



FLAG



WHAT IS NFL FLAG?

The National Football League (NFL) Flag Football programme aims to use Flag Football to introduce young people to the NFL, American Football and inspire the next generation of players. It also teaches them the NFL values of respect, resilience, responsibility and integrity and the importance of leading healthy, active lifestyles including physical activity and emotional wellbeing.

The NFL recognizes that sporting competition at the early stages of a young person's development should be centered around enjoyable and celebrated participation.

The NFL Flag events manual encourages participants to enjoy participation and develop a willingness to improve the fundamental skills and movements involved in NFL Flag, covering:

- **Snapping**
- **Catching**
- **Throwing**
- **Sprinting**
- **Change of direction**
- **Flag pulling**
- **Spatial Awareness**

This manual includes plans for use by PE teachers or other adults with necessary knowledge to teach these elements safely and effectively. Where appropriate, relevant modifications are provided to adjust for different levels of challenge, available equipment, and space.



HOW TO PLAY NFL FLAG

Scan to watch



WARM UP DRILLS

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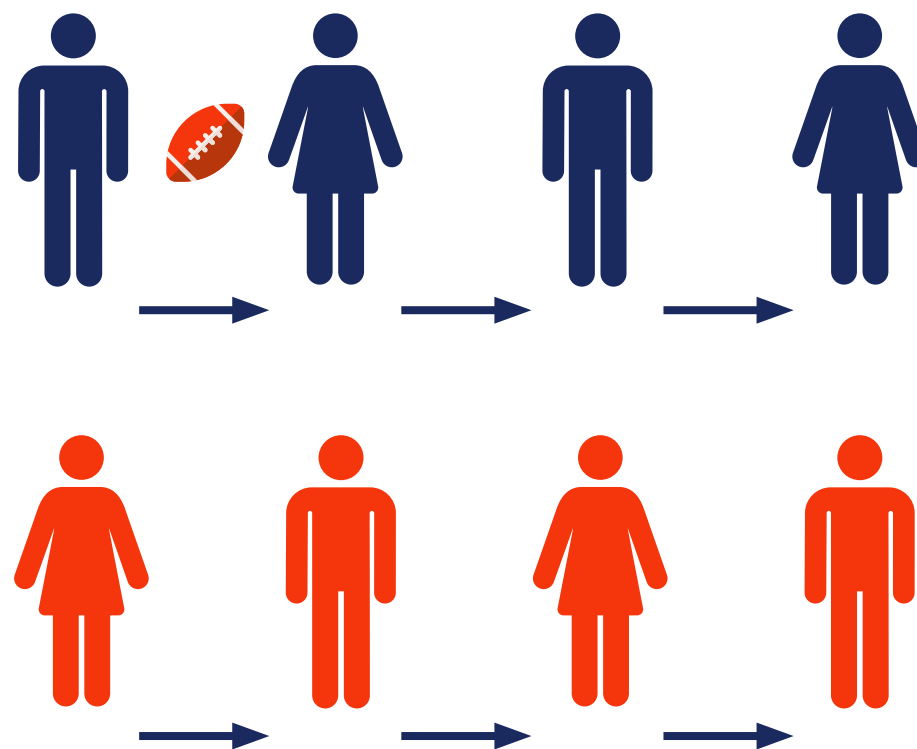
NAME OF ACTIVITY: **SNAP RELAY**

Equipment needed/alternatives:
1 football per team

Instructions: Split the group into multiple, even teams and have them line up behind each other, with around 5 yards gap between each other. The ball starts with the person at the front of the line.

The team must **pass the ball** to the person behind them (in **squat position, gripping the ball with one or both hands** and snapping with **one backwards motion from the floor** through the legs). This process continues until the ball is with the person at the back of the line. They move to the front of the line with the ball and repeat the process. Continue until the person who started at the front gets back to the front of the line.

Differentiation: Increase the difficulty by returning the ball to the front of the line if the snap is dropped.



