
EXPERIENCE
Kissimmee
FLORIDA



FLAG FOOTBALL LESSON PLANS

INTRODUCTION

GLOSSARY

Down	An attempt to at play period of time that begins when the ball is snapped by the centre until the ball becomes dead.
Touchdown	When a team runs with, or catches the ball in the opponent's endzone.
Conversion	Points awarded after a touchdown when a team attempts to run or pass the ball into the endzone.
Handoff	When the QB hands the ball to another player after the snap.
Snap	A pass round the side or backwards through the legs of the Centre, which begins the game.
Line of Scrimmage (LoS)	An imaginary line across the width of the field of play beyond which a team cannot pass until the next play has begun. Play begins with a snap on this imaginary line with the ball in the middle of the field.
Safety	When an offensive player is tackled in their own endzone. (Please note, the word 'safety' is also used to refer to a particular defensive position.)
Offside	Movement of an offensive player on the LoS before the ball has been snapped or a defensive player crossing the LoS.



AFC

NFC



INTRODUCTION

NFL FLAG PROGRAMME

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 Flag Football curriculum is designed to be used in Key Stage 2 and 3 school physical education (PE) lessons. The activities are suitable for students aged 9 and over and are designed to be delivered during 6 PE lessons of approximately 60 minutes. Lessons include a combination of individual, small and large group skill development activities and give opportunities for applying and demonstrating these skills in small-side and conditioned versions of Flag Football games. Schools can also organise Flag Football lunchtime or after-school clubs.

The programme of activities helps students to meet the physical education aims of the current National Curriculum for PE (DfE 2013):

- Develop competence to excel in a broad range of physical activities
- Engage in competitive sports
- Be physically active for sustained periods of time
- Lead healthy, active lives



The programme provides a range of opportunities, challenges and activities, in the context of Flag Football, that enable students to:

KEY STAGE 2

- Apply and develop a broader range of motor skills and movement patterns in isolation and in combination
- Play competitive games applying basic principles suitable for attacking and defending
- Learn about and lead healthy, active lives
- Understand and demonstrate the values of the NFL (responsibility, respect, resiliency, integrity) in their lives at school, at home and in the community

KEY STAGE 3

- Embed the motor skills and movement patterns learned in Key Stage 2 and learn new ones
- Become more competent, confident and expert in their techniques as they apply them in increasingly complex games of Flag Football
- Use a range of tactics and strategies to overcome opponents in competitive games of Flag Football

INTRODUCTION

THE PROGRAMME CONTENT

6 practical lesson plans for use by PE teachers or other adults with the necessary knowledge to teach it safely and effectively. Each lesson has a specific theme with key questions that can be used as prompts for teachers to check understanding and confirm learning. Lessons include a warm up, drills, skills and games and a cool down. Where appropriate, relevant modifications are provided to adjust for different levels of challenge.

- A series of drills to continue development of skills and techniques from week 6 onwards.
- A series of take-home challenges for students related to each lesson theme.
- Each session also has a behavioural focus on values that are important to NFL players and students alike, both on and off the field.



INTRODUCTION

THE GAME OF NFL FLAG FOOTBALL

Played 5-a-side, Flag Football is a non-contact, modified version of the contact 11-a-side version of American Football that can be played by boys and girls. The game can be played on any appropriate surface including indoor courts. The field of play is approximately 60-80 yards long and 20-30 yards wide but can be adapted to be played on a much smaller area if required. Like a rugby pitch, it has two endzones.

It is an invasion game: players invade each other's space to score touchdowns and make conversions. Unlike the contact 11-a-side version, kicking, tackling and blocking are not permitted. Players wear flag belts, and instead of tackling, an opposing player pulls the player's flag which brings the attack to an end. It requires minimal equipment, most of which can be found in school PE cupboards.

EQUIPMENT REQUIRED

- Appropriately sized American footballs x 10
- Flag belts
- Cones or other markers that can be used to make goals and targets
- Mini whiteboards and marker pens



HOW TO PLAY FLAG FOOTBALL

The aim of the game is to score more touchdowns than the opposition. A touchdown is scored when a player runs with the ball or catches it in the opponent's endzone (it does not need to be touched to the ground). The opposing team try to 'tackle' offensive players (pull their flags) which results in the game being stopped. The opposition gain possession if they pull a flag, or if the attacking team do not score a touchdown from four downs (plays or attempts).

HOW TO USE A FLAG BELT

- Place buckle in your left hand and clip belt around your waist
- Flag holes should be pointing downwards
- Belt should not be twisted
- Flags should not be wrapped around the belt

Demonstrate how to take the flags out. You can also play the countdown game: see how many times students can take their flags out and replace them in 10 seconds.

