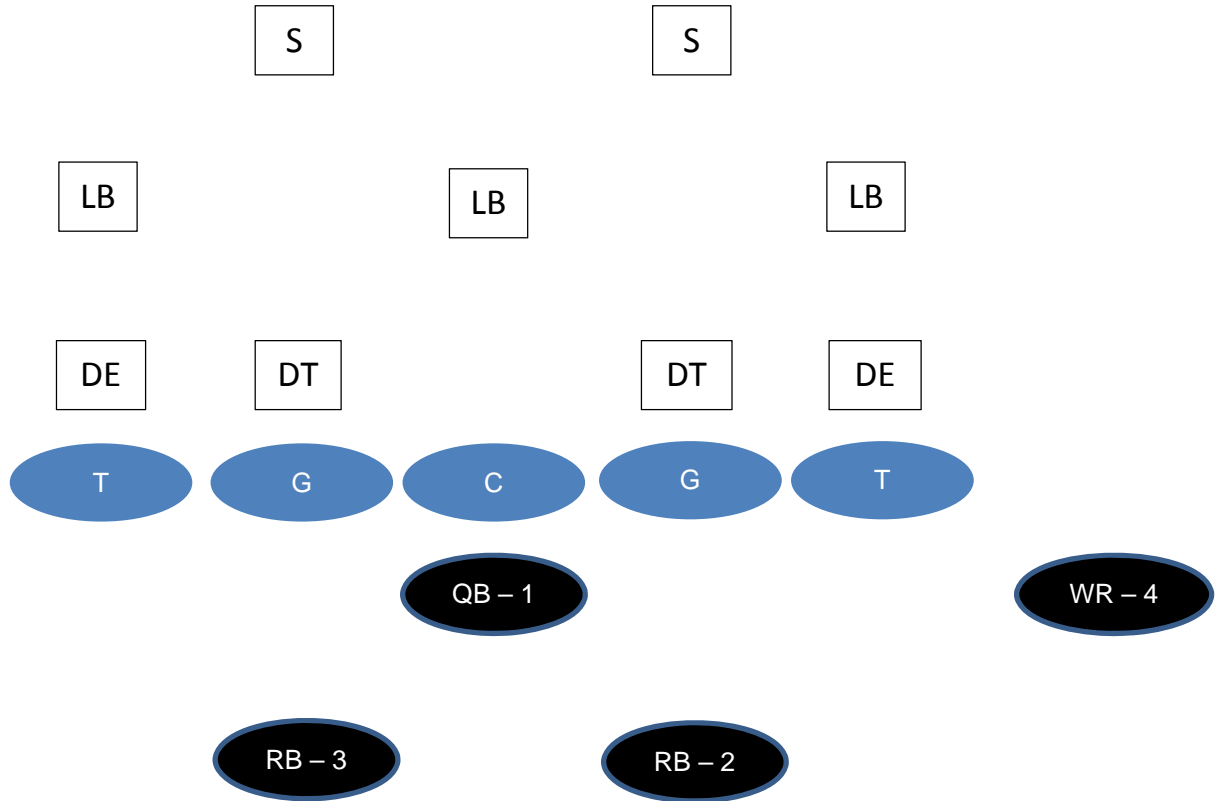


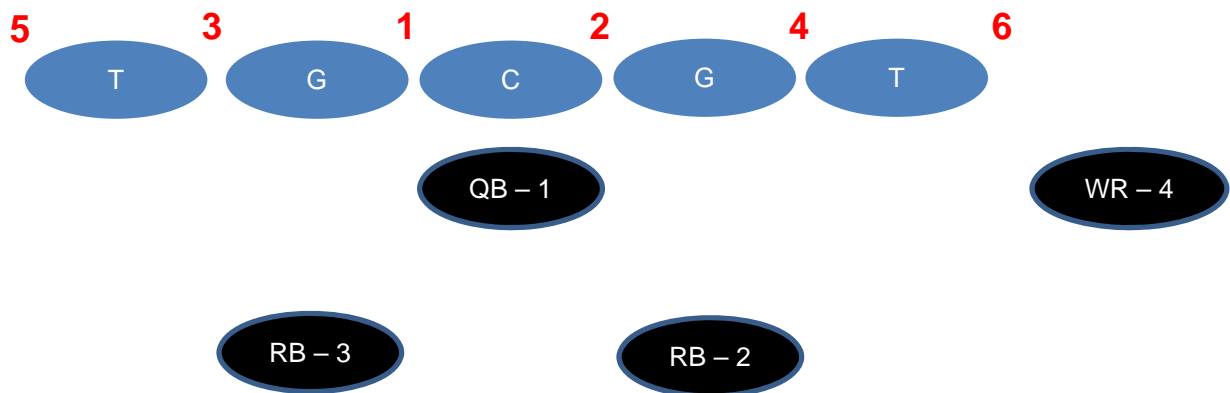
Suggested Practice Plan

<u>Activity</u>	<u>Time</u>
Warm up / Stretch	5
Running	5
<ul style="list-style-type: none"> • Sprint forward, backpedal back • Knee kicks • Sideways shuffle • Karaoke: drop back 5 yds crisscrossing feet, then sprint back in line 	
Hand offs	10
<ul style="list-style-type: none"> • Snap counts (ex: ready – set – hut) and ready positions • Split into groups of 3 or 4 (with an adult) • Adult hand off to kids (kids learning to take the ball) • Kids hand off to kids (use both left and right hands) 	
Snap with hand off	10
<ul style="list-style-type: none"> • Same groups of three or four • Center hikes to QB, QB hands to RB, RB runs the ball • 4 or 5 times then rotate 	
Offensive positions	20
<ul style="list-style-type: none"> • Show diagrams, discuss positions • Walk through plays, rotate players through positions • Run passing routes • Quiz – call a play and have kids walk through 	
Defensive positions	10
<ul style="list-style-type: none"> • Describe each positions' role • Have players rotate through positions 	
Gauntlet	5
<ul style="list-style-type: none"> • Two lines 3 yards apart facing each other • Player takes hand off from coach and runs between lines • Player in lines try to take his flag 	
Pom Pom Pullaway	5
<ul style="list-style-type: none"> • Two players start at midfield • Rest of players try to run by without having flag taken • Players with flags pulled join the other two players • Back and forth until one or two left • Play a few times 	
Coaches talk	5
<ul style="list-style-type: none"> • Review what was learned in practice • Kids should be studying formations, plays and positions 	

