

DAY 1

OBJECTIVES

- Roster Check-Off
- Assign Players to Coaches
- Teach QB/Center Exchange
- Teach Handoff Technique
- Teach Defensive Ready Position
- Teach Flag Pulling Technique
- Teach Run Play Execution
- Teach Position Names – QB-C-RB-LB

1. Roster Check-Off
2. Dynamic Warm Ups
3. Assign Teams to Coach Based on Age
4. Camp Instruction on Center Snap – QB handoff motion (emphasize QB LOUD cadence)
5. Team Practice of Center/QB exchange (reinforce position names) 5 minutes
6. Camp Instruction of Running Back Handoff Technique (bottom hand points to QB)
7. Team Practice of RB Position (coach plays QB, player takes handoff from both sides) 5 min.
8. Flag Belts On
9. Camp Instruction on Defensive Stance – Flag Pulling Technique
10. Team Practice Flag Pulling (mini field w/RB & LB) 5 minutes
11. H2O BREAK
12. Camp Instruction of Run Play Execution (coaches in all 4 positions) Quiz on Position Names
13. Team Practice of Run Play Execution (correct stances, movements, etc) forward rotation
14. Team Belt Removal (10-15 minutes before end time)
15. Handouts – Defensive/Offensive Positions, Fitness Award Sheet, Apparel Order Form
16. Discuss Handouts (player follow along on position explanation, fit award explanation)
17. Coach Roster Additions w/Coach Shirt Size or Season #

DAY 2

OBJECTIVES

- Review C/QB Exchange, Handoff Technique, Flag Pulling, Position Names
- Review Run Play Execution
- Teach Q/RB Pitch
- Teach Receiving Technique
- Teach Slant Pass Route
- Teach Defensive Movements
- Teach Game Rules
- Play Instructional Scrimmage Game

1. Shirt Handouts
2. Flag Belts On
3. Dynamic Warm Ups
4. Camp Review of Day 1 Techniques (position names, C/QB snap, handoff, flag pull, LB stance)
5. Team Practice of C/QB Exchange, Handoffs, Flag Pulling (1 drill at a time) 5 minutes
6. Team Practice of Run Play Execution w/LB Pulling Flags (10 minutes) forward rotation
7. Camp Instruction of QB-RB Pitch
8. Team Practice of QB-RB Pitch (left & right sides) 5 minutes
9. H2O BREAK
10. Camp Instruction on Diamond Receiving Technique (camp do-along)
11. Camp Instruction on WR stance & Slant Route
12. Team Practice of Stationary Receiving (2 times each player)
13. Team Practice of Slant Routes (coach plays QB, reinforce start stance, diamond) 5 minutes
14. Camp Instruction on Defensive Back Position (backpeddle, change of direction)
15. Camp Instruction on Game Rules (emphasize quiet huddle)
16. Instructional Scrimmage Game (coach as QB, correct position techniques, run to huddle)
17. Team Belt Removal (5 to 10 minutes before end of camp)
18. Discuss Sportsmanship (high fives, congrats to opponent, controlling temper, etc)
19. Handouts – Sportsmanship & Football Tournament Flier

DAY 3

OBJECTIVES

- Review Handoff, Receiving, Defensive Backpeddle Techniques
- Teach Agility Drills
- Teach Hook Pattern
- Teach Passing Technique
- Teach QB Drop Back
- Play Scrimmage Game

1. Flag Belts On
2. Dynamic Warm Ups
3. Camp Review of Handoff, Receiving, Defensive Backpeddle (coach demo)
4. Camp Instruction of Agility Drills (ladder, hurdles, backpeddle, cone shuffle)
5. Team Drill Stations (handoff w/ladder, receiving w/hurdle) 2-3 min each station
6. Camp Review of Slant Pattern
7. Camp Instruction of Hook Pattern
8. Team Practice Slant & Hook Patterns (no cones after 1st round) 5 minutes
9. Camp Instruction of Passing Technique (stance, point, follow through)
10. Team Practice of Stationary Target (reinforce passing & receiving technique) 2 minutes
11. Camp Instruction of QB Fake Handoff – Drop Back (quick steps, set position)
12. Team Practice of Stationary Target -C Snap-QB Fake & Pass (forward rotation) 5 min
13. H2O BREAK
14. Camp Review of Pass Routes (WR stance, diamond)
15. Camp Instruction of Moving Target (teach leading WR w/ball)
16. Team Practice of Run Play & Pass Play Execution (use C, QB, RB, WR) 10 minutes
17. Instructional Scrimmage Game (90 % run/pitch plays, coach calls plays, run 2 huddle)
18. Team Belt Removal (5 to 10 minutes before end of camp)
19. Review Game Rules (run to huddle- no talking, etc.)
20. Handout- Pass Routes & Game Day Details
21. Review Pass Routes

DAY 4

OBJECTIVES

- Review Position Names & Stances
- Practice Position Movements
- Teach Agility Drills
- Review & Practice Run & Pass Plays
- Play Scrimmage Game