ONLINE:

WATCH: HOW TO PLAY
NFL FLAG



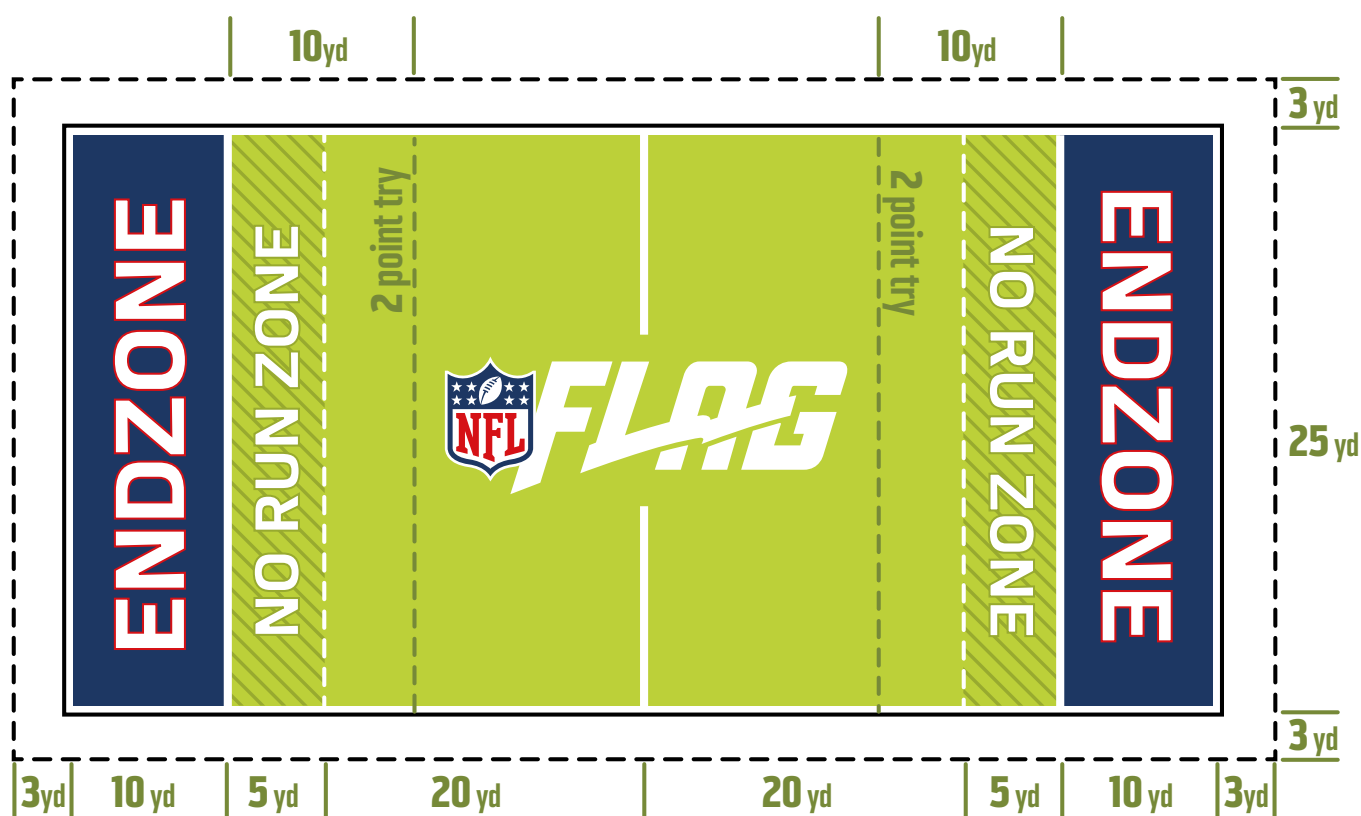
INTRODUCTION

A Flag Football team consists of up to 10 players, 5 of whom are on the field at any one time.

The positions are:

Quarterback (QB)	Calls the start of play. Hands the ball to the Running Back and makes passes to the Wide Receivers.
Wide Receiver (WR)	Receives passes from the Quarterback and runs pass routes trying to evade defensive players. There are usually 2 Wide Receivers on the field of play at any one time.
Slot Receiver (SR)	A Receiver that lines up in between a WR and a C.
Centre (C)	Snaps the ball to the Quarterback at the beginning of the game and each play (or 'down') thereafter. In Flag Football, the centre becomes a receiver after the snap and can run a route.
Running Back (RB)	Runs the ball down the field of play and catches passes.
Corner Back (CB)	Exterior defensive players who tackle, prevent catches and offensive players from scoring.
Safety (S)	Deep defensive players who tackle, prevent catches and offensive players from scoring. They are the last line of defense and are the deepest player on the field.
Defensive Back (DB)	Referring to both Corner backs and safeties. Defensive players whose primary responsibility is to defend the pass.
Linebacker (LB)	Interior defensive players who tackle, prevent catches and offensive players from scoring.

THE FIELD OF PLAY



INTRODUCTION

GENERAL PLAY RULES

- Flags must be fully visible and positioned on each hip at the start of each play.
- The team winning the coin toss begins the game on their 5 yard line. This team is termed 'offence', the opponents 'defence'.
- The game is played for 20 minutes. A running clock begins on the 'snap'. The offensive team has 30 seconds to snap the ball once it is spotted.



OFFENSIVE RULES

The offence has **4 downs** (attempts) to move the ball into the defenders' half of the field or to score a touchdown.