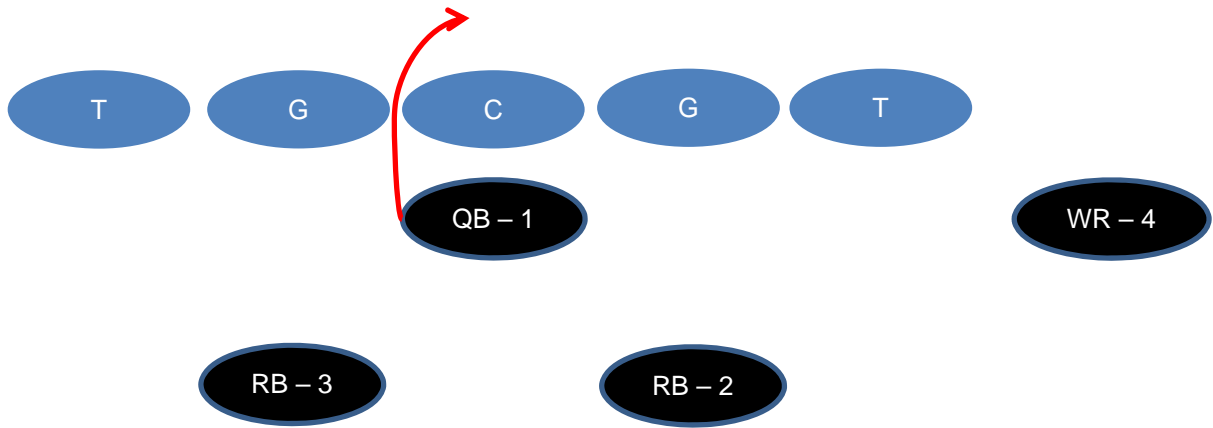
Nine Man Flag Football Positions



Hole Numbering System

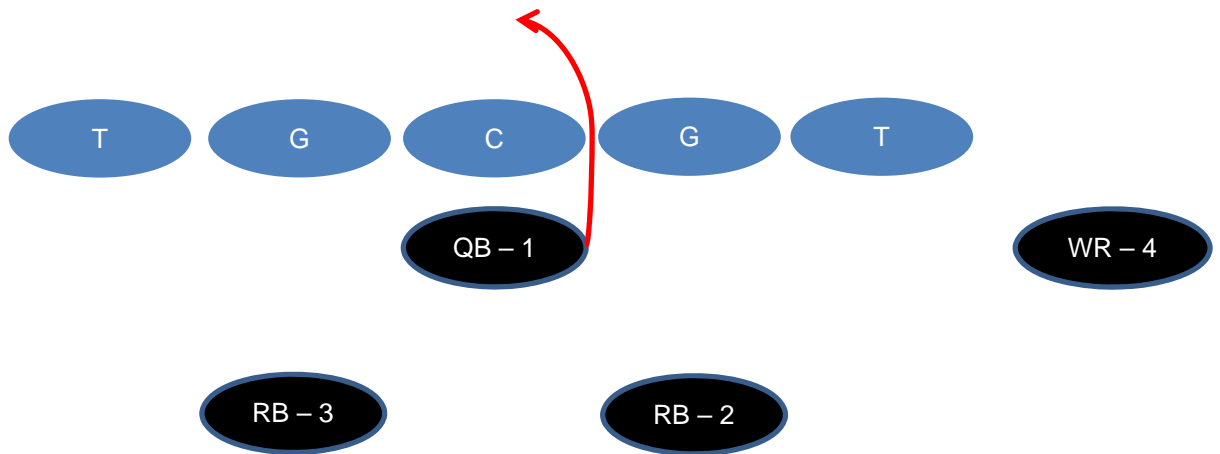


QB Sneak Left



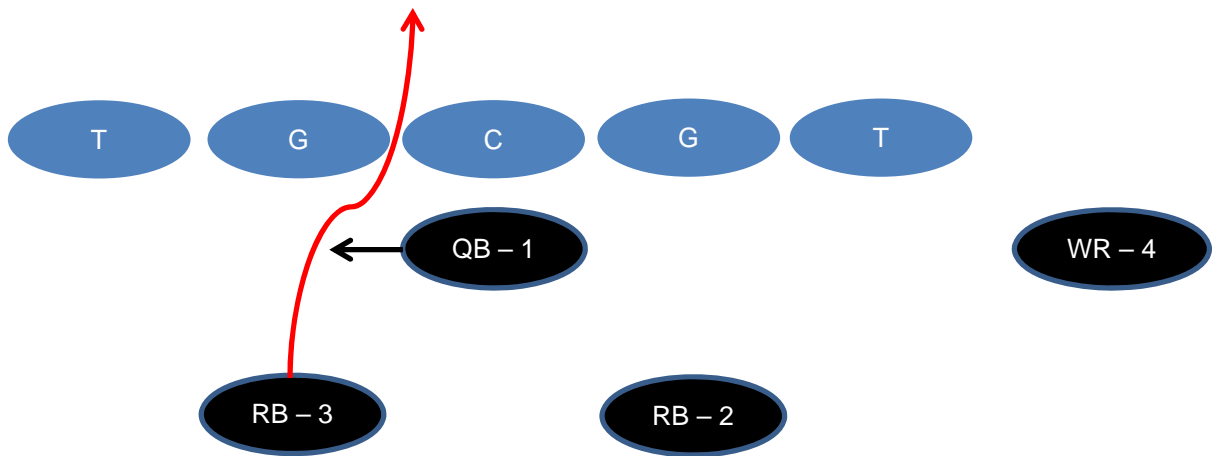
Wide receiver can be lined up on either side.

