

THE TOLL BOOTH:

Skill Developed: Flag pulling

INSTRUCTIONS

Snapping the football:

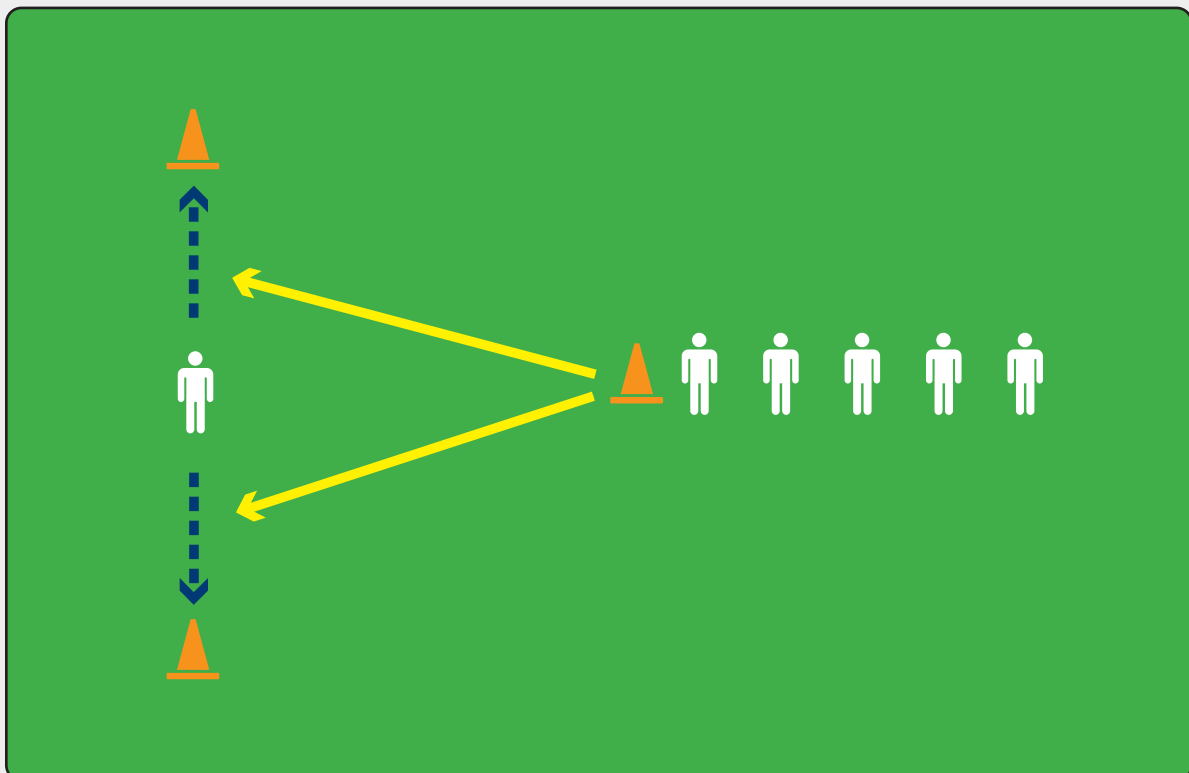
- Toll keeper stands in the toll booth to pull flags without letting runner get through with their flag
- Runners must run inside the cones and can spin if they want

The toll keepers' job is to collect the toll (flags), the runner doesn't want to pay so should try and avoid the toll keeper.

TEACHING POINTS

Toll keeper – Shuffle

- Feet should width apart, weight on the balls of your feet
- Gentle bend at the hips and knees. Maintain a straight back with chest up and eyes up.
- Shuffle laterally maintaining a wide base without 'clicking' the feet together
- Maintain a low centre of gravity and keep under control



THE GAUNTLET:

Skill Developed: Flag pulling, Evasion

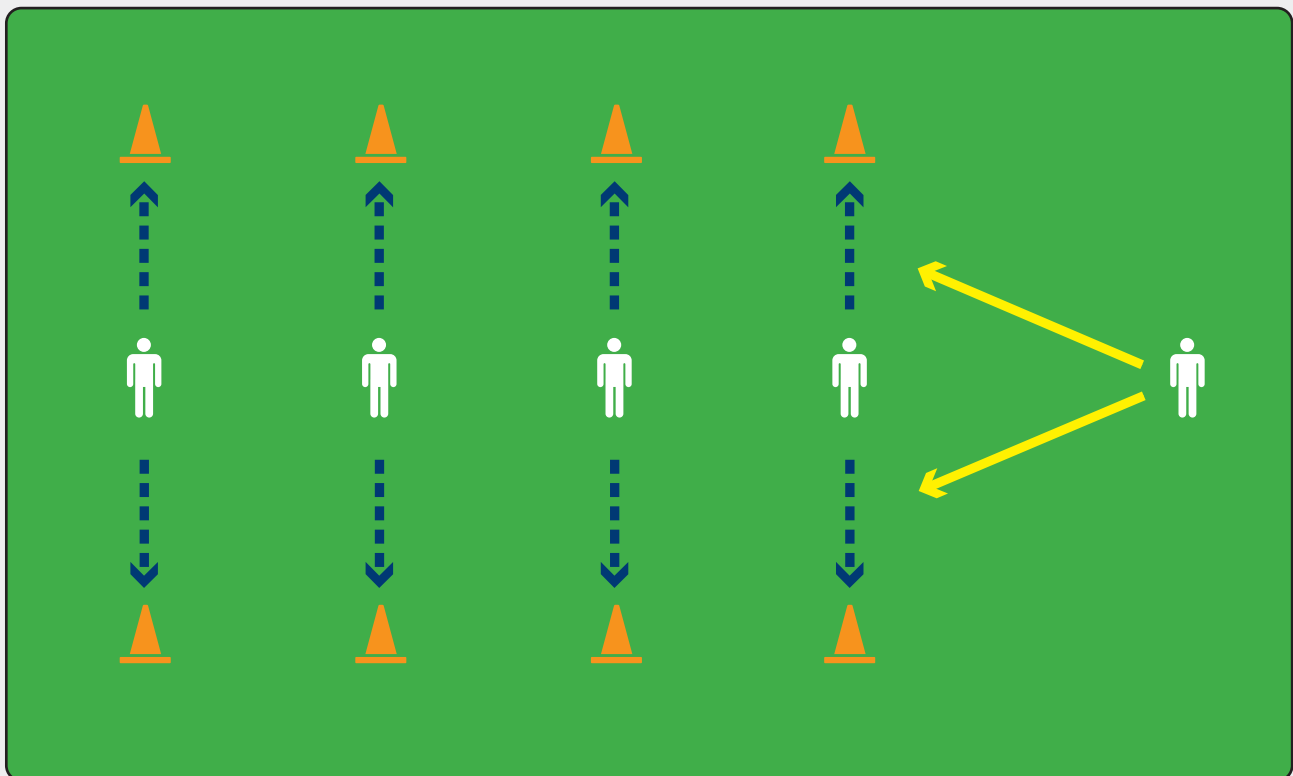
INSTRUCTIONS

- Defenders move side to side trying to pull flag
- Runner tries to get to the other side while evading defenders

TEACHING POINTS

Shuffle.

- Feet should width apart, weight on the balls of your feet
- Gentle bend at the hips and knees. Maintain a straight back with chest up and eyes up
- Shuffle laterally maintaining a wide base without 'clicking' the feet together
- Maintain a low centre of gravity and keep under control
- Defenders stay on the line
- Runner must stay inside rectangle. Talking points, right of way & right of place.