- The offensive team is awarded another set of 4 downs if the ball crosses the halfway line.
- The ball-carrier is 'tackled' if one flag is pulled.
- Play starts when the centre 'snaps' the ball to the QB. This means that, in one fluid motion from the ground, the centre snaps the ball through their legs to the QB standing 2 yards behind them. This must be done within 30 seconds of placing, or spotting, the ball in position for play to begin.
- Offensive players are not permitted to start their run down the field until the ball has been snapped. If they do, a false start is declared.
- The ball can only be thrown forward once on any down by a player who must be behind the **Line of Scrimmage (LoS)**. This is an imaginary line across the width of the field beyond which the teams cannot pass until the next play has begun.
- If a player catches a forward pass they cannot pass it on to another team member. They must run with it.
- A player cannot pick up and run with a ball that has hit the ground. The play is whistled 'dead' and the next play will begin from the last point of possession before the ball was dropped.
- The ball-carrier cannot push the defender's hand away from the flag or hold onto the opponent's flag to stop it being pulled. This is called 'flag guarding' and results in a penalty.

HOW TO SCORE

If an offensive player runs with the ball or catches it in the opponent's endzone, a **touchdown** is scored. After this, the offensive team has one attempt to gain an extra point **conversion** by getting the ball to the endzone from the 5 or 10-yard line.

- From the 5-yard line, players must throw the ball to a teammate.
- From the 10-yard line, they may throw or run with the ball.

SCORING POINTS

- Touchdown 6 points
- If the ball is returned to opponent's endzone by defender 6 points
- Safety (When any ball carrier is tackled in their own endzone or the ball is snapped out the back of the endzone) 2 points
- From midpoint of 5-yard line 1 point
- From midpoint of 10-yard line 2 points
- If ball is returned to opponent's endzone by defender 2 points

 ONLINE:

WATCH: COMMON PENALTIES



INTRODUCTION

DEFENSIVE RULES

Defenders try to stop the offensive team advancing the ball or scoring by:

- Intercepting (catching) the ball when it is in flight and catching it. If a defender intercepts the ball they can try to run it back to the opposing team's endzone for a touchdown.
- Hitting the ball away from the intended receiver while it is in flight.
- Pulling a flag from the receiver after the ball has been caught (Defenders can only pull flags from offensive players if they have possession of the ball).
- Pulling a flag from the RB as soon as a handoff is made. (Once the ball has been handed off, all defensive players can cross the LoS. This includes in the event of a fake hand-off or a 'play-action').
- If the ball doesn't cross the halfway line in 4 downs or there is no score the ball is handed to the opposing team. The offensive team takes possession from their own 5-yard line.
- Flag Football is a non-contact sport. No one can physically stop anyone running down the field of play or catching/ intercepting passes.



Please see the NFL Flag rules document for further details on the game rules

LESSON 1: INTRODUCTION TO FLAG & CATCHING

LESSON OBJECTIVE

By the end of the lesson students will have a basic understanding of the key skills involved in Flag Football.

VALUES FOCUS

Respect: Caring how your actions affect others.

EQUIPMENT

- Footballs
- Cones
- Flag belts
- Bibs



WARM UP

ORGANISATION

Flag tag

The object of the game is for each player to keep their own flags while pulling as many others as they can.

- When they pull a flag, they hold on to it until the end of the round.
- When their flag is pulled, they continue to play until their second flag is pulled, and then they are 'out' until the next round.
- The winner is the player who collects the most flags by the end.
(Note: even a player who's 'out' could still win.)

TEACHING POINTS

Flag pulling

- Eyes on hips.
- Stay low, stay square (breakdown position).
- Reach for the top of the flag (hip).

DIFFERENTIATION

- Size of the space used can be made bigger or smaller to make it more challenging.
- Participants split into teams.
- Player allowed to continue even after losing both flags.
- Length of drill extended to make the activity more challenging.



ONLINE:

WATCH: FLAG/TAG PULLING



LESSON 1: INTRODUCTION TO FLAG & CATCHING

DRILLS, SKILLS AND GAMES

ORGANISATION

Catching low, medium and high

The object of the drill is for players to increase confidence and competence in catching the football.

- Divide players into equal pairs. Players place the cones a few yards apart and practice throwing using a chest pass.
- Include catching at low, medium and high levels.
- Emphasise catching the ball first and then tucking it into the chest to secure it tightly.
- They can move the cones farther apart once they feel confident.

TEACHING POINTS

Catching a football (medium and high)

- Make a diamond (thumbs together, index fingers together).
- Diamond out away from the body.
- Fingers spread wide to create a large target.

Catching a football (low)

- Make a rake little fingers (pinkies) touching and all fingers spread wide).
- Remember 5 points of contact

Remember the 5 points of contact:

- Fingers
- Palm
- Forearm
- Lower bicep
- Chest

Making the ball touch all these points of contact on the arm will secure the ball at both ends and allow a smooth, safe running style.