QB Sneak Right



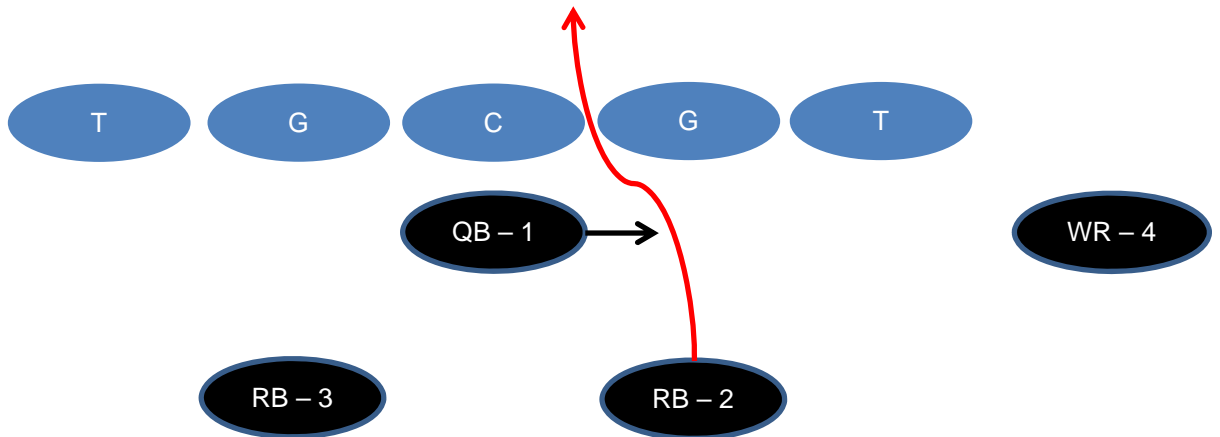
Wide receiver can be lined up on either side.

31 Dive (Left)



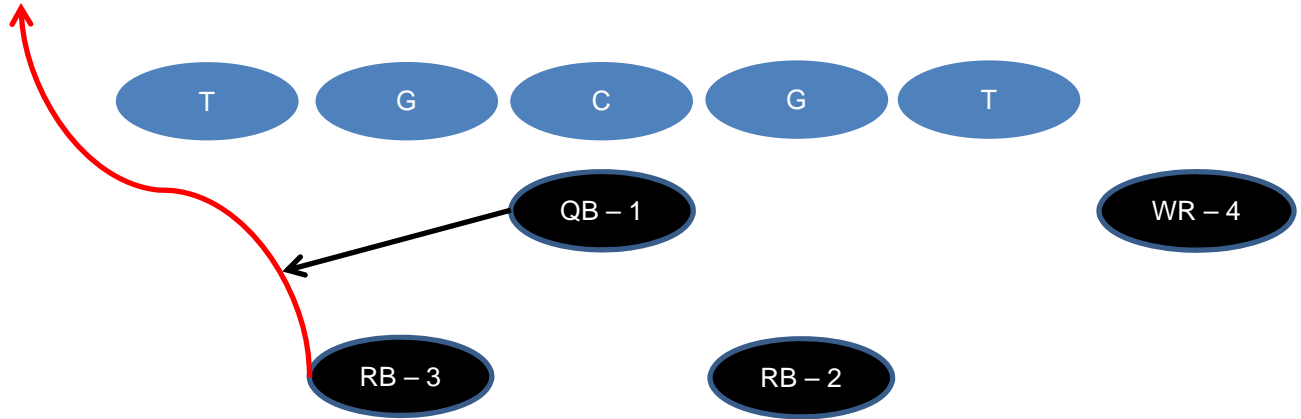
*Wide receiver can be lined up on either side.
Can also be run as 33 Dive.*

22 Dive (Right)



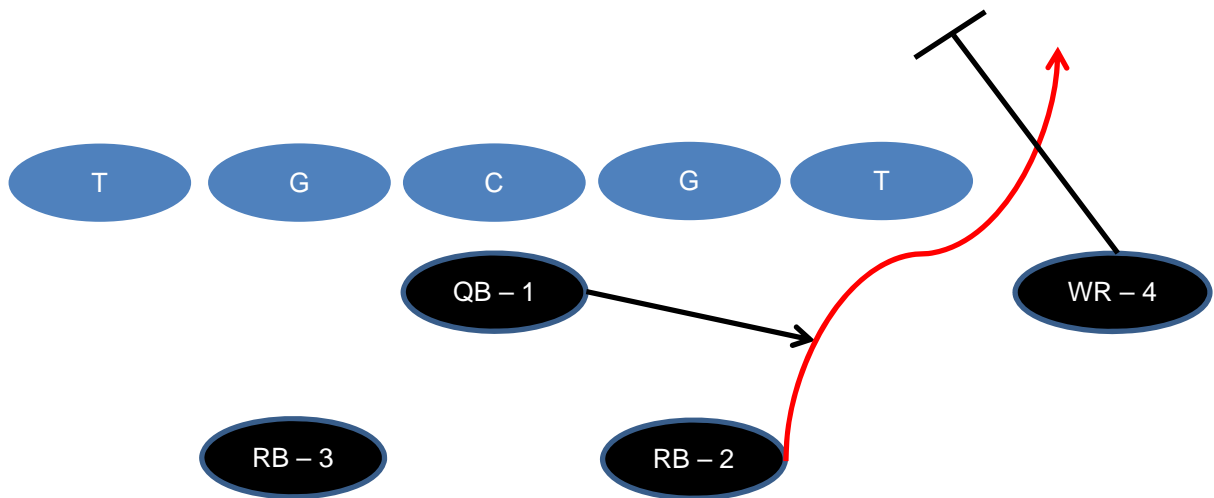
*Wide receiver can be lined up on either side.
Can also be run as 24 Dive.*