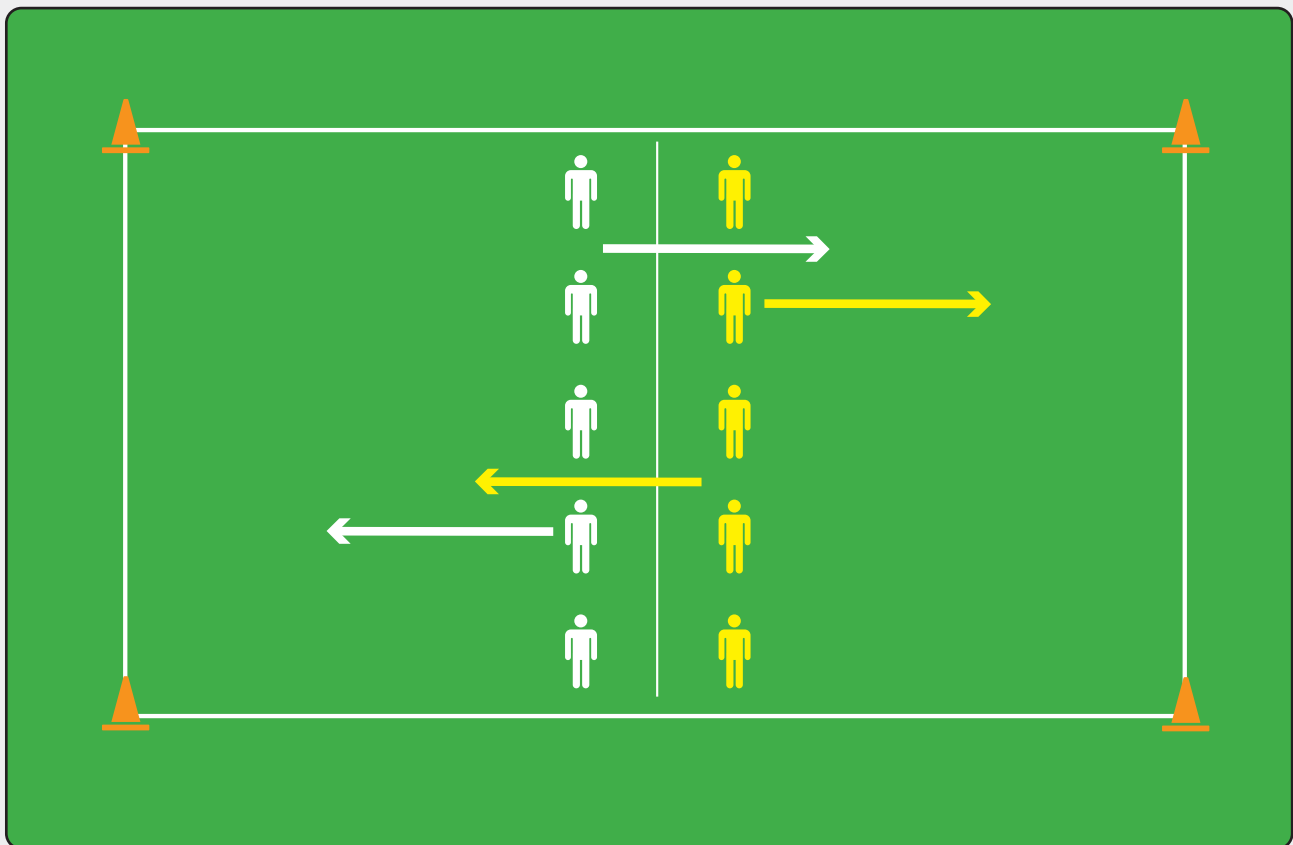


MASCOT TAG:**Skill Developed: Flag pulling, Evasion, Reaction****INSTRUCTIONS**

- 2 even teams pick their favourite animal in the NFL
- Even lines facing each other
- The team animal that gets called will run to the endzone as fast as they can without getting their flag pulled by opponent
- This drill simulates making a tackle from behind