NAME OF ACTIVITY:
SNAP RELAY





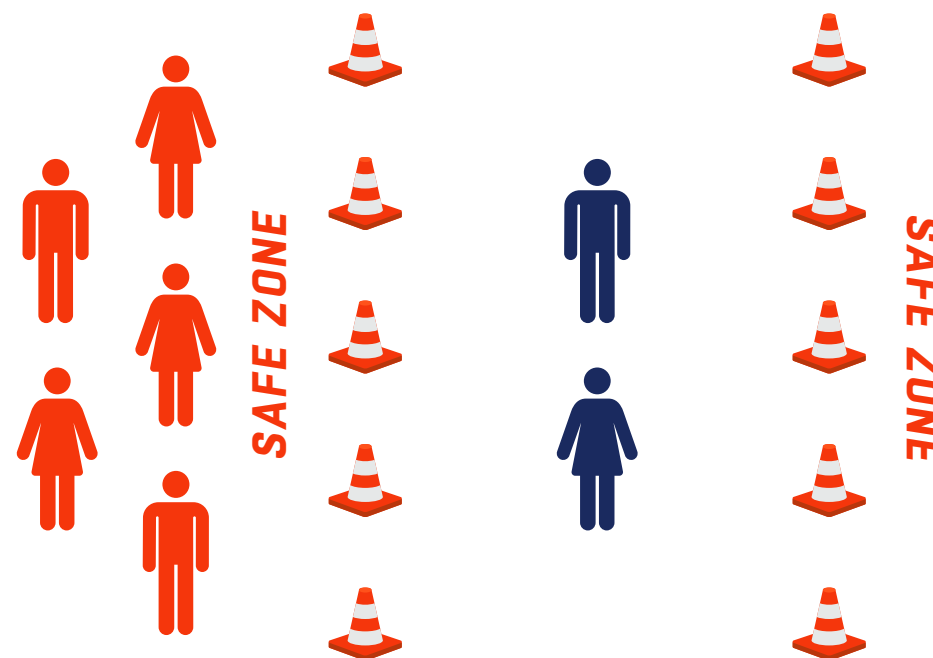
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NAME OF ACTIVITY: **SHARK AND MINNOWS**

Equipment needed/alternatives:
Flag belts or tag belts

Instructions: Set up an area around 20 yards wide with a 'safe zone' at either end. At least one player is designated the shark and starts in the middle of the area. Their job is to pull everyone's flag before they make it to the other safe zone. Minnows must evade the shark and reach the opposite safe zone. Continue until there are a few minnows as the winners.

Differentiation: Increase the number of sharks to make it harder for the minnows. Extend the game by allowing minnows to have two lives, meaning they continue in the game until both flag belts have been pulled.





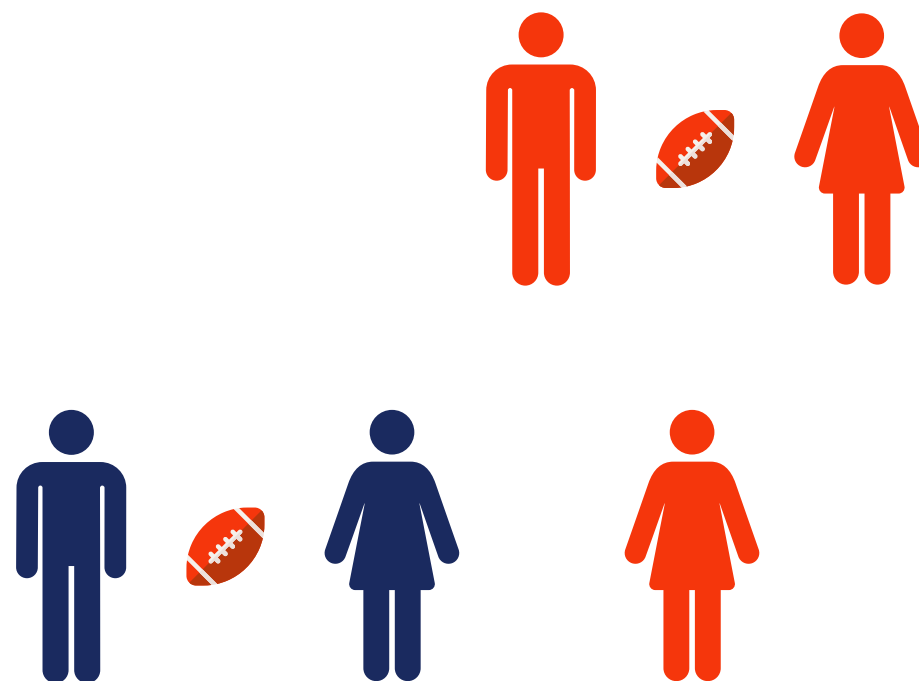
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NAME OF ACTIVITY: **HOT POTATO**