35 Toss (Left)



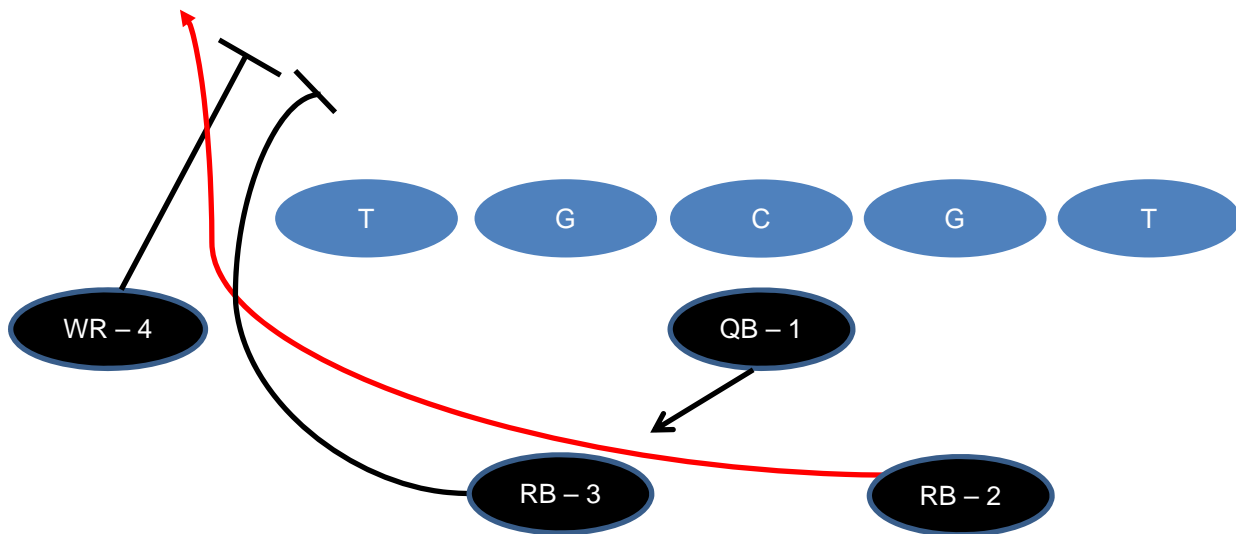
*QB-1 tosses ball to RB-3 on the run, after the snap.
Wide receiver can block or line up on the opposite side.*

26 Toss (Right)



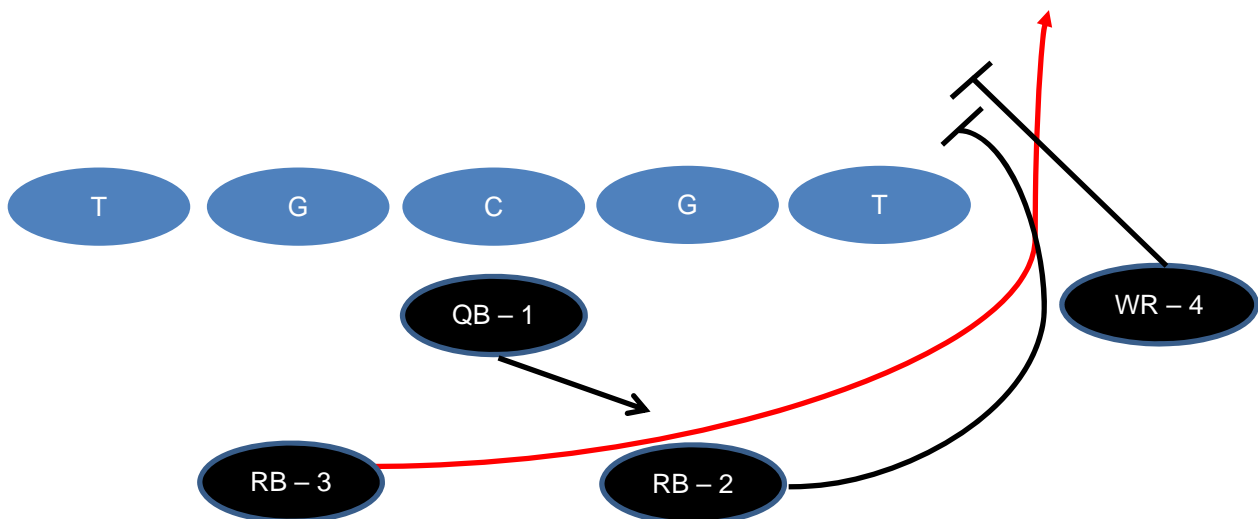
*QB-1 tosses ball to RB-2 on the run, after the snap.
Wide receiver can block or line up on the opposite side.*