TEACHING POINTS

- Sprinter stance facing each other
- Aim for one hip then pull flag

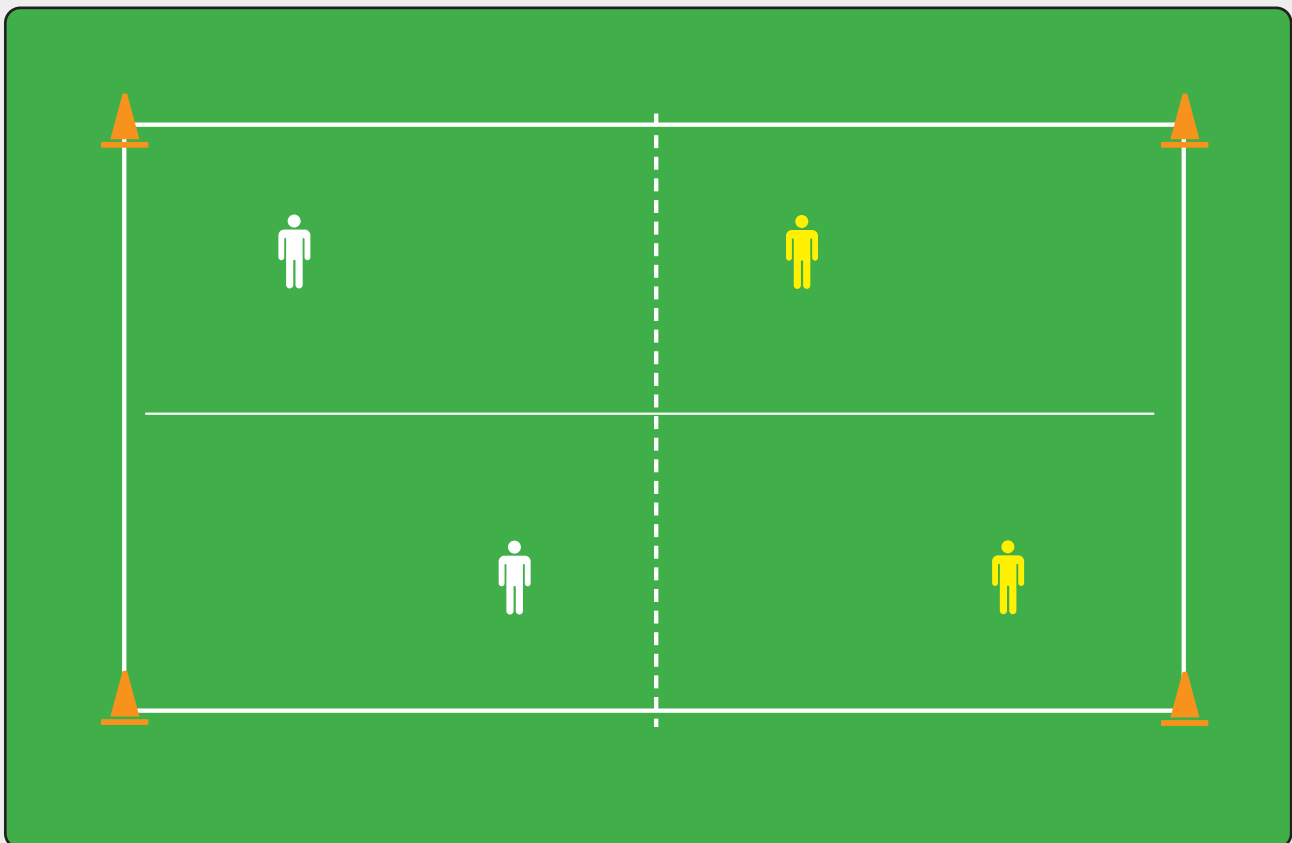


FOOTBALL TENNIS:**Skill Developed: Throwing, Catching, Awareness****INSTRUCTIONS**

- 2 on 2
- Throwing over middle line/net
- Keep ball inside the field of play

TEACHING POINTS

- Make a diamond with hands (Thumbs together, index fingers together)
- Diamond out away from the body



EASY UPS:

**Skill Developed: Throwing, Catching on the run & over the shoulder
(this drill can have 2 QBs and WRs on both sides)**

INSTRUCTIONS

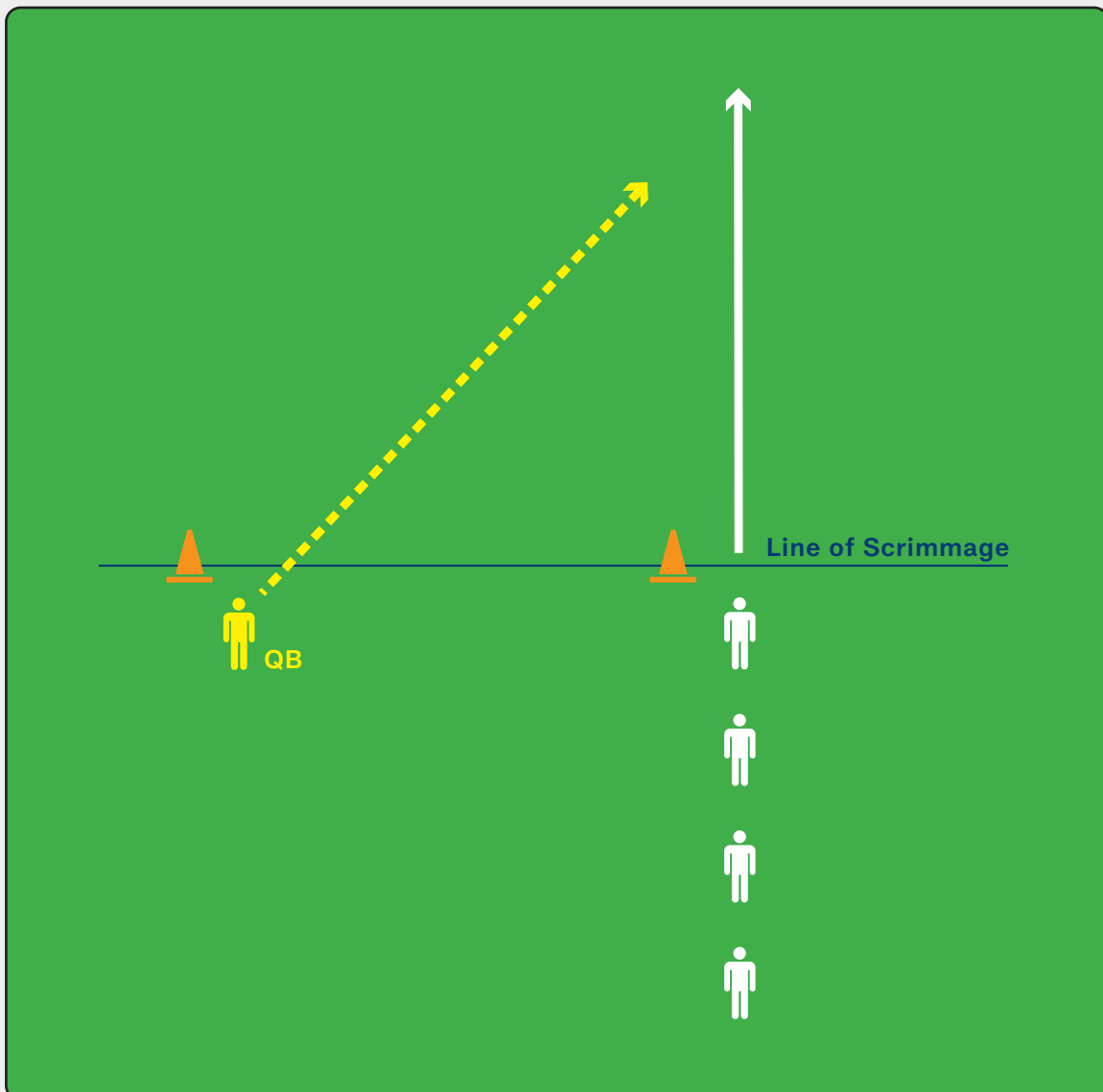
- 2 cones 5 yards apart.
- Quarterback throws fades
- Switch QBs after a few reps to give others a chance

