

Flag Football Practice #2

6:00 – 6:10 Stretching Lead by Jake

6:10 – 6:15 Warm up, 10 yards
High Knees
Butt Kicks
Kareoka
Back Peddle
Stride
Sprint Full Speed

6:15 – 6:55 4 Stations 10 minutes each

Station 1 – Running Back Cut Drill

Set up cones 6 - 8 cones 8 yards apart. Set up multiple lines of cones depending on how many participants you have.

First player in each line will cut through each of the cones down and back. Once they get back to the start hand off ball to next player in line.

Switch ball to arm closest to sideline, cut on the outside foot and don't cross over legs when changing directions.

Station 2 – Square Drill (WR Drill)

Set up cones 5 yards apart forming a square

Players get set into a WR stance at first cone

First player runs exploding to each cone and plants outside foot to cut to next cone.

Player must keep head up and arms pumping

Once through the drill coach starts throwing passes to players as they cut from the last cone.

Rotate through 3-4 times starting at different cone each time.

Station 3 – 4 Corner Drill (Defense Drill)

The FIRST PHASE of the 4 corner drill is the straight ahead sprint. Your linebacker starts by freeze stepping and then sprints 10 yards, once reaching the 10 yard cone he then pivots around off his inside foot which will put him facing the coach.

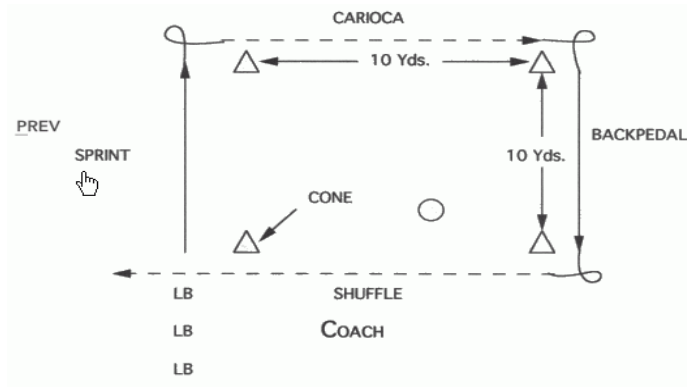
The SECOND PHASE of 4 corners is CARIOCA, once your linebacker comes out of his pivot he will then step with one foot and crossover with the other, then step again and crossover behind. Keep Shoulders square to the line of scrimmage while maintaining a "Z" in the knees and keep eyes focused on the coach. Go as fast as you can and stay low. Once reaching the second cone you come out of your carioca shuffle by pivoting and go into a back pedal.

The THIRD PHASE is a BACK PEDAL which requires your linebacker to begin backward movement with a good body lean with the chin in line with the knees. Make sure when back pedaling your weight is distributed over the knees and in line with the hips. Always keep arms pumping when back pedaling.

The FORTH PHASE of 4 corners is the shuffle, once reaching the third cone, pivot and keep shoulders square to the LOS. Shuffle for ten yards to the next cone by

keeping feet shoulder widths apart, never allow the feet to come together or crossover. Keep the "Z" in the knees and shoulders square to the LOS while always maintaining eye contact with the coach.

When you reach the fourth and final cone turn and finish the drill with a hard 5 yard sprint.



Station 4 – Run and Gun (QB/WR Drill)

Divide team into three groups (on the left, middle, and right of your practice area)

First player in each group will be the quarterback, Second player will be a defender, and Third player will be a receiver.

Outside receivers should run 10 yard square out patterns, while the inside receiver runs a buttonhook or 10 yard in.

After quarterbacks make their pass switch positions. Quarterback to defender, defender to receiver, receiver to quarterback.

6:55 – 7:00 Break down