25 Sweep (Left)



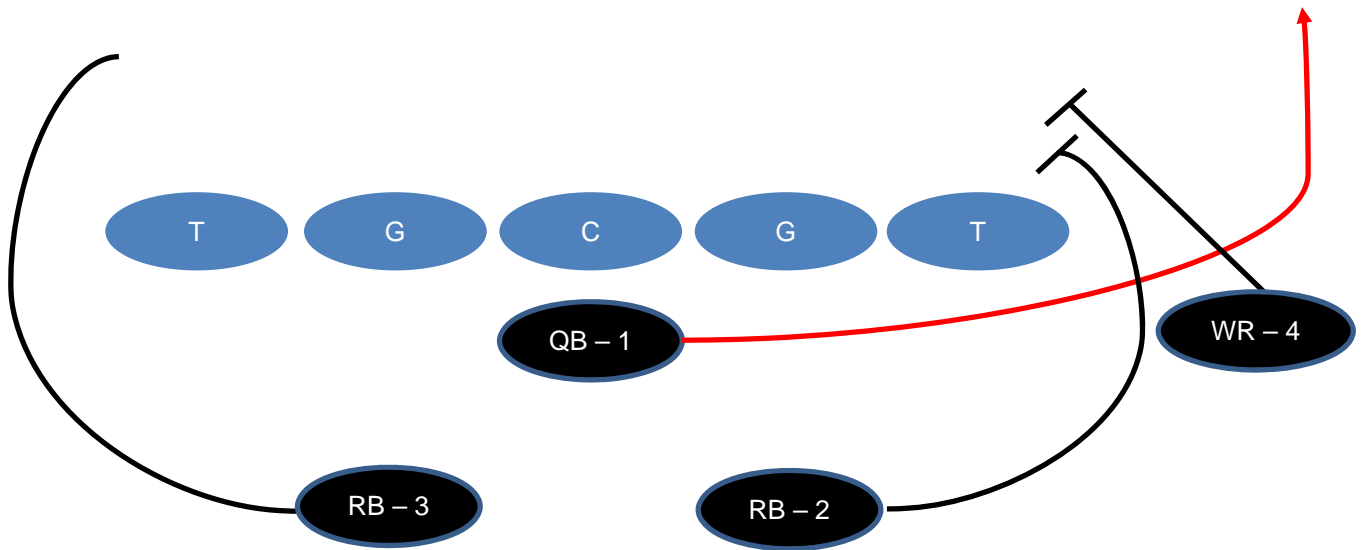
*RB-2 sweeps left, QB-1 hands-off the ball. RB-3 leads with a block.
Wide receiver can block or line up on the opposite side.*

36 Sweep (Right)



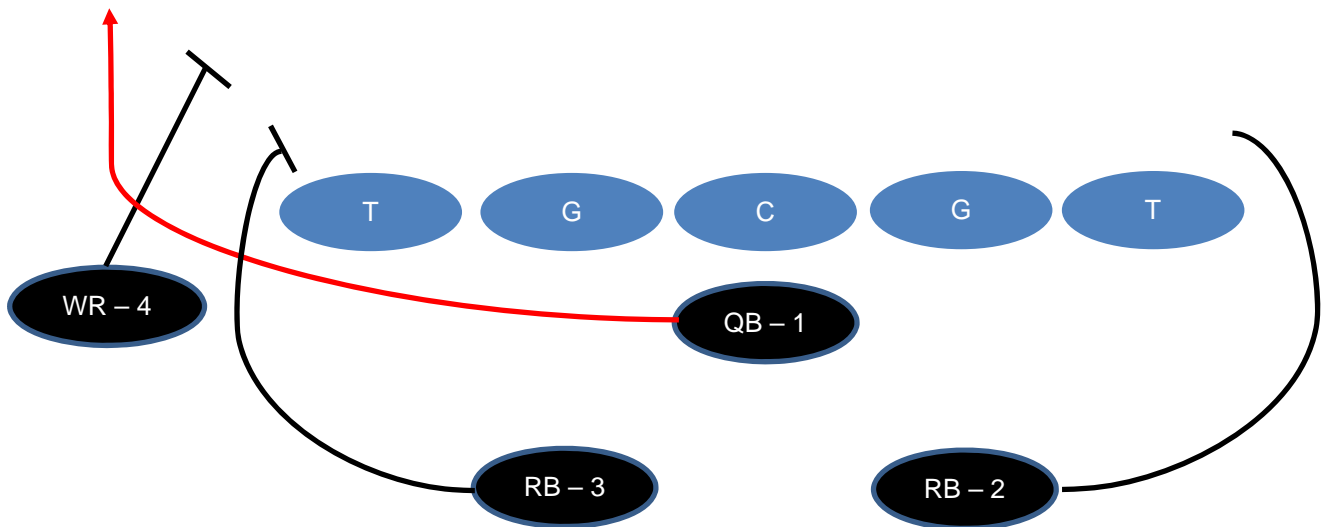
*RB-3 sweeps right, QB-1 hands-off the ball. RB-2 leads with a block.
Wide receiver can block or line up on the opposite side.*

QB Sweep (Right)



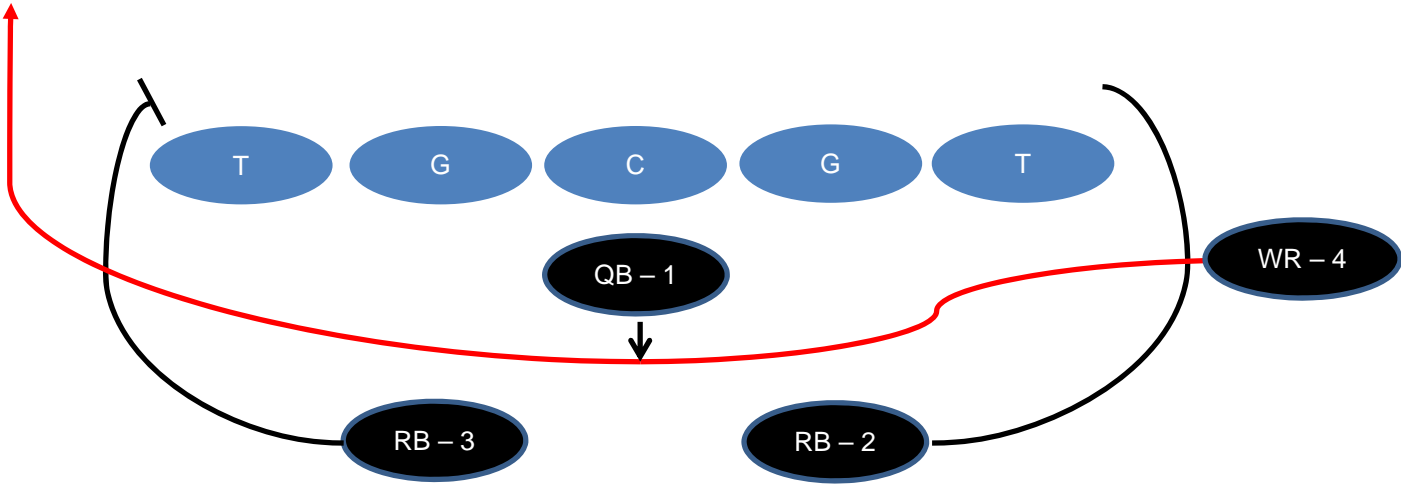
Wide receiver can be lined up on either side.