TEACHING POINTS

QB – throws over the shoulder passes to Receivers

WR – Runs straight Fade route, track ball over shoulder to catch the ball

- Make a diamond with hands (Thumbs together, index fingers together)
- Diamond out away from the body
- Turn head and look after 10



JUMP BALL: (This drill can be done with big groups)

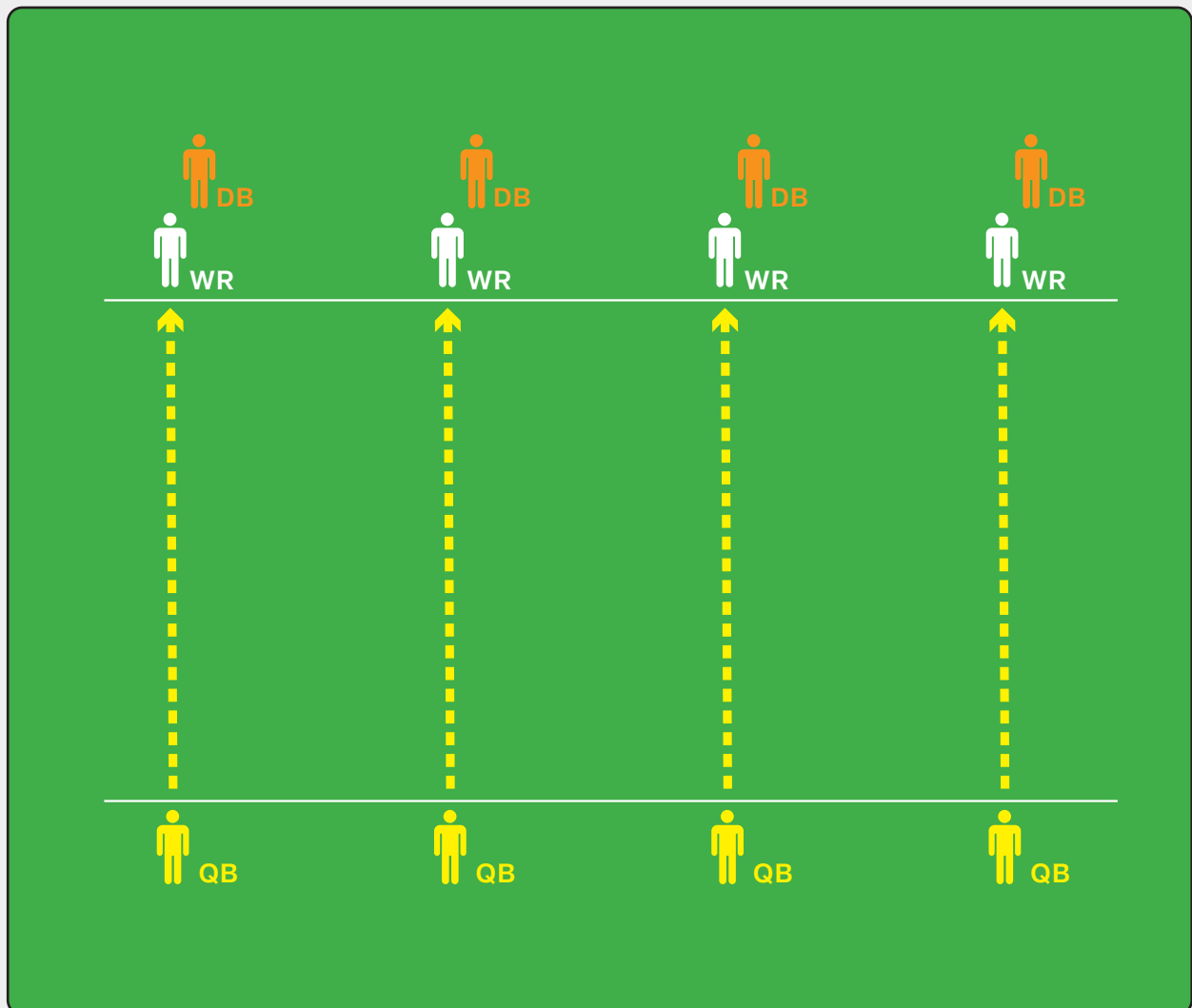
Skill Developed: Catching, Throwing (can help with Defending if planned for)