1. Flag Belts On
2. Dynamic Warm Ups
3. Camp Review of Position Names (quiz on stances, positions, movements, etc)
4. Team Practice of Positions (all players together- WR routes, QB drop back, RB, LB) 5 min.
5. Camp Review of Agility Drills (ladder, hurdles, backpeddle, cone shuffle)
6. Team Drill Rotations (handoff w/ladder, receiving w/hurdle, backpeddle) 2-3 min each station
7. Team Practice of Run & Pass Play Execution (use C, QB, RB, WR + LB & D-Back) 10 min
8. H2O BREAK
9. Scrimmage Game (coach calls plays- run right/run left, etc., run 2 huddle)
10. Team Belt Removal (5 minutes before end of camp)
11. Handouts – Game Day Details (anyone who missed day 3)

DAY 5

GAME DAY!!!

1. Flag Belts On
2. Dynamic Warm Ups
3. Team Explanation of Field Playing Area
4. Team Position Assignment, Play Review
5. Official Game (2- 20 min. halves w/coin toss, change of possession & H2O break at half)
6. Team Line-Up at end of Game
7. Team Belt Removal
8. Review Day 6 Game Day Details
9. Remind of Football Tournament Option
10. Handout – Nutrition & Exercise

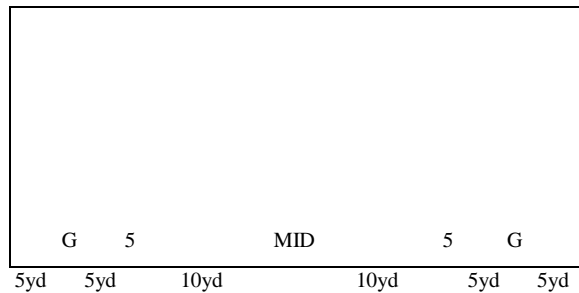
DAY 6

GAME DAY!!!

1. Flag Belts On
2. Dynamic Warm Ups
3. Team Explanation of Field Playing Area
4. Team Position Assignment, Play Review
5. Official Game (2- 20 min. halves w/coin toss, change of possession & H2O break at half)
6. Team Line-Up at end of Game
7. Team Belt Removal
8. Camp Explanation of Awards Program (1st season- pin, 2nd-medal, 3rd-trophy,4th-plaque, etc)
9. Camp Awards Handout

FLAG FOOTBALL GAME RULES

Field size approx. 20-40 yd long x 10-20 yd wide



- Possession starts at 5 yd line (no kickoffs)
- 4 plays allowed to reach 1st down (midfield)
- possession changes start on own 5 yd line (except interceptions)
- interceptions result in dead ball w/possession starting at spot
- no more than 5 players on field
- center may not cross line of scrimmage
- no blocking allowed
- defense may rush 1 player from 7 yards off line of scrimmage
- any tackling, holding, blocking, etc = decline or redo play
- no fumbles- ball dead on contact
- no QB sneaks allowed

The following format will be used for last game:

- Coin toss to determine possession
- Game will two 20 min halves w/running clock
- Change sides at halftime
- Touchdown = 6 pts ; extra pt from 3 yd line
- Limit huddle time

TEACHING / COACHING METHOD

I – Introduce the skill

D – Demonstrate the skill

E – Explain the skill

A – Attend to players practicing the skill

- Name a skill & stick with that name to avoid confusion
- Demonstrate to give a picture to go along with words
- Repeat demonstration several times as necessary
- Provide a brief explanation of skill & how it relates to game
- Give lots positive, corrective feedback

Some players will need to be physically guided through movements

Tip: Ask questions during drills such as:

What do we do first? Then what?

The primary goal of our youth coaches is to provide a fun & enjoyable experience.

Take the fun out of sports & you'll take the child out of sports.

Tip: Find positives in all players.

Follow every correction w/a compliment

Coach Behavior Checklist

I praise kids just for participating

I look for positives & make a big deal out of them

I stay calm when my kids make mistakes, helping them learn from their mistakes

I have reasonable & realistic expectations

I treat my kids with respect, avoiding put-downs, sarcasm & ridicule

I remind my kids not to get down on themselves

I remember not to take myself too seriously during the game

I emphasize teamwork & help my kids think “we” instead of “me”

I am a role model of good sportsmanship:

- a. Winning without gloating
- b. Losing without complaining
- c. Treating opponents & officials with fairness, generosity & courtesy

-Dr. Darrell Burnett, clinical & sport psychologist

All coaches are expected to conduct themselves in a professional manner at all times during the camp. We are promoting a fun, fitness based camp and do not wish to project a boot camp training program.

Young athletes learn proper sportsmanship and how to conduct themselves on the field based on the coach's behavior. We encourage all coaches to take advantage of this opportunity to make an impact in a young athlete's life by setting the proper example and being a good role model.