

## Flag Football Skills

Athletes in this program are learning basic flag football skills. Athletes new to flag football will typically start at the skills level. Many of the athletes in skills require more attention than the team based flag football programs.

**Intro:** Flag Football Skills for Low (Level 1) to Medium and High (Level 2) ability athletes will consist of four activities: **Throw for Accuracy, Throw/Punt for Distance, Agility and Speed, and Run and Catching**. The athlete's final score is determined by adding together the scores achieved in each of these events. Participants will train and work their way up in each activity by starting with the beginner stages, "c", of each activity until they are comfortable with training for the competitive stage, "a", of the activity. Stage "a" scores will be the final scores submitted for qualifying.

### ACTIVITY 1: ACCURACY THROW

#### 1.1 Throw for Accuracy - Level 1 (Low Ability Athletes)

**1.1a Run & Timed(60sec)**

1.1b Retrieve ball

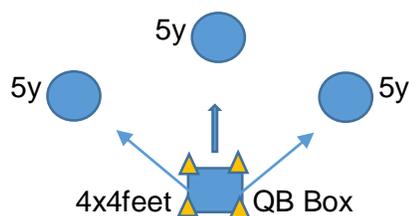
1.1c Stay in place

**Equipment: 1 Football; 3 markers; 4 cones; 3 hoops; 3 YAP cone-holders; stopwatch**

**Set up:** Athlete, or coach, will set up the 4 cones to create a QB box (4x4 feet)

Athlete, or coach, will create three targets (large hoop held by cone holder) 5 yards (15ft), away from the QB box; 1st target 5 yards diagonal to the left, 2nd target 5 meters directly in front of the QB box, and 3<sup>rd</sup> target 5 yards diagonal to the right. The place markers will mark the distance from the QB box; on top of the place marker put down the cone-holder for the large hoop target to stay in place (make sure the hoop is facing the direction of the QB Box).

*Note: Targets can be set up one at a time if limited on equipment. Coach may need to assist with resetting targets if they fall.*



#### **Description:**

1.1b/1.1c -Athlete will have 5 attempts at each target. Starting left to right, athlete will throw first ball to target 1, next to target 2 (down center), and last to target three. This rotation will be done 5 times, totaling for 15 attempts. Athlete, or coach, is to retrieve ball and return to QB box after each throw.

**1.1a** – Athlete will have 5 attempts at each target, going left to right. Athlete must run and retrieve each thrown ball, returning back to QB Box to continue throwing at targets. Athlete must complete as many successful passes through targets in 60 seconds.

**Adaptation:** For blind athletes, coach will direct athlete to QB box where the athlete will stay and wait for coach's voice signal to throw. Coach will stand in target area. If ball is thrown towards coach and is catchable, it will be counted as an accurate throw.

**Scoring:** The final score will be the number of successful throws through the targets. Each successful throw will be 5pts. *Ex: If athlete places ball through target 7 times out of the 15 attempts, he/she will receive 35pts.*

**For 1.1a – Athlete has 60 seconds to get all 15 attempts (5 on each target). If time runs out before making all attempts, he/she will be scored on made attempts within the time.**

### 1.2 Throw for Accuracy - Level 2 (High Ability Athletes)

**1.2a Run & Timed(60sec)**

1.2b Run & Retrieve ball

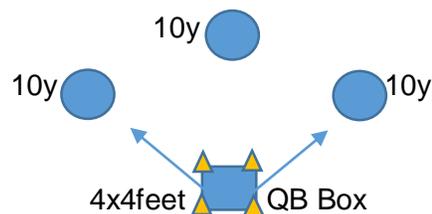
1.2c Walk & Retrieve ball

**Equipment: 1 Football; 3 markers; 4 cones; 3 hoops; 3 cone-holders; stopwatch**

**Set up:** Athlete, or coach, will set up the 4 cones to create a QB box (4x4 feet)

Athlete, or coach, will create three targets (large hoop held by cone holder) 10 yards (30ft), away from the QB box; 1st target 10 yards diagonal to the left, 2nd target 10 yards directly in front of the QB box, and 3<sup>rd</sup> target 10 yards diagonal to the right. The place markers will mark the distance from the QB box; on top of the place marker put down the cone-holder for the large hoop target to stay in place (make sure the hoop is facing the direction of the QB Box).