INSTRUCTIONS

- Line up a WR and a DB 10-15 yards away from the QB
- With the DB behind the WR
- QB will throw the ball Aiming for the DB for a high jump ball

TEACHING POINTS

- Make a diamond with hands (Thumbs together, index fingers together)
- Diamond out away from the body



SNAKE DRILL: (Can be an offensive & a defensive)

Skill Developed: Flag Pulling, Evasion, Agility

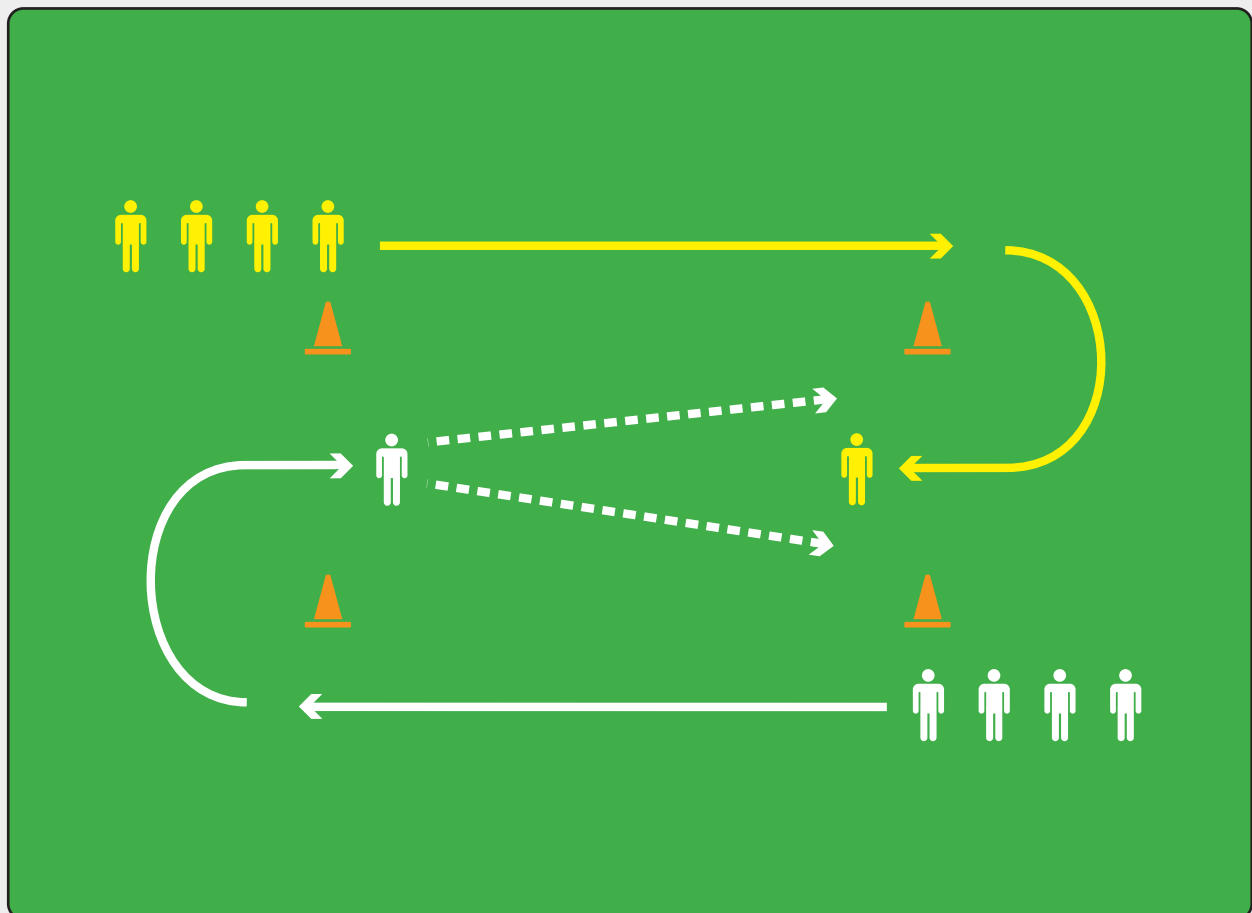
(this can be done on a larger scale if you have a bigger group)

