

FIRST DOWN FLAG FOOTBALL

Program Overview

- **Duration: 6 Weeks (1 hour per week).**
- **Week 1: Handoffs & Flag Pulling**
- **Week 2: Defense**
- **Week 3: Catching**
- **Week 4: Throwing**
- **Week 5: Kicking**
- **Week 6: Bringing it all together**

First Down Flag Football is a fun-oriented, highly instructional program. This program will introduce kids to basic football skills, promote teamwork and sportsmanship and ensure a fun and safe environment.

Each 6 week session is 60 minutes long, focused on basic fundamentals in a fun, enthusiastic and enriching environment. There will be instruction and game play each week.

At the end of the Program, participants will have a working understanding of running, passing, receiving, blocking, defense and other football skills.

Field Setup

- **Fields should be about 60 yards long by 25 yards wide with a 10 yard end zone on each side.**
- **Use the tall cones to delineate the goal lines and a six inch cone to delineate the middle of the field.**

Equipment Checklist (Needed Every Session)

- **Clipboards**
- **Roster**
- **20 pinnies**
- **40 sets of flags**
- **40 cones**
- **20 footballs**

Coach Arrival & Check-In Focus

- **Coaches will check in the kids as they arrive.**
- **Other coaches will maintain supervision of unorganized play.**
- **Emphasize professional demeanor & courteous manner.**
- **Maintain awareness & supervision of kids who have arrived already.**

Coaches will emphasize...

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- Professional demeanor
- Courteous manner
- Maintaining awareness & supervision of participants who have arrived already

Video Links

- A Beginners guide to flag [football](#)
- Football [handoff](#)
- How to [throw](#) a football (first part of the video)
- How to [catch](#) a football (first part of the video)
- How to [kick](#) a football
- How to long [snap](#) for a punt, field goal and extra point



FIRST DOWN FLAG FOOTBALL: WEEK 1

Handoffs & Flag Pulling

Coaches will emphasize...

- **Handoffs:**
 - Focus on clean handoffs between players, emphasizing timing and coordination to avoid fumbles during plays
- **Flag Pulling:**
 - Teach effective flag-pulling techniques
 - Players should learn how to approach the ball carrier and pull flags without making contact

I. Welcome & Dynamic Warm-up (5 Minutes)

- **Coaches Intro & Talk (Led by Director):**
 - Director conducts introductory talk and inspiration.
- **Dynamic Stretching (Led by Coach):**
 - Lead participants through all listed exercises to ensure a thorough warm-up:
 - Jog around the field, High knees, Butt kicks, Side shuffle.
 - Lunges, Frankenstein kicks, Open the gate, Close the gate.

II. Introduction & Skill Demonstration (10 Minutes)

- **Brief Football Talk (5 Minutes):**
 - Talk briefly about the game, its basic rules, and goals.
- **Demo (5 Minutes):**
 - Director will go over the basics of handoffs (proper technique, ball security) and flag pulling.

III. Skill Stations Rotation (30 Minutes)

- **Grouping: Break up Participants into three small groups.**
- **Rotation: Groups rotate after 10 minutes at each station.**

1. Station 1: Basic Handoff Drill

- **Action: Pair up players as quarterback (QB) and running back (RB).**

- **Focus:** Practice slow, stationary handoffs, emphasizing proper technique (timing, securing the ball with two hands). Gradually increase speed.

2. Station 2: Moving Handoff Relay

- **Setup:** Set up a short running course with cones.
- **Action:** Players practice handoffs while moving.
- **Focus:** Emphasize timing and ball security while running. Make this a fun relay race between two teams.

3. Station 3: Flag Pulling (Evasion Drill)

- **Setup:** Line up two cones sets (rectangle) with about 5 yards between them.
- **Action:**
 - One player is on offense (with the ball), one on defense (flag puller). Both start laying down on their backs.
 - On "hike," both players get to their feet fast.
 - Offensive player tries to run to the other side *inside the rectangle* while the defensive player tries to pull their flag before they reach the boundary.

IV. Game Play & Finale (15 Minutes)

- **Game Play (5 Minutes - Assumed Activity):**
 - Run a short, controlled scrimmage or drill (e.g., 5-yard dash with a flag puller) to apply handoffs and flag pulling in a dynamic environment.
- **Finale (5 Minutes):**
 - Lead participants in Run Court sprints or light conditioning.
 - Recap the key fundamentals of handoffs and flag pulling.



