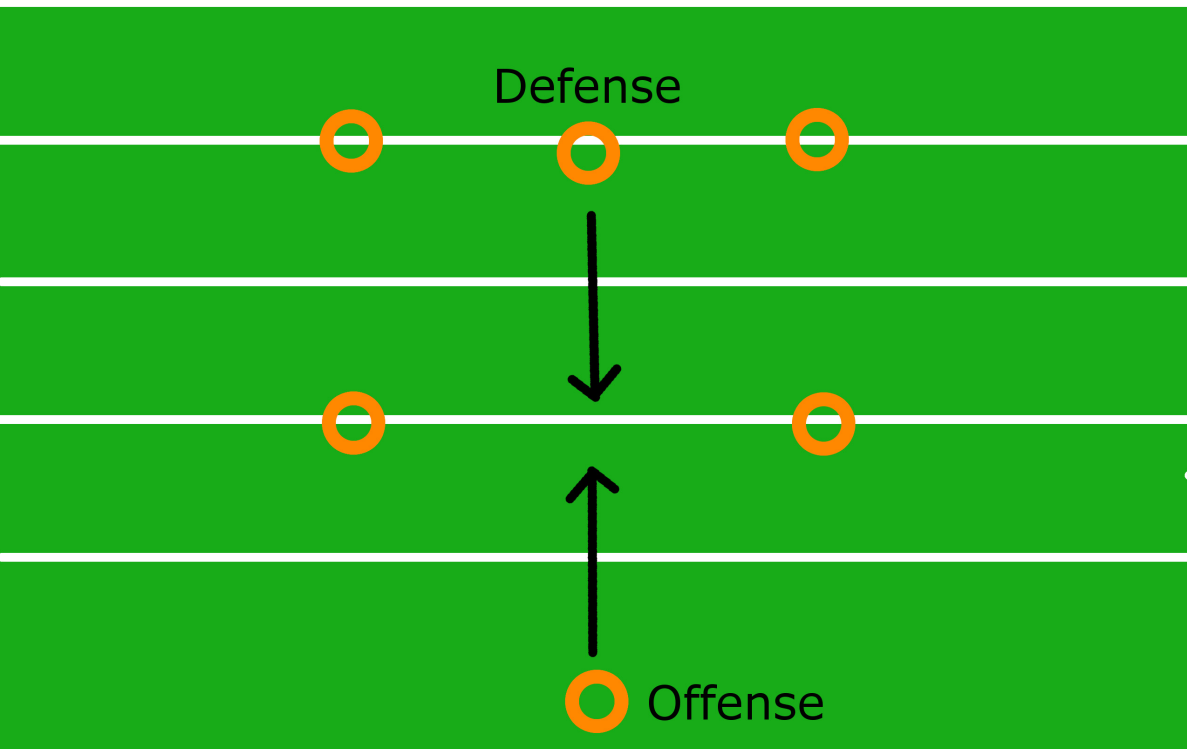
Start with one shark on defense. The shark tries to pull as many flags as possible.

When a minnow gets their flagged pulled they are then turned in to a shark.

Play until one minnow remains. He is then the shark to start the next round.



Turf Wars - Heads Up Drill



Offense - on the whistle runs straight ahead tries to score a touchdown by getting past the defender with out going out of bounds.

Defense - on the whistle attack forward and try to prevent the runner from scoring by pulling his/her flag or forcing him/her out of bounds.

Defender resets to start cone after every runner. Change defenders after they have gone through the whole line.