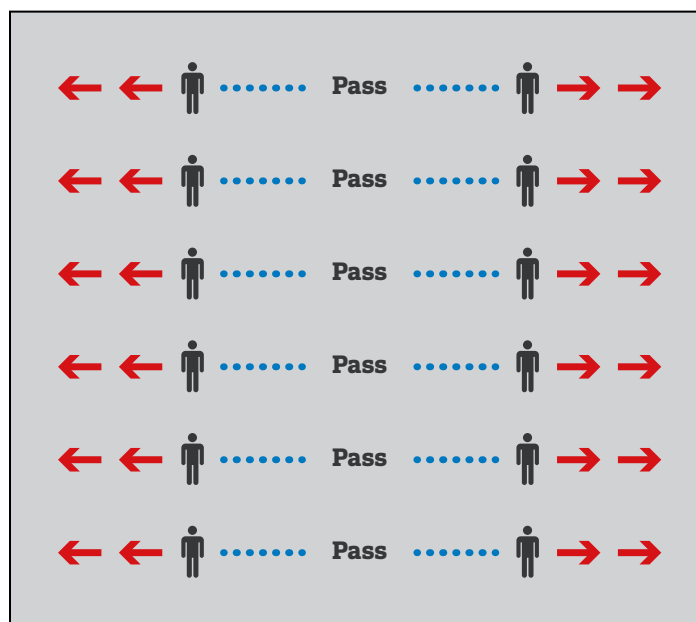
DIFFERENTIATION

- Increase the distance over which players throw and catch.
- Challenge players to catch balls that are thrown from different directions.
- To make the activity more challenging specify the types of catches: medium, high or low.

PROGRESSION

Catching a football (over the shoulder)

- Turn with back to partner.
- Make a rake and bring it up towards chest to create a basket.
- Turn head to look back towards partner.
- Tuck elbows in.



NFL FLAG ONLINE:
WATCH: CATCHING



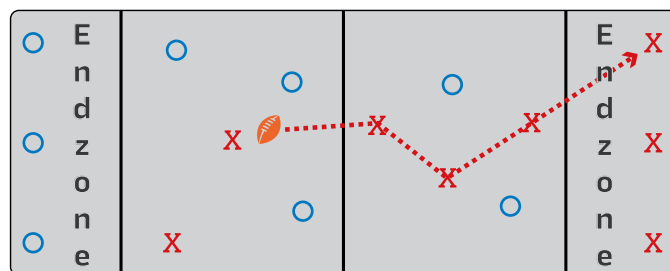
ULTIMATE FOOTBALL

COMPETE

ORGANISATION

Ultimate Flag

- Mark out endzones on the field and split the class into two teams.
- Players cannot run with the ball, they must pass it to get it to their endzone.
- Defenders take possession if the ball touches the ground or they intercept a pass.
- A goal is scored by passing to a teammate who is in the endzone.
- Repeat and check for improvement.



DIFFERENTIATION

- Less able players can stay in the endzone to catch.
- To add challenge, increase space and reduce the number of players.

RECAP / COOL DOWN

- Why is it important to secure the ball first before running with it? (Securing the ball first ensures that you complete the catch. Not securing first can lead to dropping the ball while you prepare to run.)
- Demonstrate a high and low catch (diamond and rake.)
- What can you do this week to show respect the field?
- Teacher-led cool down to include whole body, leg and arm stretches.



NFL SCOUTING REPORTS

Who has made some of the greatest catches in the NFL?
Look online and report back next week.

NFL FLAG ONLINE:

WATCH: ULTIMATE FOOTBALL



LESSON 2: THROWING

LESSON OBJECTIVE

By the end of the lesson the students will be able to describe and demonstrate how to grip and throw a football.

VALUES FOCUS

Resilience: not giving up when things become hard.

EQUIPMENT

- Footballs
- Goals of some kind
- Cones
- Bibs



REVIEW

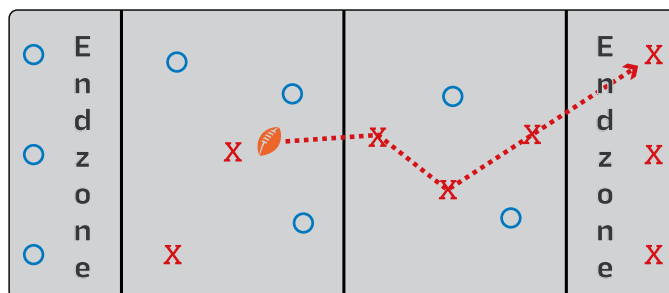
Ask students to describe and demonstrate what they learnt about snapping in the previous session. Use prompts and key questions from the previous lesson to help reinforce learning.

WARM UP

ORGANISATION

Ultimate Flag

- Mark out endzones on the field and split the class into two teams.
- Players cannot run with the ball, they must pass it to get it to their endzone.
- Defenders take possession if the ball touches the ground or they intercept a pass.
- A goal is scored by passing to a teammate who is in the endzone.