*Note: Targets can be set up one at a time if limited on equipment. Coach may need to assist with resetting targets if they fall.*



**Description:**

1.2b/1.2c -Athlete will have 5 attempts at each target. Starting left to right, athlete will throw first ball to target 1, next to target 2 (down center), and last to target three. This rotation will be done 5 times, totaling for 15 attempts. Athlete is to retrieve ball and return to QB box after each throw.

**1.2a** – Athlete will have 5 attempts at each target, going left to right. Athlete must run and retrieve each thrown ball, returning back to QB Box to continue throwing at targets. Athlete must complete as many successful passes through targets in 60 seconds.

**Adaptation:** For blind athletes, coach will direct athlete to QB box where the athlete will stay and wait for coach's voice signal to throw. Coach will stand in target area. If ball is thrown towards coach and is catchable, it will be counted as an accurate throw.

**Scoring:** The final score will be the number of successful throws through the targets. Each successful throw will be 5pts. *Ex: If athlete places ball through target 7 times out of the 15 attempts, he/she will receive 35pts.*

For **1.2a** – Athlete has 60 seconds to get all 15 attempts (5 on each target). If time runs out before making all attempts, he/she will be scored on made attempts within the 60 seconds.

## ACTIVITY 2: DISTANCE PUNT/THROW

### 2.1 Punt for Distance - Level 1 (Low Ability Athletes)

**2.1a** Run and punt

**2.1b** Stand and punt

**2.1c** Ball held on ground

**Equipment: 1 Football; 3 place markers; 4 cones**

**Set up:** Athlete, or coach, will set up field to 30 yards (90 feet). Cones will be spaced out every 10 yards (30 feet) with the 1<sup>st</sup> cone being the kicking point. In-between each cone will be a place maker to identify the 5y (15ft), 15 (45ft), and 25 yards (75ft) marks. The final cone will be 30yrd.



**Description:**

**2.1c** - Athlete will have 5 attempts to punt the ball as far as possible. The ball will be held on the ground by coach at the starting cone. The athlete will be allowed 5 paces behind Start to run up to ball and kick out towards marked field. Where the ball stops will be their recorded distance.

**2.1b** – Athlete will have 5 attempts to punt ball as far as possible. The athlete will stand at Start line with ball in hand. Athlete will kick the ball from standing point out to the field. Where the ball stops will be their recorded distance.

**2.1a** – Athlete will have 5 attempts to punt ball as far as possible. The athlete is allowed to start 5 paces behind Start line. With ball in hand, athlete will extend arms out, punting style, and step into a full kick. The kick must be performed behind Start line or it will not count. Where the ball stops will be their recorded distance.

**Adaptation:** For blind athletes, coach may allow one test kick from Start line. Coach will then stand in the area where the ball lands for the athlete’s following attempts. Athlete may then continue their 5 kicks going off the coach’s voice signals

**Scoring:** Athletes will receive a maximum of 35 points per kick.

5pt	0-5 yards
10pt	6-10 yards
15pt	11-15 yards
20pt	16-20 yards
25pt	21-25 yards
30pt	26-30 yards
35pt	30 + yards

\*5 kicks will be totaled for Final Score (Ex: 10pt/15pt/15pt/15pt/20pt = **75pts Final Score**)

## 2.2 Throw for Distance - Level 2 (High Ability Athletes)

**Equipment:** 1 Football; 3 place markers; 4 cones

**Set up:** Athlete, or coach, will set up field to 30 yards (90 feet). Cones will be spaced out every 10 yards (30 feet) with the 1<sup>st</sup> cone being the throwing point. In-between each cone will be a place maker to identify the 5y (15ft), 15 (45ft), and 25 yards (75ft) marks. The final cone will be 30yards.



**Description:** Athlete will have 5 attempts to throw the ball as far as possible. Where the ball lands on the ground will be their recorded distance.

*Note:*

1. *Recorded yards must come from the first point where the ball comes down from the air and touches the ground, not from where the ball stops rolling.*
2. *Coach will be on field to eye where the ball lands and record distance. If no one is with athlete to record distance, the athlete may record his/her own results.*

**Adaptation:** For blind athletes, coach may allow one test throw from Start line. Coach will then stand in the area where the ball lands for the athlete's following attempts. Athlete may then continue his/her 5 throws going off the coach's voice signals.