Equipment needed/alternatives:
1 football per group

Instructions: Split the group into small groups of at least 2, starting 5 yards opposite each other. The group will attempt to make as many catches as possible, starting with **low catches, bending at the waist**, bringing their hands together to make a rake, and **keeping elbows together**. Play for 30 seconds and see which group has the most catches. Next, complete with high catches, with groups bringing their **thumbs and index finger together to form a diamond**.

Differentiation: Add rule that if you drop the ball your score will restart. Have group compete with their own previous scores.



NAME OF ACTIVITY:
HOT POTATO





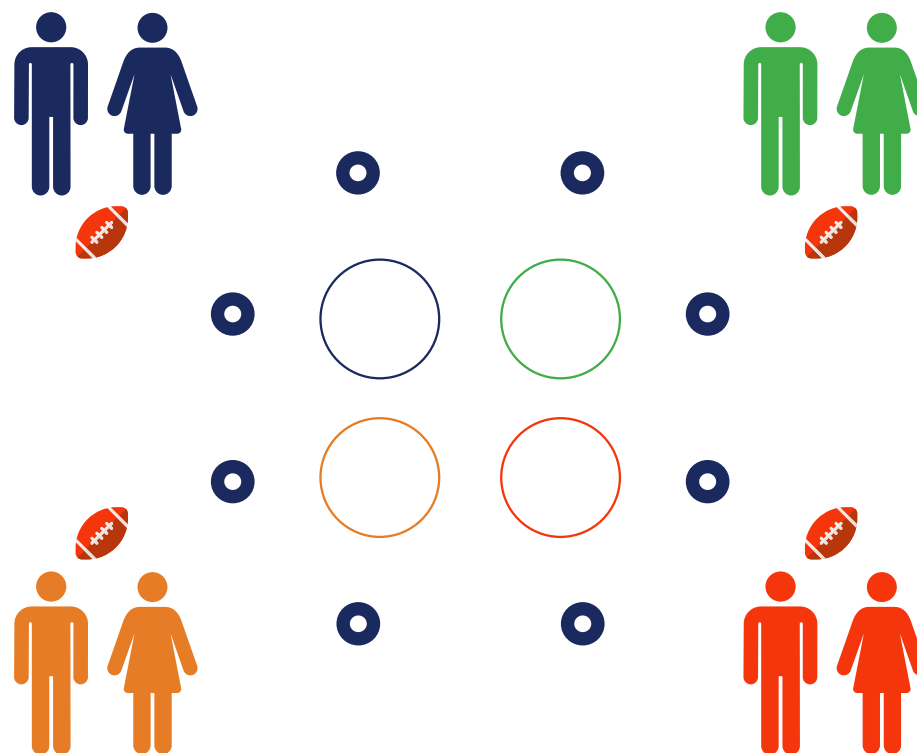
NAME OF ACTIVITY: **MAKE IT, TAKE IT**

Instructions: Split the group into groups and designate each an area around the outside of the playing space. Place multiple hoops on the floor that will act as target areas and scatter multiple cones around the hoops. Players take it in turns to take their football to one of the cones and aim for the hoop. If the ball bounces inside the hoop the player gets to collect the cone and take it back to their team. Take it in turns until all cones have been collected.

Differentiation: Adjust the distance between cones and hoops depending on skill level. Can also add team members into each hoop with players having to throw to the player standing in the hoop and completing the pass to collect the cone.