QB Sweep (Left)

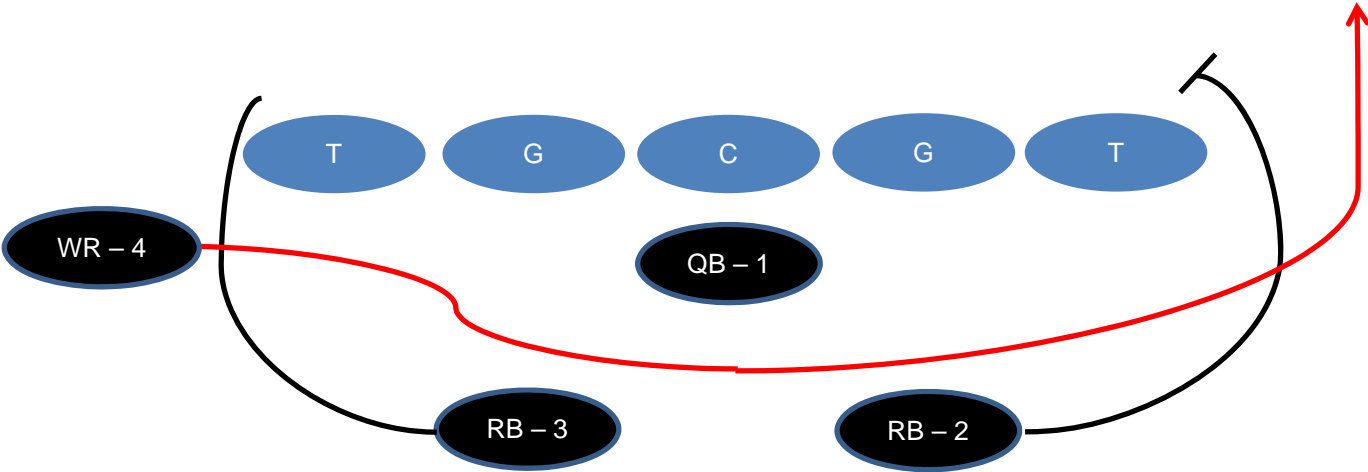


Wide receiver can be lined up on either side.