INSTRUCTIONS

- Cones 7x4 yards
- Split into two lines
- Lining up at opposite corners
- Offense vs Defense
- Run around the furthest cone and through the middle
- The offense will try to score defense will try to stop them

TEACHING POINTS

- Maintain a lower centre of gravity when changing direction



PASS LEAD:

Skill Developed: Routes, Throwing

INSTRUCTIONS

- 2 QBs in the middle throwing towards box to lead WRs on routes
- Start with 1 route

TEACHING POINTS

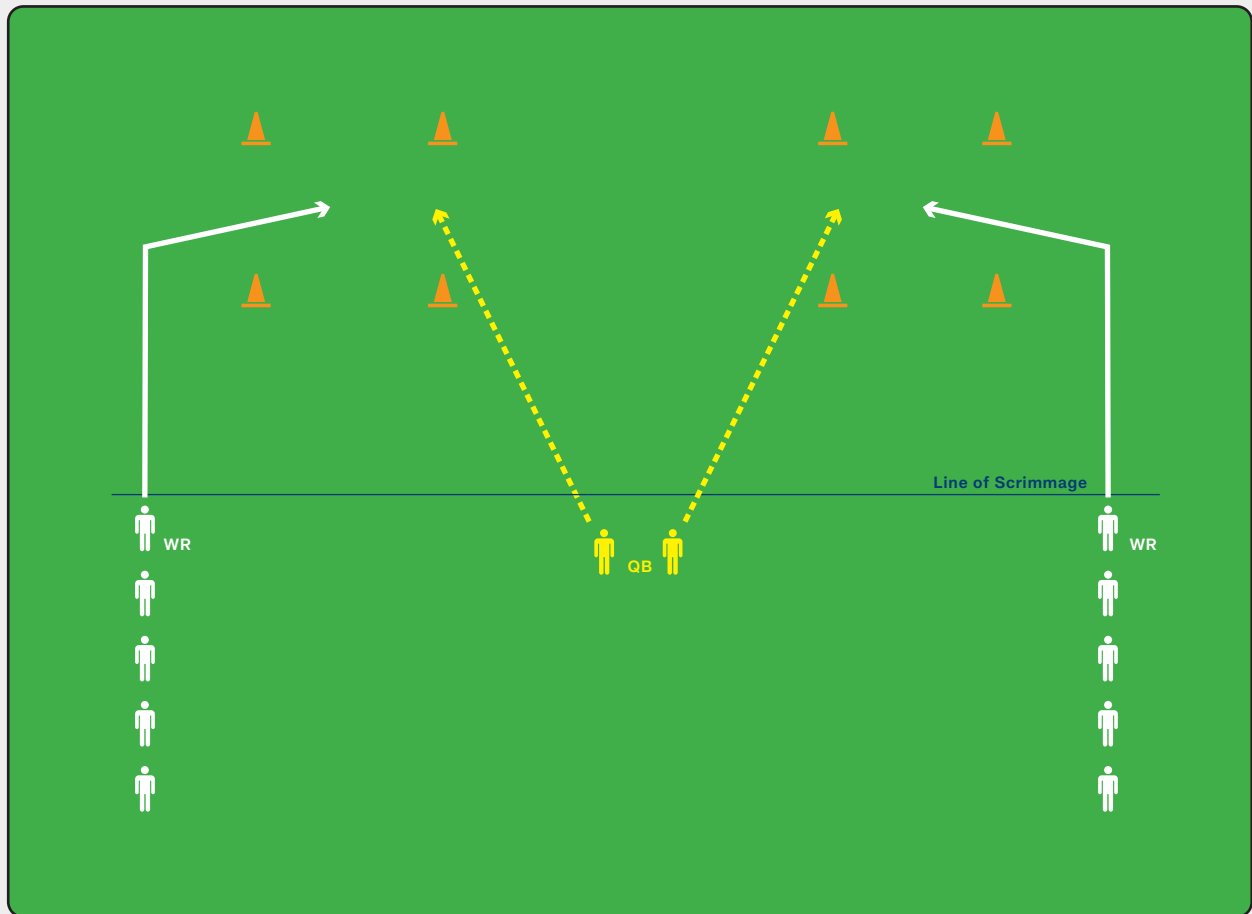
Use this drill to help QBs learn to throw a lead ball to a target.