FIRST DOWN FLAG FOOTBALL: WEEK 2

Defense Fundamentals & Game Play

Coaches will emphasize...

- **Stances**
 - Feet shoulder width apart
 - Bend your knees (athletic ready position)
 - Forearms on thighs
 - Hand on the ground
 - Back straight, butt down, head up
 - Balanced stance
 - Ready to fire out
- **Pass coverage**
 - Keep your eye on the belt buckle
 - Stay between your man and the QB
 - Stay with your opponent stride for stride
- **Angling**

I. Welcome & Dynamic Warm-up (5 Minutes)

- **Coaches Intro & Talk (Led by Director):**
 - Director conducts introductory talk and inspiration.
- **Dynamic Stretching (Led by Coach):**
 - Lead participants through all listed stretches to ensure readiness:
 - Jog around the field, High knees, Butt kicks, Side shuffle.
 - Lunges, Frankenstein kick, Open the gate, Close the gate.

II. Demonstration & Skill Stations (30 Minutes)

- **5 Minutes - Defense Demo (Led by Director):**
 - Director goes over the basics of defense, emphasizing proper Stances (feet shoulder width, knees bent, back straight, head up).
- **25 Minutes - Skill Stations Rotation (Break up into 3 groups, rotate after ~8-9 minutes):**
 - **Station 1: Defending the Pass (Pass Coverage)**
 - *Drill:* Read and React Drill (React to coach moving the ball left, right, forward, back).
 - *Focus:* Pass coverage principles: keep eyes on the belt buckle, stay between the man and the QB, stay with the opponent stride for stride.

- **Station 2: Flag Pulling/Angling**
 - **Drill:** 1-on-1 Defending the Pass (Pulling the flag).
 - **Focus:** Practice pulling the flag from the player with the ball. Teach how to angle the approach toward the sideline.
- **Station 3: Blocking/Pursuit**
 - **Drill:** "Who Wants the Bacon?" (Blocking Station).
 - **Setup:** Create a narrow 4-foot lane. On "hike," one player rushes to get the ball (bacon). The offensive player must establish inside position with their hands and move their feet to block the rushing player inside the lane.

III. Game Preparation & Play (20 Minutes)

- **5 Minutes - Director Team Split & Rules Review:**
 - Director splits participants into two teams (size/ability) and gives one team pinnies.
 - Recap Rules: Go through flag football rules, emphasize safety, and review main defensive concepts.
- **15 Minutes - Game Play (Controlled Scrimmage): (Adjusted time for 60 min total)**
 - Rules: Follow standard rules (4 downs to midfield/score, snap from center).
 - Defense Focus: Coaches continuously encourage players to apply the proper defensive stance and pass coverage skills practiced in the drills.

IV. Team Huddle & Finale (5 Minutes)

- **Team Huddle & Encouragement:**
 - Gentle stretches, discussion on defense successes and areas for improvement.
 - Recap key defensive principles (stance, coverage, angling).



FIRST DOWN FLAG FOOTBALL: WEEK 3

Catching Fundamentals

Coaches will emphasize...

- **Catching:**
 - Emphasize the importance of proper hand positioning and body alignment to consistently catch passes.
 - Teach players to use their hands rather than their bodies to secure the ball

I. Welcome & Dynamic Warm-up (15 Minutes)

- **5 Minutes - Coaches Intro & Talk (Led by Director):**
 - Director conducts introductory talk and inspiration.
- **10 Minutes - Dynamic Stretching (Led by Coach):**
 - Lead participants through a thorough warm-up:
 - Jog around the field, High knees, Butt kicks, Side shuffle.
 - Lunges, Frankenstein kick, Open the gate, Close the gate.
- **5 Minutes - Catching Demo (Led by Director):**
 - Director goes over the basics of catching, emphasizing hand positioning ("diamond and cup").