**Scoring:** Athletes will receive a maximum of 35 points per throw.

5pt	0-5 yards
10pt	6-10 yards
15pt	11-15 yards
20pt	16-20 yards
25pt	21-25 yards
30pt	26-30 yards
35pt	30 + yards

Athletes 5 throws will be totaled for Final Score (Ex. 35pts for 5 tries = **175pt Final Score**)

### ACTIVITY 3: AGILITY AND SPEED

#### 3.1 Agility and Speed - Level 1 (Low Ability Athletes)

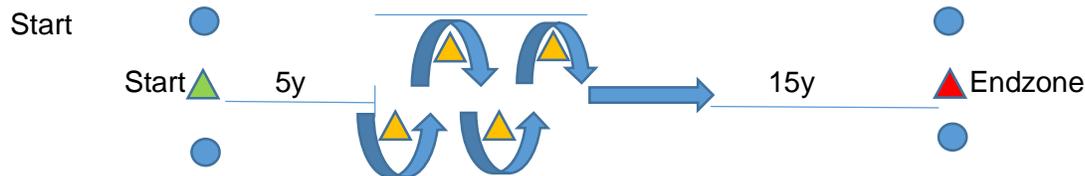
**3.1a Hand-off\* (60sec)**

**3.1b Hand-off (60sec)**

**3.1c Flag Grab (60sec)**

**Equipment: 1 Football; 4 place markers; 6 cones; 4 flags; stopwatch**

**Set up:** Athlete, or coach, will set up field to be 25 yards (75 feet) long and 5 yards (15 feet) wide. The corners of the field will be marked with the place markers. One starting cone will be placed on start line. 5 yards from Start four cones will be placed 4 feet apart, either in a straight line or alternating from left to right of the field in a zigzag pattern. *Note: For 3.1a, flags will be attached to each of the four cones on the field.*



**Description:**

3.1c – Athlete will be timed running from the start line to each cone and grabbing flags off of the cones. Athlete must grab flags off of each cone before heading to Endzone. Once he/she reaches the Endzone the clock will be stopped and points recorded.

**3.1a/3.1b** -Athlete will stand 5 yards (15 ft) behind coach (QB). Athlete will go off QB’s signal when to start. Clock will start on QB’s signal. The athlete will retrieve ball from QB and run route around the four cones (only in **3.1a** the athlete **MUST** circle every cone for points to count). After circling the final cone, athlete will sprint into the Endzone where the clock will be stopped and time recorded. Athlete must maintain possession of football the entire time.

Athlete has 5 attempt. Coach will time from QB signal to when he/she crosses the finish line. Athlete has 60 seconds to complete course.

**Scoring:** Using the conversion chart, athlete will receive points for each attempt. After completing 5 attempts, the total score will be added together.

60 Second Timer Conversion Chart

Seconds	Points
15 seconds and under	25pt
15.1-30	20pt
30.1-45	15pt
45.1-59.9	10pt
60 and over	5pt

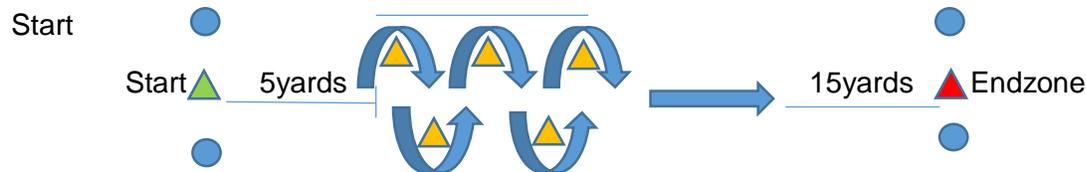
*Ex: 25pts for 5 attempts = 125 Final Score*

### 3.2 Agility and Speed - Level 2 (High Ability Athletes)

**3.2a** Hand off + W-Drill (60sec)      **3.2b** W-Drill without ball (60sec)      **3.2c** Flag Grab (60sec)

**Equipment:** 1 Football; 4 place markers; 7 cones; 5 flags; stopwatch

**Set up:** Athlete, or coach, will set up field to be 25 yards (75 feet) long and 5 yards (15 feet) wide. The corners of the field will be marked with the place markers. One starting cone will be placed on start line. 5 yards from Start, five cones will be placed 4 feet apart, alternating from left to right of the field in a zigzag pattern to form a **W**.