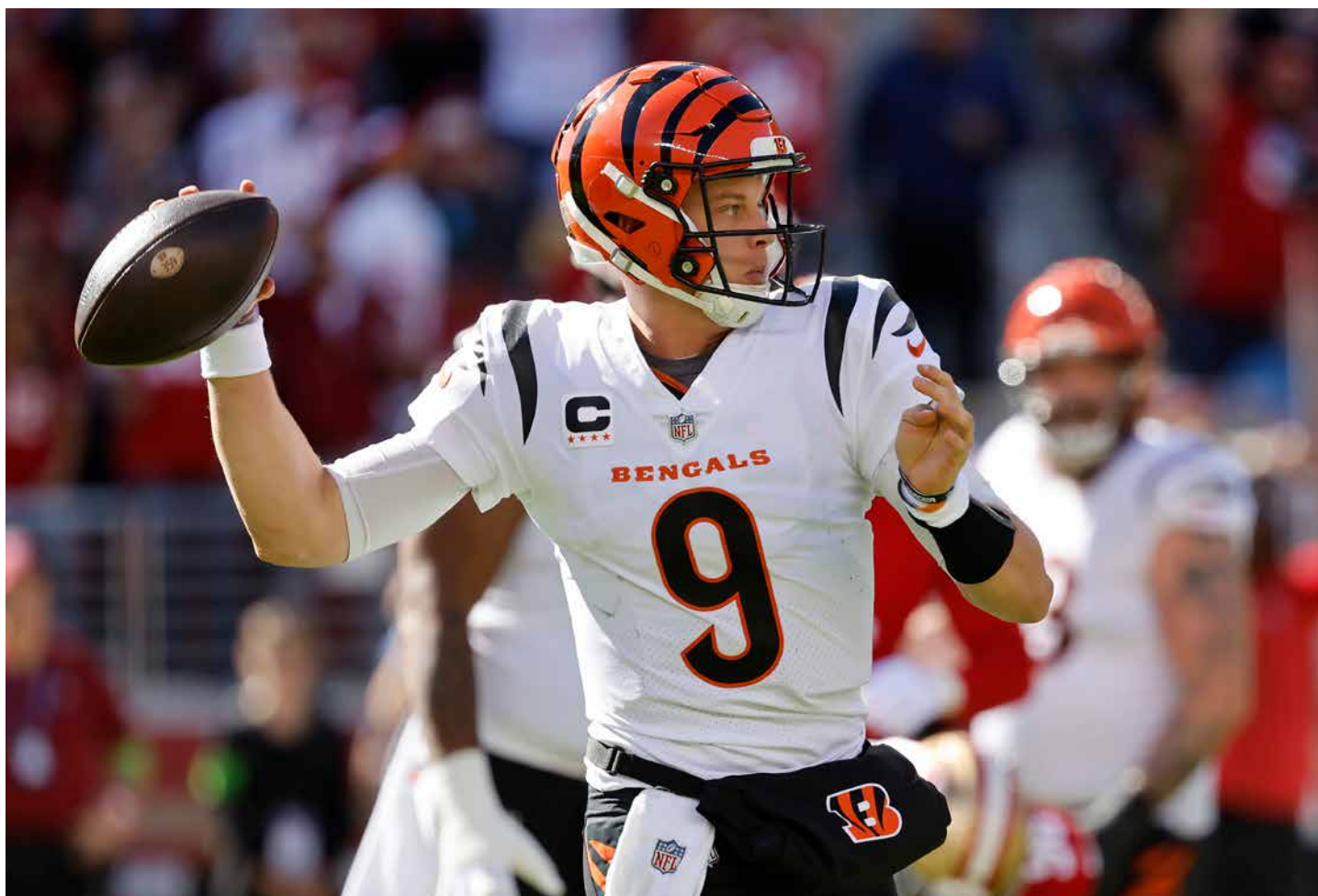
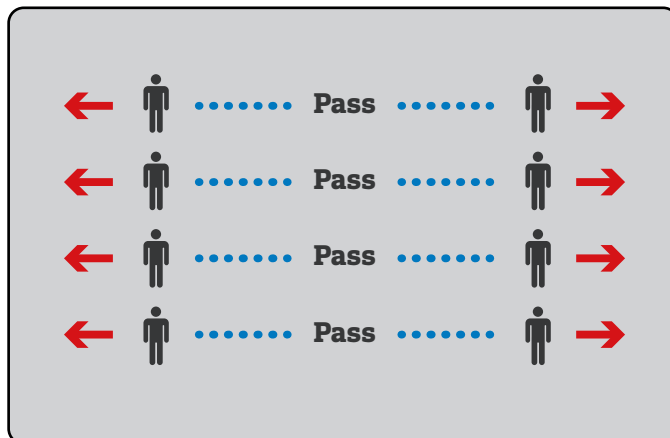
LESSON 2: THROWING

DRILLS, SKILLS AND GAMES

ORGANISATION

Partner pass

- Divide players into pairs. Give them 2 cones (or other markers) and 1 football. Partners place their cones 5 yards apart and pass the football to each other.



ONLINE:
WATCH: THROWING



LESSON 2: THROWING

DRILLS, SKILLS AND GAMES

TEACHING POINTS

1 STANCE



Stance:

- Receive snap and turn to the side with throwing shoulder away from target.
- Light bend in the knees and on the balls of your feet.
- Weight on your back foot.
- Bring ball up to chest height.

2 GRIP



Grip:

- With throwing hand spread fingers to have middle, ring and little finger on the laces.
- Bring other hand to meet so both hands are gripping the back 3rd of the ball.

3 STEP



Step:

- Front foot should step towards target with toe pointing towards target.
- As you step, non-throwing hand should let go of the ball with throwing elbow backwards and ball now in a horizontal position.

4 THROW



Throw:

- Rotate chest and hips and transfer weight to front foot.
- Throwing elbow comes forward.
- Extend throwing arm.
- Rear foot should step through as you throw.
- Arm follows through and finishes with across the body with thumb pronated in opposite pocket.