Equipment needed/alternatives:

1 football per group, hoops, cones/spots (enough for at least 1-2 per person)





NAME OF ACTIVITY:
MAKE IT, TAKE IT





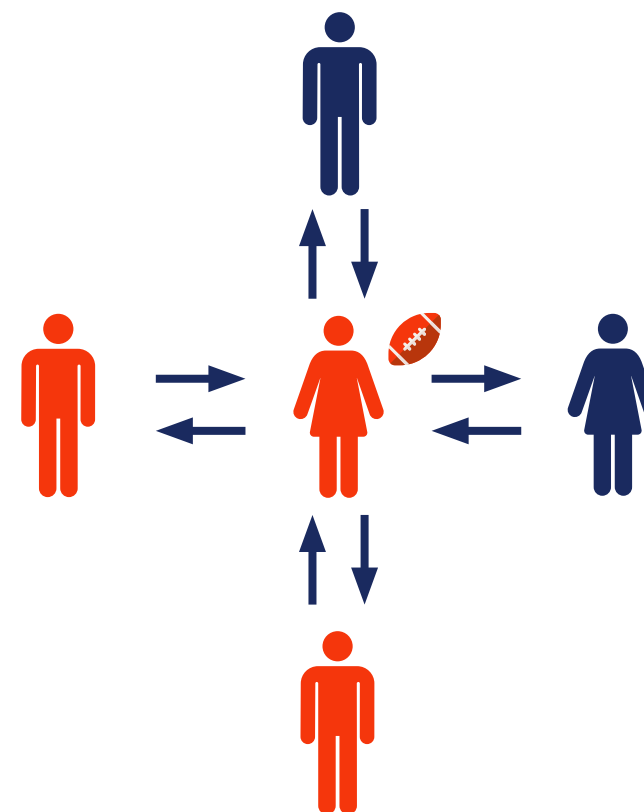
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NAME OF ACTIVITY: **CRAZY CATCH**

Equipment needed/alternatives:
1 football per group

Instructions: Split the group into groups with one person standing in the middle of the circle and everyone else on the outside, a few yards apart. One person on the outside of the circle throws to the person in the middle who then throws the ball back to the same person. They then turn and throw the ball to the person next to them who again throws the ball to the person in the middle and receives it back. Continue until the person in the middle has received a pass from everyone on the outside and switch the person in the middle.

Differentiation: Adjust the distance between the person in the middle depending on skill level. Add competition for groups to complete all passes before other groups.



NAME OF ACTIVITY:
CRAZY CATCH





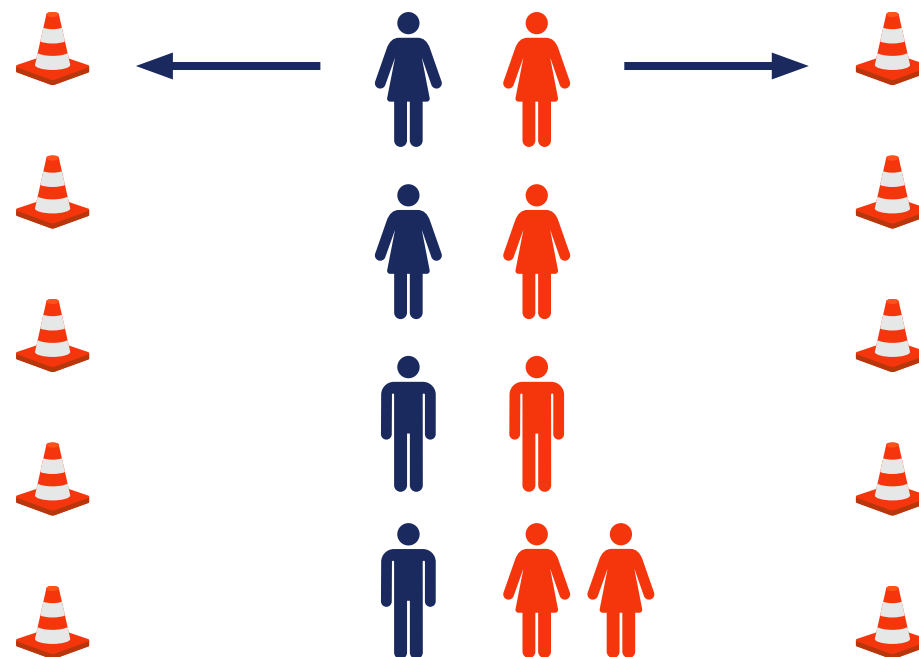
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NAME OF ACTIVITY: **CATCH ME IF YOU CAN**

Equipment needed/alternatives:
Flag/tag belts per person

Instructions: Split group into pairs with each pair lining up facing each other in a straight line. Mark out a line of cones around 10 yards away and number each pair 1 or 2. When their number is called, they must turn and run towards the set of cones while their partner attempts to **pull their flag belt**.