**Description:**

**3.1c** – Athlete will be timed running from the start line to each cone and grabbing flags off of the cones. Athlete must grab one flag at a time and return flag to Start line before going back for another. Once all flags have been collected and returned to the Start, athlete must sprint to Endzone. Once he/she reaches the Endzone the clock will be stopped and points recorded.

**3.2a/3.2b** - Athlete will stand 5 yards (15 ft) behind coach (QB) or behind Start line if there is not QB. Athlete will go off QB's signal when to start. Clock will start on QB's signal. The athlete will retrieve ball from QB (or from spot on ground at Start line if there is no coach/QB available) and run the W-route around the five cones.

At the 1st cone of the W, athlete must turn around and backpedal to the 2nd cone, then the athlete will run facing forward to the 3rd cone where he/she will again turn around and backpedal to the 4th. The athlete will then sprint facing forward toward the 5<sup>th</sup> and final cone where he/she will circle and continue sprinting forward into the Endzone. The clock will be stopped and time recorded. Athlete must maintain possession of football the entire time.

*Note: In 3.2b, athlete will perform same drill but without ball in hand.*

Athlete has 5 attempt. Coach will time from QB signal to when he/she crosses the finish line (if no coach available, athlete must time themselves using wristwatch).

**Scoring:** Using the conversion chart, athlete will receive points for each attempt. After completing 5 attempts, the total score will be added together.

Conversion Chart

Seconds	Points
Under 7.5 seconds	25pt
7.6-9	20pt
9.1-10.5	15pt
10.6-12.0	10pt
12.1 and over	5pt

*Ex: 25pts for 5 attempts = 125 Final Score*

## ACTIVITY 4: RUN AND CATCH

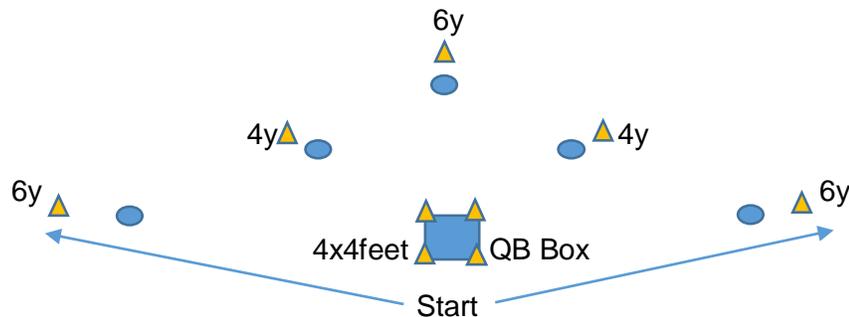
### 4.1 Run and Catch - Level 1 (Low Ability Athletes)

**4.1a** Run/Catch with quick reset    **4.1b** Run/Catch with reset    **4.1c** Stand in place and catch

**Equipment:** 1 Football; 4 place markers; 8 cones; stopwatch

**Set up:** Athlete, or coach, will set up the 4 cones to create a QB box (4x4 feet)

Athlete, or coach, will place 1 cone 6 yards (18 feet) to the left and right of the QB box and a place marker 5 yards (15 feet) to the left and right. Next cone will be placed 6 yards in front of QB box and place marker 5 yards in front. Last two cones will be short routes of 4 yards (12 feet) going diagonal to the left and right of QB box. A place marker will be placed 1 yard in front of each cone. in front of the QB box, one place marker will be 3 yards (9 feet) to the left of the farthest cone and another place marker 3 yards to the right of that same far cone.



#### **Description:**

**4.1c** - Athlete will start at the place marker and wait for QB signal. When QB is ready they will tell the athlete to prepare to catch. Athlete must catch ball from that standing position. They will do this for all five designated spots. Note: If pass is deemed not catchable, athlete will receive an additional throw from the same spot.

**4.1a/4.1b** - Athlete will begin at the start, 5 yards behind QB. On QB signal the athlete will run each of the routes that the QB calls out starting left to right (1 to 5). Athlete must run to designated cone and circle back to place marker where they will be thrown the ball. Athlete must catch the ball to earn points. If a throw from the QB is deemed inaccurate, athlete will receive an additional throw from the same spot/route. QB will go through all 5 routes for only one round.