DIFFERENTIATION

To make it more challenging increase the distance between players.

LESSON 2: THROWING

COMPETE

ORGANISATION

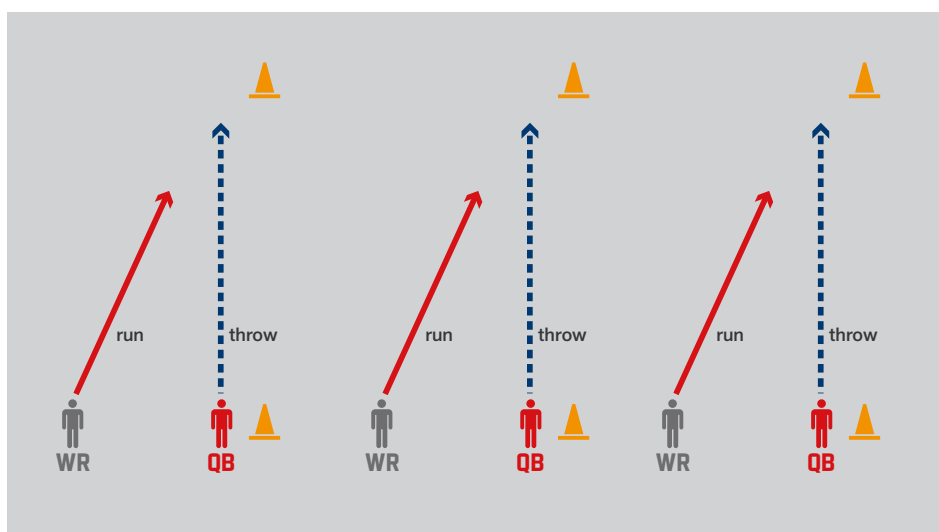
Lead the receiver

- Set up two cones in a line, and split the class into two groups.
- Half the group will be QBs and the other half receivers.
- The two lines should stand next to each other at the first cone.
- When you give the signal, the receiver starts running toward the far cone.
- The QB throws the ball ahead of the receiver. This teaches the QB to throw to where the receiver will be, not where they are now.
- Rotate students one at a time through the drill.
- You can also repeat this with the receivers running from the side instead of running from the bottom next to the QB.

CROSSBAR CHALLENGE

For more able groups, try the Crossbar challenge.

- Use the football crossbar if available, or designate another target.
- Split the class into two groups. Give each student 3 chances to throw the ball and hit the crossbar.
- If they're successful, they move to the back of the line and go again. If they aren't successful, they're out for the rest of the round.



RECAP / COOL DOWN

- Describe and demonstrate the 4 steps of throwing (Stance, Grip, Step, Throw).
- Why is it important to step towards your target when throwing the football? (Stepping into the throw gives your throw more power.)
- How did you show resilience during the session?
- In pairs, standing close together ask players to practise throwing the ball to each other. Get them to think about what they are doing and help them to do it correctly.

Teacher-led cool down to include whole body, leg and arm stretches.



NFL SCOUTING REPORTS

Who are some of the best NFL quarterbacks in history? Look online and report back next week.

LESSON 3: SNAPPING AND HANDOFFS

LESSON OBJECTIVE

By the end of this lesson the students will be able to describe and demonstrate how to snap a football. They will also be able to describe and demonstrate how to hand off a football and receive a football handoff.

VALUES FOCUS

Responsibility to team: supporting each other as a team and doing our part to help everyone achieve success.

EQUIPMENT

- Footballs
- Goals of some kind
- Cones
- Bibs



WARM UP

ORGANISATION

Snake run relay

- Divide the class in half, and set up a series of cones in a zigzag pattern.
- Have each half line up on one end of the line of cones, and give the ball to the first person in one line.
- The player with the ball snakes round the cones and hands the ball off with proper technique to the player at the other end. That person does the same in the opposite direction.
- Repeat until everyone has had a turn.
- Set up two sets of this drill to reduce the amount of waiting around.

TEACHING POINTS

Securing the football, remember the 5 points of contact:

- Fingers • Palm • Forearm • Lower bicep • Chest

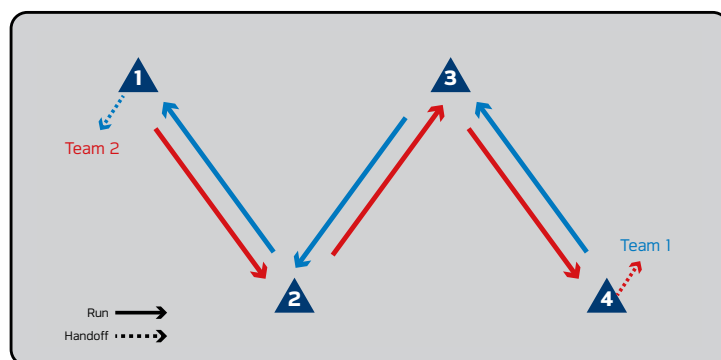
Making the ball touch all these points of contact on the arm will secure the ball at both ends and allow a smooth, safe running style.