Differentiation: If numbers are uneven, have multiple 1s or 2s in each group. Adjust starting position for groups (back-to-back, on one or both knees, lying on back). Use the QR code to add an element of catching.



NAME OF ACTIVITY:
CATCH ME IF YOU CAN





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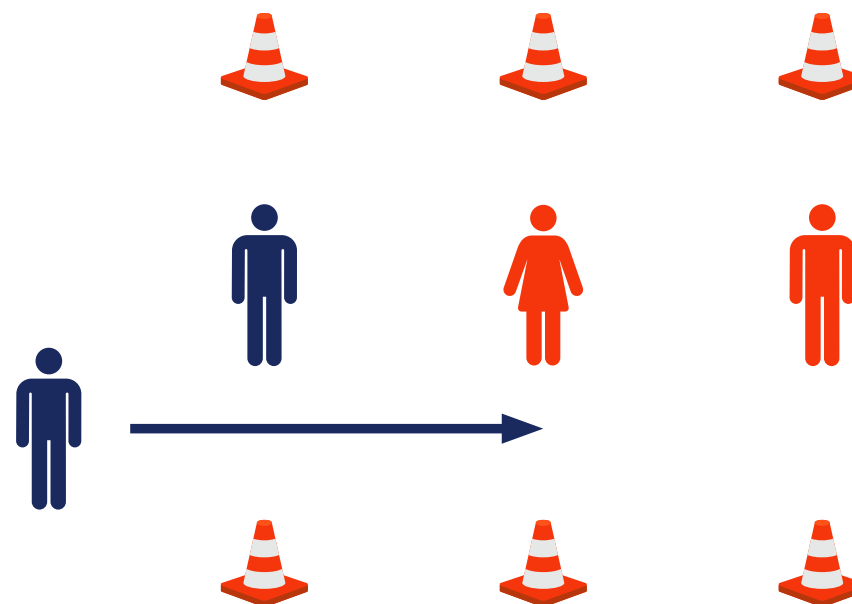
NAME OF ACTIVITY: **RUN THE GAUNTLET**

Equipment needed/alternatives:

Flag/tag belts per person

Instructions: Split the group into attackers and defenders. Line up 3 to 5 defenders with 5-10 yards distance between them and a width of 10-20 yards, this is the gauntlet. Attackers must attempt to run to the end of the gauntlet without having their flags removed. Defenders must stay on their line and can **move laterally along the line**. Attackers must stay in the area and get to the end with either one or both flags intact.

Differentiation: Adjust the difficulty to suit the group. They can either succeed by making it through the gauntlet with only both flags or just one flag. To increase activity levels, you can set attackers off in small groups of 2-3. Add a time limit for attackers to get through the gauntlet.