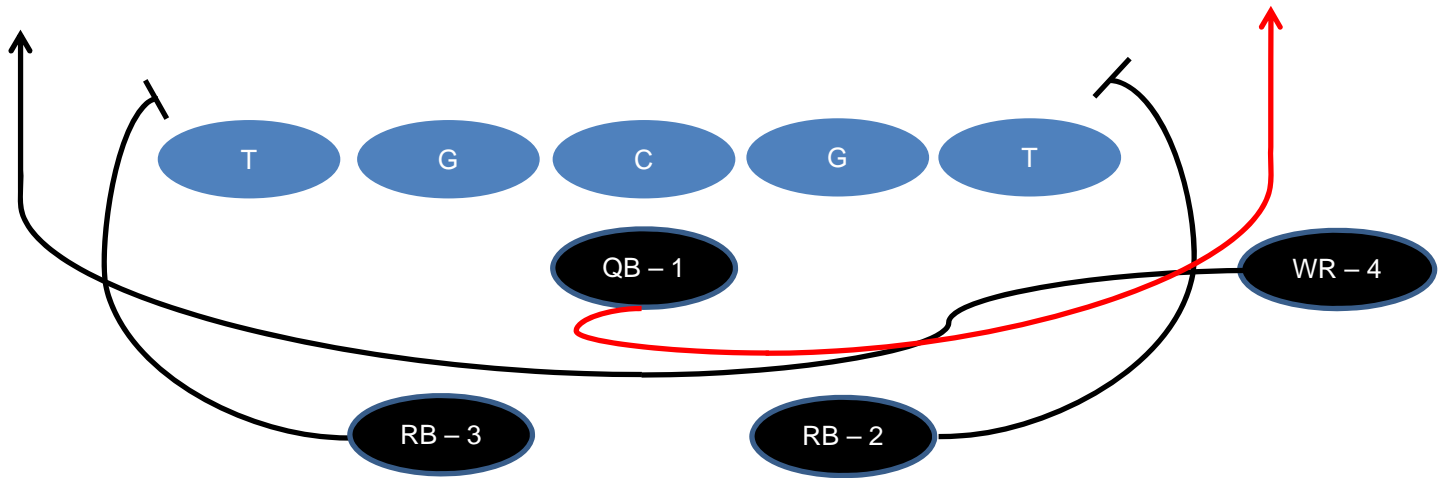
45 Reverse



46 Reverse

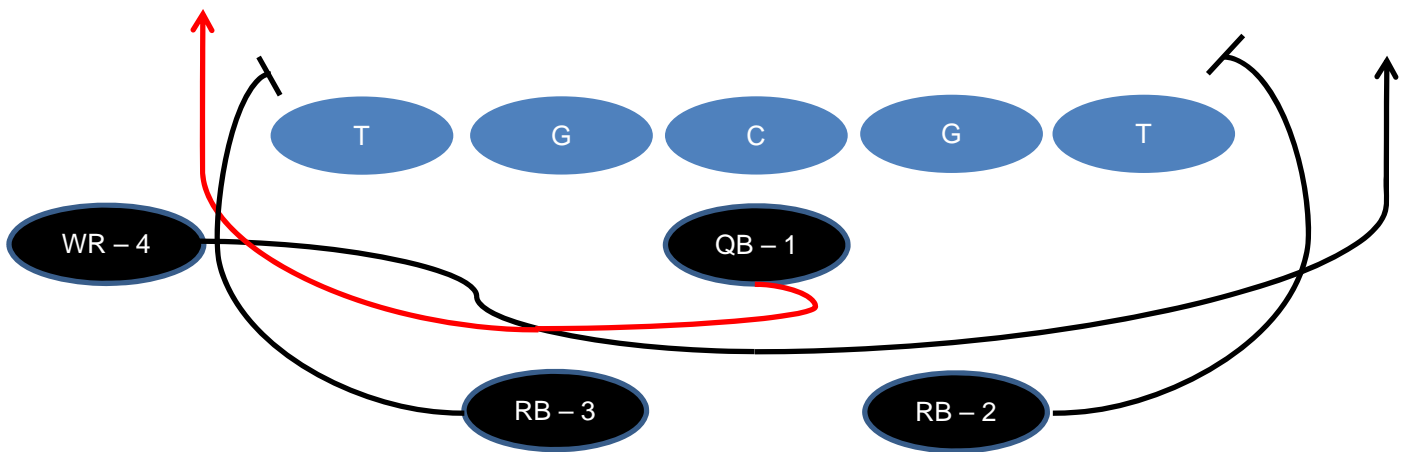


Fake 45 Reverse QB Keeper



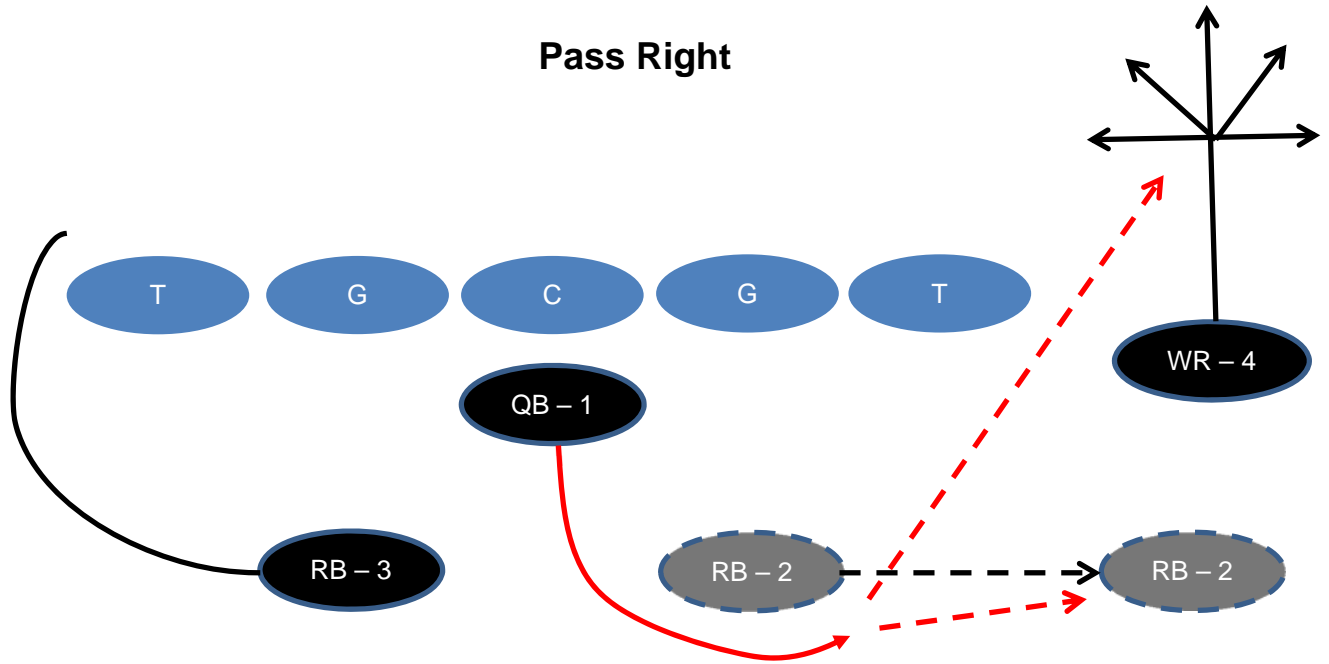
QB-1 fakes the hand off to WR-4, then runs right on a keeper.