II. Skill Stations Rotation (20Minutes)

- **Grouping: Break up Participants into four small groups.**
- **Rotation: Groups rotate after 6 minutes at each station.**

1. Station 1: Hand Positioning

- **Drill: "Diamond and Cup"**
- **Action: Coach throws high passes for players to practice "diamond" hand positioning, then low passes for "cup" hand positioning. Players rotate after each catch.**

2. Station 2: Body Alignment

- **Drill: "Face the QB"**
- **Action: Two lines face each other (10 yards apart). One line throws (QBs), the other catches (Receivers). Receivers practice proper stance and alignment, always facing the QB before and during the catch. Switch roles halfway.**

3. Station 3: Running Routes & Security

- **Drill: Running Routes with Cones**
- **Setup: Cones in a zigzag pattern (5 yards apart).**
- **Action: Participants run the route, focusing on making sharp turns, holding a football securely, and emphasizing proper footwork and balance.**

4. Station 4: Follow Through and Tucking

- **Drill: "Catch and Tuck Relay"**
- **Action: Players catch a short pass from the coach, immediately tuck the ball securely, and run through a zigzag path. Run the ball back and drop it at the coaches' feet.**

III. Game Play (25 Minutes)

- **Game Play & Finale:**
 - **Game Play (25 Minutes - Assumed Activity): Run a short, controlled drill or scrimmage focused on passing and catching (coaches call short routes).**



FIRST DOWN FLAG FOOTBALL: WEEK 4

Passing Fundamentals

Coaches will emphasize...

- **Pass blocking technique**
 - **Wide stance**
 - **Inside Hands**
 - **Keep yourself between the defender and the ball**
 - **Move your feet**
- **Throwing:**
 - **Instruct on the fundamentals of throwing, including grip, stance, and follow-through.**
 - **Ensure players understand how to deliver accurate passes**
- **Passing Technique**
 - **Grip the laces**
 - **Non-throwing arm and shoulders pointing at the target**
 - **“Wave goodbye” on your release**
 - **Follow through**

I. Welcome, Warm-up & Demonstration (10 Minutes)

- **5 Minutes - Intro Talk & Dynamic Warm-up:**
 - **Conduct introductory talk and inspiration.**
 - **Lead participants in dynamic stretching (Jog, High knees, Side shuffle, Lunges, etc.) to prepare for throwing rotation.**
- **5 Minutes - Passing Demo (Led by Director):**
 - **Director demonstrates the basics of throwing/passing a football. Focus on grip, stance, and follow-through.**

II. Skill Stations Rotation (20 Minutes)

- **Grouping: Break up Participants into three small groups.**
- **Rotation: Groups rotate after 10 minutes at each station.**

1. Station 1: Stationary & Mobile Partner Passing

- **Stationary Passing: Players pass while standing still. Coaches correct form (grip, stepping).**
- **Beginner Mobile Passing: Players mimic snapping the ball, stepping back a few yards, and throwing to a stationary partner.**
- **Continued Mobile Passing: Players mimic snapping, stepping back, and throwing to a partner who is now in movement.**

2. Station 2: Passing Gates (Accuracy Focus)

- **Setup:** Pairs of cones (gates) placed randomly, 2 yards apart.
- **Action:** Players work in pairs, attempting to pass the ball through the gates for points.
- **Goal:** Focus on throwing with precision and accuracy over distance.

3. Station 3: Pass & Move Square (Communication Focus)

- **Setup:** Form a square with four cones; one player at each cone.
- **Action:** Players pass to each other, then immediately move to the next cone after passing.
- **Focus:** Encourage communication and keeping heads up while moving. Add a defender after a few minutes for difficulty.

III. Game Play (30 Minutes)

- **25 Minutes - Game Play (Controlled Activity):**
 - Run a short, controlled scrimmage or drill focused on using the forward pass (e.g., 3-pass mandatory rule before running).



FIRST DOWN FLAG FOOTBALL: WEEK 5

Kicking

Coaches will emphasize...

- **Kicks:**
 - Instruct on the fundamentals of kicks, including grip, stance, and follow-through.
 - Ensure players understand how to deliver accurate kicks

I. Welcome, Warm-up & Review (10 Minutes)

- **Intro Talk & Dynamic Warm-up:**
 - Conduct introductory talk and inspiration.
 - Lead participants in dynamic stretching (Jog, High knees, Side shuffle, Lunges, etc.).
- **Skill Review (Assumed Activity):**
 - Conduct a quick review of the basics of Passing and Catching (from previous weeks).
- **Kicking Demo (Led by Director):**
 - Director demonstrates the basics of punting and field goal kicking technique (grip, drop, approach).

II. Skill Stations Rotation (30 Minutes)

- **Grouping:** Break up Participants into four small groups.
- **Rotation:** Groups rotate after approximately 7-8 minutes at each station (30 minutes total).