NAME OF ACTIVITY:
RUN THE GAUNTLET



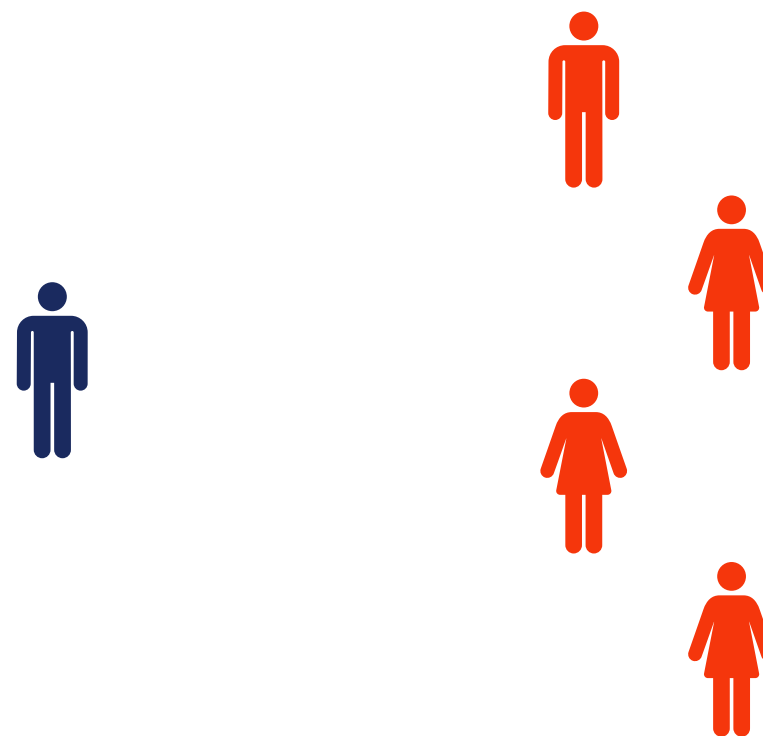


NAME OF ACTIVITY: **WHAT'S THE TIME MR/MRS WOLF**

Equipment needed/alternatives:
Flag/tag belts per person

Instructions: Choose one person to be the Wolf and have them stand at the end of the playing area. All others will line up at the other end. The Wolf turns their back. Players call out 'What's the time Mr/Mrs Wolf?' and the Wolf responds with a time (e.g. 3 o'clock). The group then step forward those number of steps (e.g. 3 o'clock means 3 steps forward). Continue until the Wolf responds 'Dinner time' at which point they turn and attempt to pull the flags of the players, who will attempt to get back to the starting line.

Differentiation: Start with multiple Wolves. Add all players that are caught each round to become Wolves until there are a few remaining winners.





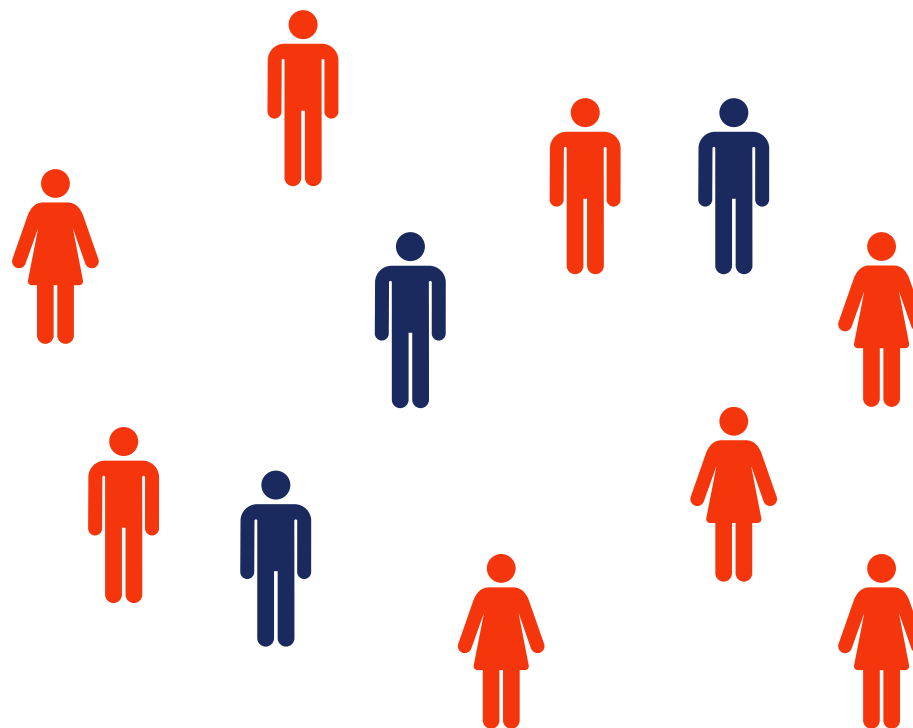
NAME OF ACTIVITY: **FREEZE FLAG TAG**

Equipment needed/alternatives:

Flag/tag belts per person

Instructions: Choose between 1 to 5 taggers. Have everyone else start in space in the area. Taggers will go around attempting to pull the flags everyone. If you have your flag taken you become frozen to the spot. To be unfrozen, someone else must give you one of their flags which you insert back into your flag belt. Continue for a minute and change taggers.