Fake 46 Reverse QB Keeper



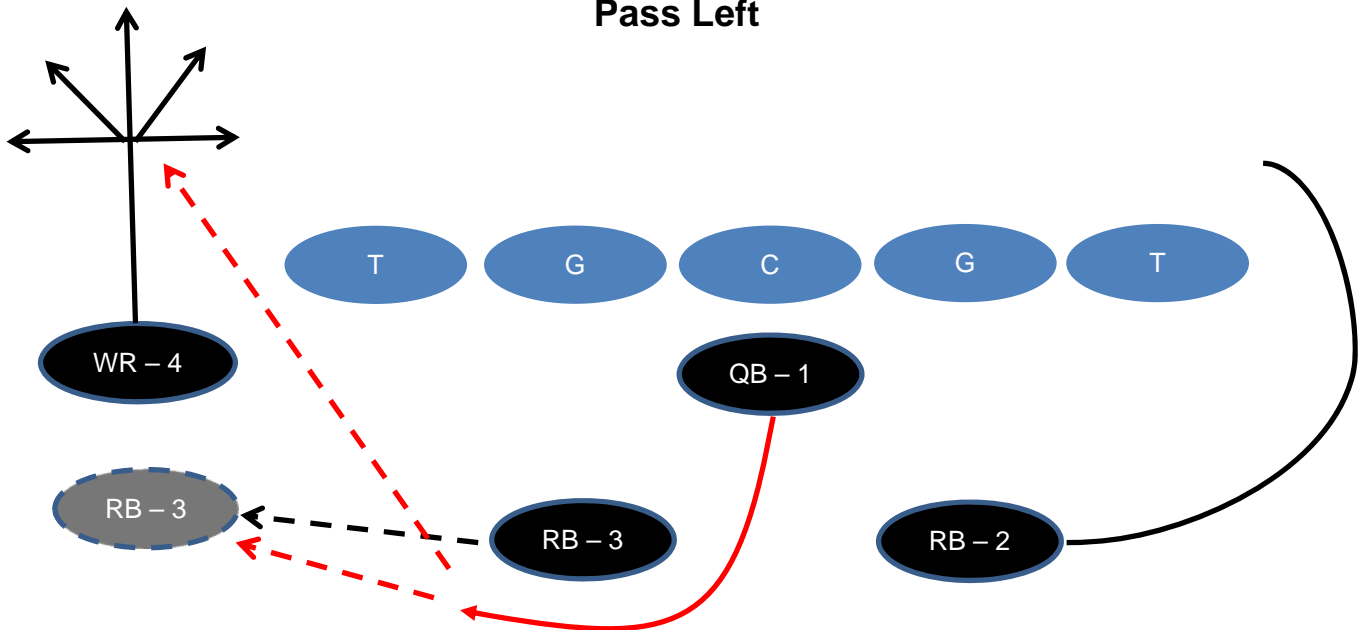
QB-1 fakes the hand off to WR-4, then runs left on a keeper.

Pass Right



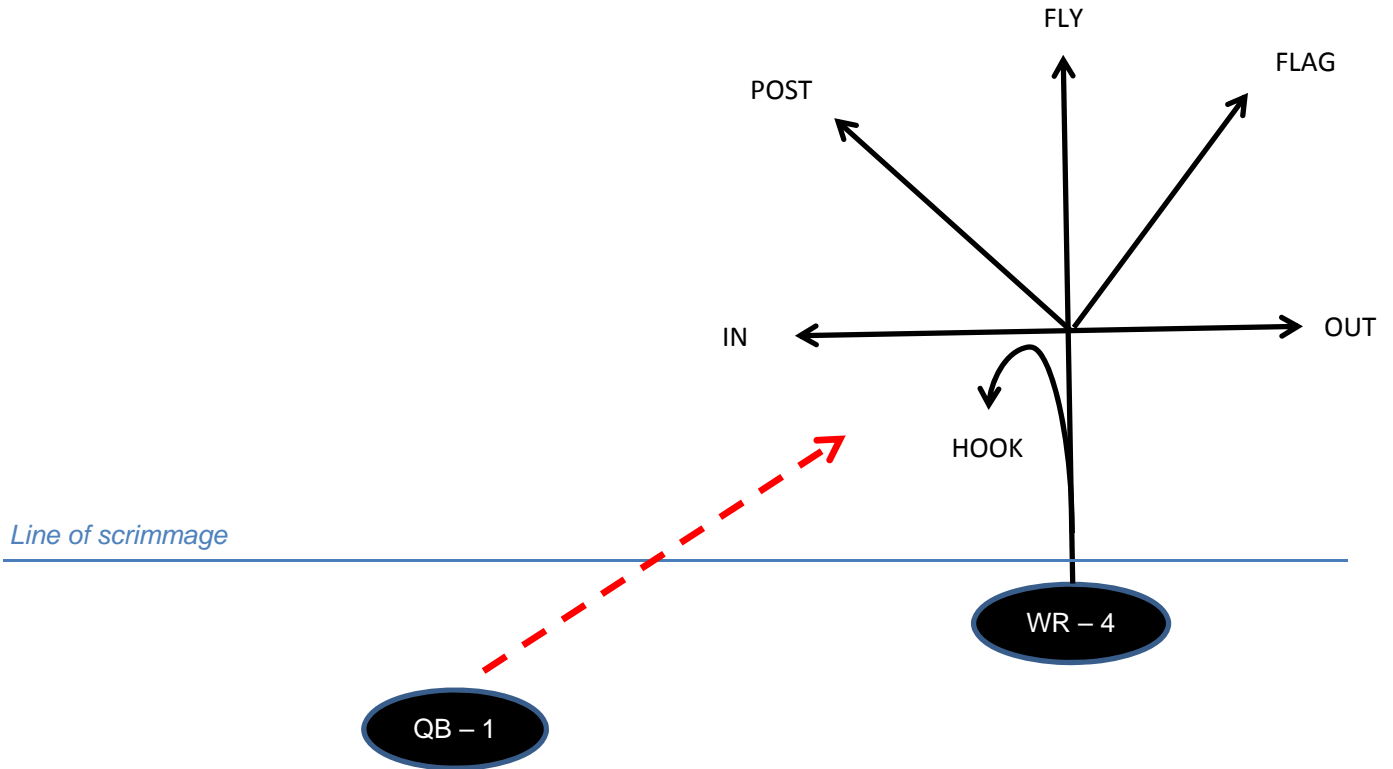
*WR-4 runs the route called in the huddle.
RB-2 flairs out for a screen pass.*

Pass Left



*WR-4 runs the route called in the huddle.
RB-3 flairs out for a screen pass.*

Basic Passing Routes



FLAG and **OUT** routes move away from the QB's position.

POST and **IN** routes cut across the QB's position.

A **HOOK** route can turn either direction.