1. Station 1: Punting Practice

- **Drill:** "Punt for Points"
- **Action:** Players practice the punting technique (grip, drop, contact).
- **Goal:** Aim for distance zones marked by cones, focusing on a clean drop and straight contact.

2. Station 2: Field Goal Kicking

- **Setup:** Kicking tee, footballs, and goal posts/cones as targets.
- **Drill:** "Accuracy Challenge"
- **Action:** Practice the three-step approach and kicking technique.
- **Focus:** Proper foot placement and follow-through to hit the target.

3. Station 3: Snapping 101 (The Thrower)

- **Drill: "Snapping 101"**
- **Action: Players partner up. One player practices the snap to the receiver/holder.**
- **Focus: Coach emphasizes the technique of the snap being on target and delivered with the right amount of speed.**

4. Station 4: Receiving the Snap 101 (The Holder)

- **Drill: "Receiving the Snap 101"**
- **Action: The receiving partner practices catching the snap and quickly mimicking a punt drop or field goal placement for the kick.**
- **Focus: Coach emphasizes the technique of the catch and quick, stable placement.**

III. Game Play (20 Minutes)

- **20 Minutes - Game Play (Controlled Activity):**
 - **Run a short, controlled scrimmage or drill that requires a snap/punt or snap/kick to start the play.**



FIRST DOWN FLAG FOOTBALL: WEEK 6

Finals & Medal Ceremony

Coaches will emphasize...

- **Catching:**
 - Emphasize the importance of proper hand positioning and body alignment to consistently catch passes.
 - Teach players to use their hands rather than their bodies to secure the ball
- **Throwing:**
 - Instruct on the fundamentals of throwing, including grip, stance, and follow-through.
 - Ensure players understand how to deliver accurate passes
- **Running Routes:**
 - Introduce basic routes (like slants and fly routes) and explain their significance in creating space and opportunities for receiving the ball
- **Handoffs:**
 - Focus on clean handoffs between players, emphasizing timing and coordination to avoid fumbles during plays
- **Kicks:**
 - Instruct on the fundamentals of kicks, including grip, stance, and follow-through.
 - Ensure players understand how to deliver accurate kicks
- **Flag Pulling:**
 - Teach effective flag-pulling techniques
 - Players should learn how to approach the ball carrier and pull flags without making contact
- **Angling:**
 - Emphasize taking an angle on an offensive player rather than running directly at them
 - Use the sideline to push the player to the edge of the field and away from the middle
 - Match their speed

Get your toes pointed in the same direction as the offensive player.

I. Welcome, Warm-up & Review (5 Minutes)

- **5 Minutes - Full Fundamentals Review & Demo (Led by Director):**
 - Director reviews the basics of all football fundamentals (Catching, Throwing, Handoffs, Flag Pulling, Kicks, Angling, Routes).
 - Lead participants in dynamic stretching (Jog, High knees, Side shuffle, Lunges, etc.).

II. Skill Games & Team Split (20 Minutes)

- Skill Games (Choose 2):

Play 2 fun, focused games to sharpen skills before the final game:

- Route Tree Drill: Run basic routes (slant, fly) with and without the ball, focusing on precise cuts and timing.
- 4-Corner Passing Drill: Improve passing accuracy and quick decision-making, with the QB calling numbers and players running to the next cone.
- *Optional:* Monkey in the Middle or Flag Obstacle Course.
- Team Split & Rules Review:
 - Director splits participants into two teams (size/ability) and gives one team pinnies.
 - Recap Rules: Briefly review flag football rules, emphasizing safety and teamwork.

III. Final Game Play (30 Minutes)

- Format: Full field, half field, or cross court game.
- Goal: Maximize game experience; coaches encourage applying all learned concepts (Angling on defense, proper routes, clean handoffs).
- Game Rules:
 - Offense gets 4 downs to cross midfield/score.
 - Rushing allowed after 5-second count (for older ages) or no rush (younger ages).
 - Flag pulls kill the play. Interceptions are turnovers.
 - Scoring: Touchdown = 6 points.

IV. Medal Presentation & Finale (5 Minutes)

- Medal Presentation:
 - Have participants line up on the endline (or baselines).
 - Call each player up individually and encourage all to cheer for every player.
- Recap: Recap the skills learned and the dedication shown throughout the program.
- Break Out: Conclude the session with the team mantra: “Play Hard, Play Smart, Play Together, Play True.”