Differentiation: Adjust difficulty but increasing or decreasing the number of taggers.



NAME OF ACTIVITY:
FREEZE FLAG TAG



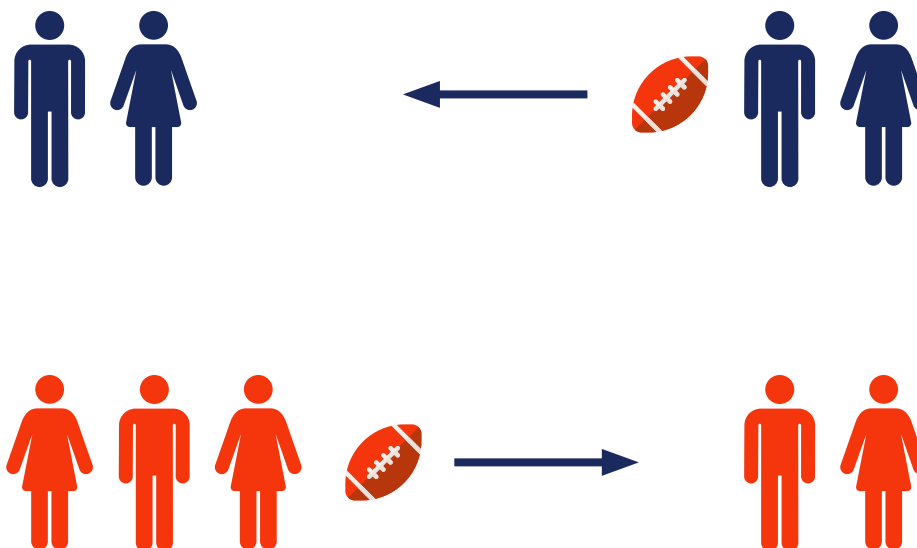


NAME OF ACTIVITY: **CATCHING CHALLENGE**

Equipment needed/alternatives:
1 football per group

Instructions: Split the group into groups of 5-8. Each group then splits into two smaller groups standing 5 yards away from each other. One person in the group starts with the ball and attempts to pass the ball to the person at the front of the line opposite. Once they have thrown, they will join the back of their line. Each time the ball is caught, the team score 1 point. Continue for 1-2 minutes and see which team has the most points.

Differentiation: Adjust the distance and angle between the groups to accommodate for the levels of those playing. After first round, add in rule that drops will take away 1 point from the team.