**Rest Time:** Variations of the drill limit the amount of rest time between runs. In **4.1b**, the athlete may receive 30 seconds. In **4.1a**, the athlete may receive a max of 15 seconds rest.

**Scoring:** Athletes will receive points for completing catches.

- 5 pts: for complete catch (clearly caught with both hands)
- 0 pts: if athlete is unable to catch or touch a well-thrown pass
- Athletes can gain a maximum of 25 points in this drill

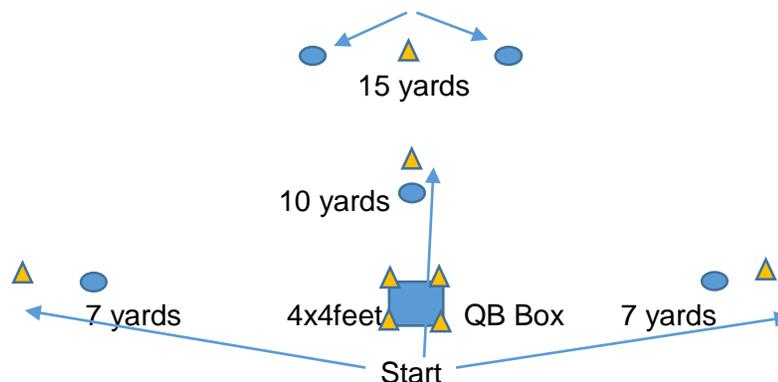
## 4.2 Run and Catch - Level 2 (High Ability Athletes)

4.2a Run/Catch with quick reset      4.2b Run to retrieve ball with break      4.2c Slow reset

**Equipment: 1 Football; 4 place markers; 8 cones; stopwatch**

**Set up:** Athlete, or coach, will set up the 4 cones to create a QB box (4x4 feet)

Athlete, or coach, will place 1 cone 8 yards (24 feet) to the left and right of the QB box and a place marker 7 yards (21 feet) to the left and right. Next cone will be placed 11 yards (33 feet) in front of QB box and place marker 10 yards (30 feet) in front. Last cone will be 15 yards (45 feet) in front of the QB box, one place marker will be 3 yards (9 feet) to the left of the farthest cone and another place marker 3 yards to the right of that same far cone.



### **Description:**

**4.2.a/4.2b/4.2c** - Athlete will begin at the start, 5 yards behind QB. On QB signal the athlete will run one of the routes that the QB calls out (ex: *Far Cone* or *15 yards, cut left!*). Athlete must run to designated cone and either circle or cut to place marker where they will be thrown the ball. Athlete must catch the ball to earn points. If a throw from the QB is deemed inaccurate, athlete will receive an additional throw from the same spot/route. QB will go through all 5 routes for only one round.

**Rest Time:** Variations of the drill limit the amount of rest time between runs. In 4.2c, the athlete may be allowed up to 60 seconds rest. In 4.2b, the athlete may receive 30 seconds, and in **4.2a**, the athlete may receive a max of 15 seconds rest.

**Scoring:** Athletes will receive points for completing catches.

- 5 pts: for complete catch (clearly caught with both hands)
- 0 pts: if athlete is unable to catch or touch a well-thrown pass
- Athletes can gain a maximum of 25 points in this drill

**\*Safety Precautions:** *Some of these drills require athletes to run backwards and quickly change foot position. Please make sure surfaces are flat and all athletes are wearing suitable fitness attire designed for high agility training. If unable to have a second person to assist with drills, please use precautions with certain drills in order not to cause injury. If a drill is too difficult to do on own, please skip the drill and wait until another time when a coach is available.*

**Equipment Needed:**

- 1 Football
- 1 Stopwatch
- 3 Large Hoops
- 3 YAP Cones
- 4 Small cones
- 4 Place Makers
- 5 Flags

**Safety Precautions:**

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- wearing the right shoes
- using the correct equipment
- drinking water and staying hydrated
- warming up and stretching properly
- being aware of your surroundings – always exercise and compete in a safe and level area clear of any obstacles or items
- maintaining social distancing rules (stay at least six feet away from others)

Stop exercising and seek medical help if you experience symptoms such as:

- discomfort or pain
- chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain travelling down the arm or pain between the shoulder blades
- shortness of breath
- a rapid or irregular heartbeat