QB: Lead the WR to the box (throw to where WR will be rather than where they are)

- Make a diamond with hands (Thumbs together, index fingers together)
- Diamond out away from the body

PROGRESSION

- Change Route

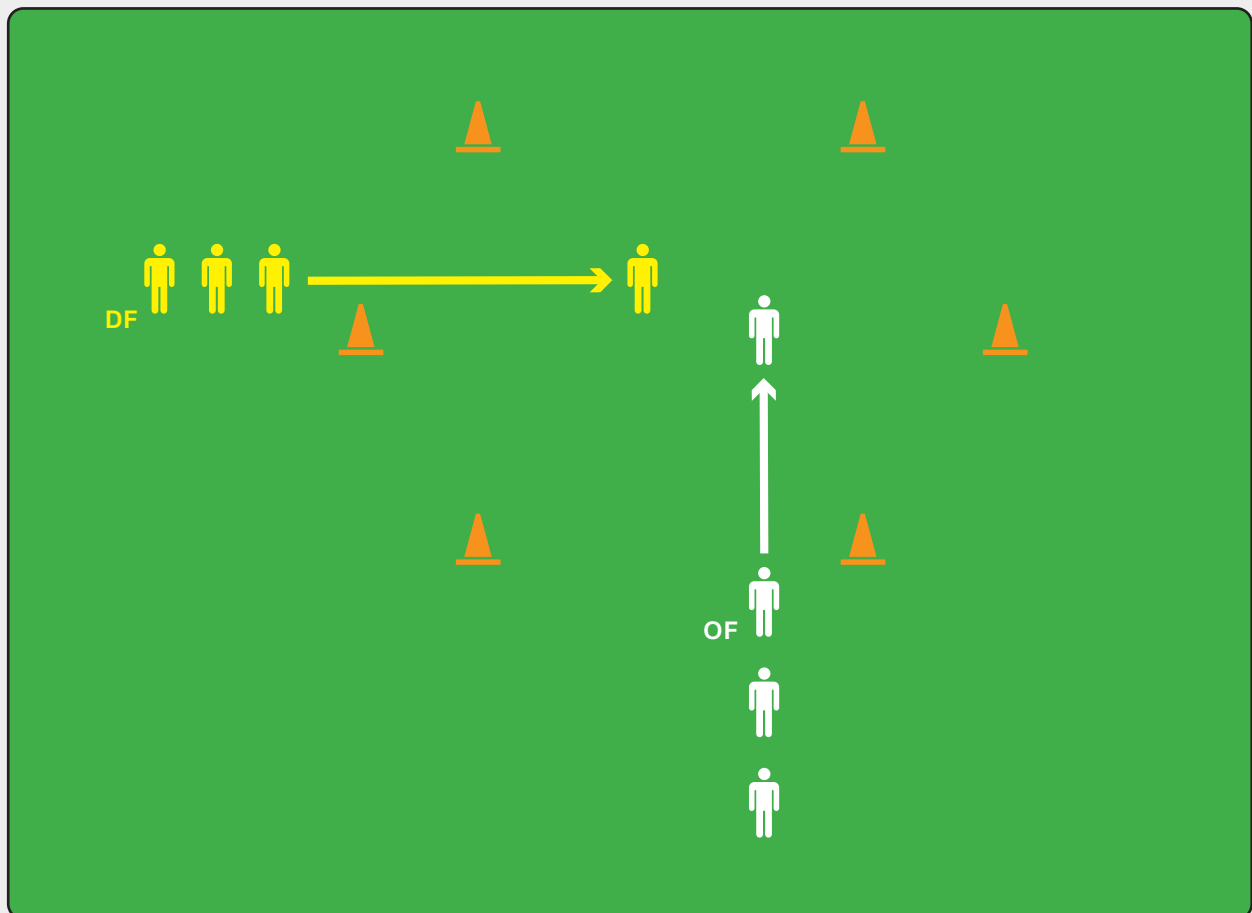


ONE ON ONE FLAG PULL: (can put a point system to make this drill competitive)**Skill Developed: Flag pulling****INSTRUCTIONS**

- Offense running straight ahead as fast as they can
- Defense cutting across trying to first slow down the ball carrier by getting in front and then pulling the flag. This drill can be fast paced, and you can get in many reps in a short amount of time.

TEACHING POINTS

- Ball carrier must run as fast as they can straight forward
- Defender must try to get to the ball carrier and pull flag before they score



SWEEP FLAG PULL

Skill Developed: Flag pulling, Evasion

INSTRUCTIONS

2 lines, one offensive and one defensive the defense will run seeking a good angle to stop ball carrier from cutting back and forcing them to the sideline or pulling the flag. The offense running towards the sideline will then try cutting back after the get to the cone in the mid-section and try to score without getting their flag pulled.

TEACHING POINTS

Defense:

- Don't tackle before the cone
- Attack near side hip to avoid creating a cutback lane while forcing ball carrier to the sideline

Offense:

- Don't cut before the cone
- Try to beat the defender to the sideline and turn up-field or cut back depending on defender angle