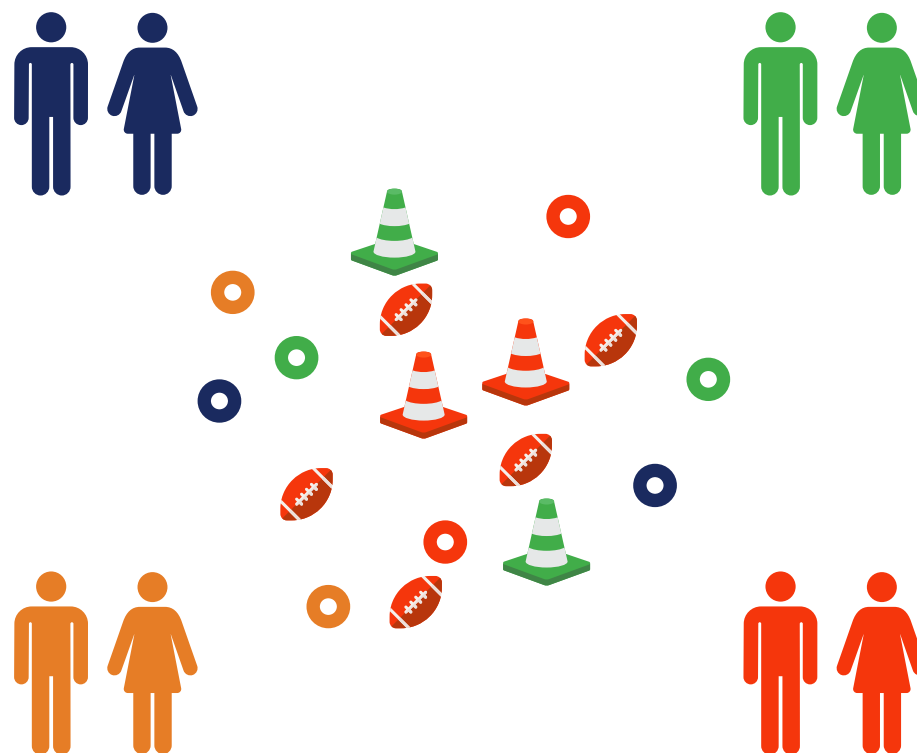
NAME OF ACTIVITY: **COLLECT THE TREASURE**

Equipment needed/alternatives:

Footballs, cones/spots

Instructions: Split the group into small groups and designate a corner of the playing space as their base. Scatter treasure around the area which can include football and cones of different colours. Designate points for each item, including different points for different coloured cones, with footballs having the highest points total. On your command, one person from each team must collect a piece of treasure and bring it back to their team. Once back, the next team member does the same until all treasure is collected. Once all treasure is collected, have teams calculate their points based on the treasure collected.

Differentiation: Once all treasure is collected, allow for 30 seconds where teams can collect treasure from their opponents.



**NAME OF ACTIVITY:
COLLECT THE TREASURE**





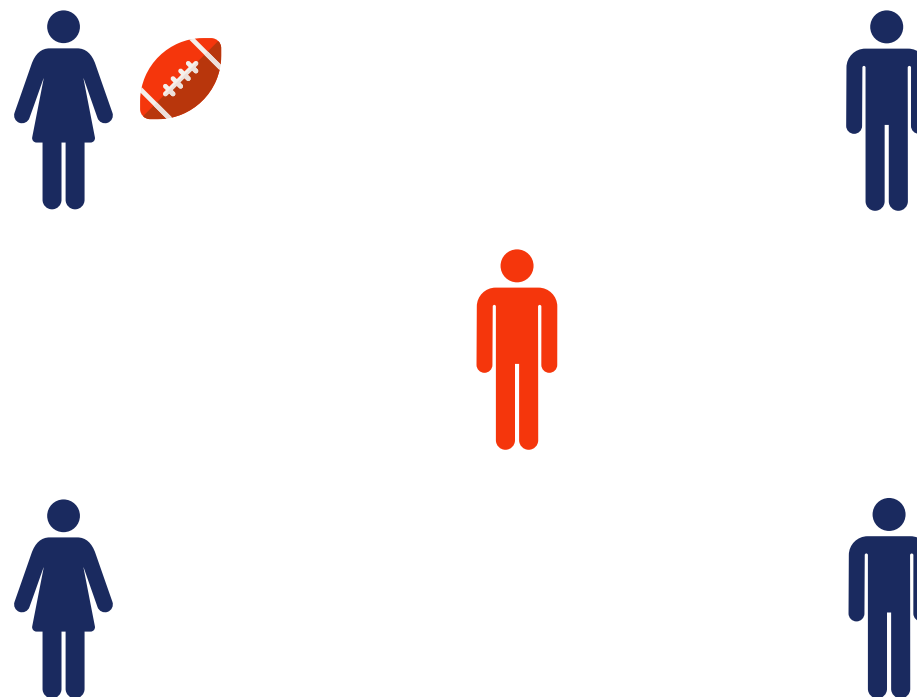
NAME OF ACTIVITY: **PIGGY IN THE MIDDLE**

Equipment needed/alternatives:

1 football per group

Instructions: Split the group into small groups with one person designated the 'piggy'. The group must pass the ball between each other while avoiding the piggy. If the ball is dropped, the piggy knocks the ball away or catches it themselves, then someone else becomes the piggy.

Differentiation: Use cones to make set spots for everyone to stand by with the piggy in the middle of the space.



NAME OF ACTIVITY:
PIGGY IN THE MIDDLE





ADDITIONAL DRILLS

Scan the QR codes below for further Flag Football Drills



AGILTY DRILLS



PARTNER PASS



ULTIMATE FOOTBALL



CATCHING LOW, MEDIUM AND HIGH



KEEP AWAY



RUNNING LANES