Handing off a football:

- Turn and face RB
- Hands on ball's side
- Extend arms
- Place ball firmly in RB's stomach

Receiving a handoff:

- Inside elbow up, outside elbow down
- Receive and tuck into ribs



REVIEW

Ask students to describe and demonstrate what they learnt about catching in the previous session. Use prompts and key questions from the previous lesson to help reinforce learning.

NFL FLAG ONLINE:

WATCH: HANDOFFS



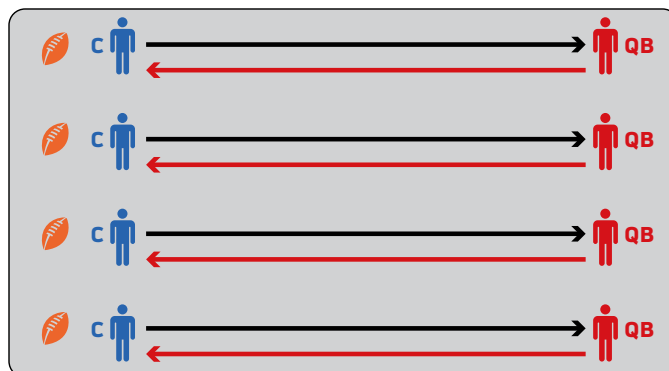
LESSON 3: SNAPPING AND HANDOFFS

DRILLS, SKILLS AND GAMES

ORGANISATION

Snap, catch and turn

- Children get into groups of 2 or 3. One player takes the role of QB and the other centre.
- The QB should stand about 3-4 big steps behind the centre.
- On the teacher/coach's/QB command ("Down, set, hut!"), the centre snaps the ball to the QB.
- The QB turns around and becomes the new centre and the centre becomes the QB (or other player who was not involved).
- Repeat the process again until all children have had 3+ attempts at snapping.



TEACHING POINTS

Snapping the football:

- Stand over the ball with feet slightly wider than shoulder width apart.
- Take one step back from the ball and sit down into a squat position.
- Extend arm/arms and grab the football with one or two hands without picking it off of the floor.
- Look behind to see the QB (the target).
- On the QB's command, swing the ball up and between the legs in a fast continuous motion keeping arms straight, and release the ball to the QB.



NFL FLAG ONLINE:
WATCH: SNAPPING



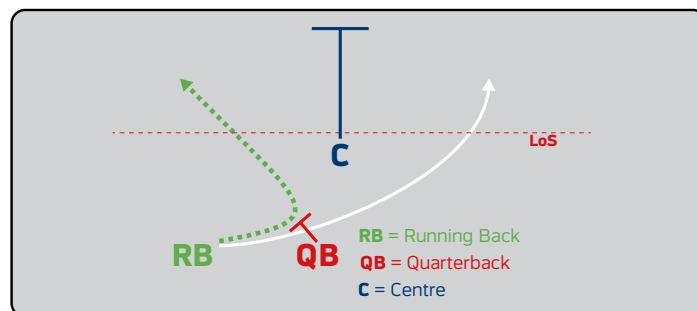
LESSON 3: SNAPPING AND HANDOFFS

DRILLS, SKILLS AND GAMES

ORGANISATION

Running play

- Students divided into groups of 3. Each player is assigned a position: Centre, QB or RB.
- All centres line up to form a row. QBs line up 3-5 steps behind their team's centre.
- RBs position themselves to the left of their team's QB – fist bump QB to make sure correct distance between them. RB should have their feet shoulder width apart with hands on knees.
- When teacher/coach shouts command 'Down, set, hut!', centres snap football to QB.
- QB hands off to RB, who runs toward their team's centre before running past them on the left.
- Players swap positions until they have played all three. The original RB should then position themselves on the right of the QB and repeat the activity, running to the right of the centre.



TEACHING POINTS

Handing off a football:

- turn and face the RB
- extend arms
- hands on ball's sides
- place ball firmly in RB's stomach

Receiving a handoff:

- inside elbow up, outside elbow down
- receive and secure the football (5points of contact)

DIFFERENTIATION

Set up a competition. Which team completes the most handoffs?

RECAP / COOL DOWN

Refer back to the objectives and ask students to describe and demonstrate how to snap a football and how to hand off a football/ receive a hand off.

Ask:

- Can you demonstrate/ describe a snap? (feet shoulder width apart, one step back from the ball, extended arm, look back at QB, head up, swing arm backward)
- How do you hand off a ball? (QB extends arm and places ball in the RB's stomach)
- How do you receive a hand off? (inside elbow up, outside elbow down. Secure the football).
- Why is it important to cut quickly and powerfully while changing directions? (To make it harder for the defender to grab your flags as your movements are made quickly and unexpectedly.)
- How did you demonstrate responsibility during the activities?

- What difference can taking responsibility make to the game?
- Where else can you show responsibility off the pitch?

Teacher-led cool down to include whole body, leg and arm stretches.



NFL SCOUTING REPORTS

Look online for a video of a fumbled or bad snap. What happened?
Report back next week.

NFL FLAG ONLINE:

WATCH: RUNNING PLAYS



LESSON 4: ROUTE RUNNING AND THROWING

LESSON OBJECTIVE

By the end of this lesson the students will be able to demonstrate and describe three basic passing routes: hook, slant and fade.

VALUES FOCUS

Integrity: Doing the right thing even when nobody is watching. Being honest.

EQUIPMENT

- Footballs
- Cones
- Flag belts
- Bibs



REVIEW

Ask students to describe and demonstrate what they learnt about throwing in the previous session. Use prompts and key questions from the previous lesson to help reinforce learning.

WARM UP

ORGANISATION

Flag tag

The object of the game is for each player to keep their own flags while pulling as many others as they can.

- When they pull a flag, they hold on to it until the end of the round.
- When their flag is pulled, they continue to play until their second flag is pulled, and then they are 'out' until the next round.
- The winner is the player who collects the most flags by the end.

(Note: even a player who's 'out' could still win.)

TEACHING POINTS

Flag pulling

- Eyes on hips
- Stay low, stay square (breakdown position)
- Reach for the top of the flag (hip)

DIFFERENTIATION

- Size of the space used can be made bigger or smaller to make it more challenging.
- Participants split into teams.
- Player allowed to continue even after losing both flags.
- Length of drill extended to make the activity more challenging.



LESSON 4: ROUTE RUNNING AND THROWING

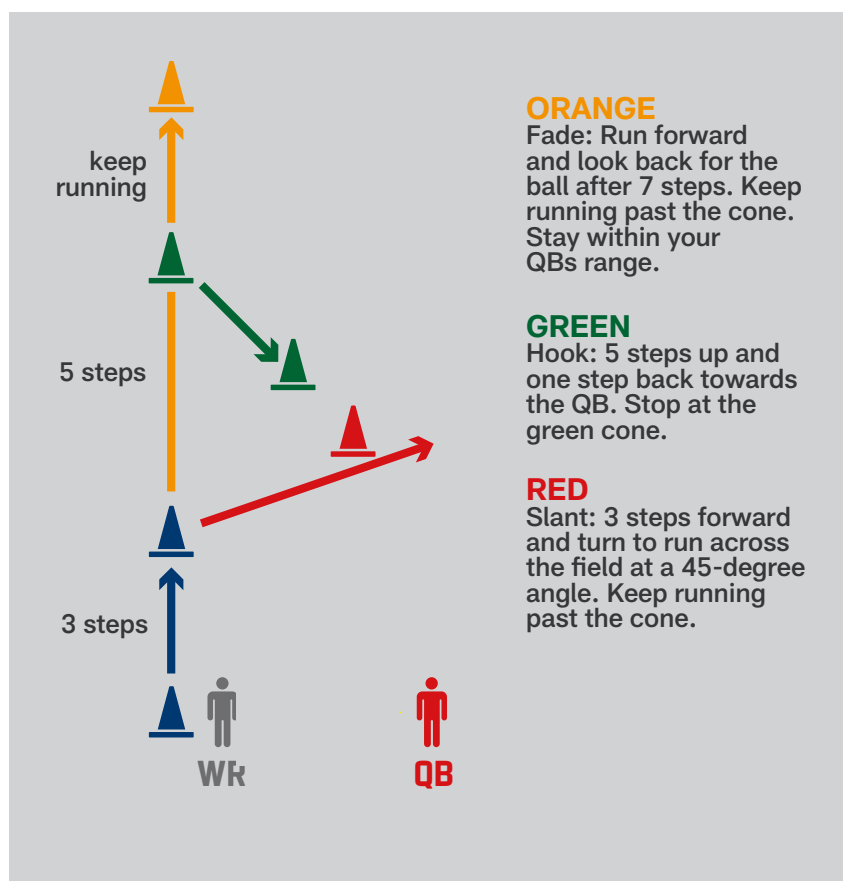
ROUTES

Skill Developed: Hook, slant, fade

- Set cones out to show and explain the passing routes of a hook, a slant, and a fade route.
- Split the players into two or three groups.
Give each group a football and ask them to go to a coned area.
- Players alternate between the positions of quarterback (QB – calls the play and throws the ball); and wide receiver (WR – runs the route and catches the ball).
- The QB and WR line up on the Line of Scrimmage (LoS). When the QB gives the command “Down, set, hut!” the WR runs either a hook, a slant or a fade. The QB throws in that direction for the WR to catch and then run back with the ball.
- At the start, the teacher/coach may want to be the QB until students understand the drill.
- Make the distance of the routes short to increase the likelihood of players being successful and completing the passes.

TEACHING POINTS

- Explain that the commands ‘Down, set, hut!’ are used to start each play.
- Introduce the concept of LoS (the imaginary line separating the teams at the beginning of a play) so that students understand pre-play alignment.
- Students should be in a ‘sprinter’s stance’ with knees bent and one foot forward.
- Remember to turn up field for 3 steps after catching the ball.



DIFFERENTIATION

- To make the activity more challenging increase the distance of the routes.
- If pairs are struggling, remix to ensure there are 2–3 competent throwers who can throw for the whole group.

NFL FLAG ONLINE:
WATCH: ROUTES

LESSON 4: ROUTE RUNNING AND THROWING

DRILLS, SKILLS AND GAMES

ORGANISATION

Touchdown city

- Divide students into two teams and set up cones for them to run to.
- Designate a QB for each team. The rest of the team are wide receivers and run routes.
- Give 1 point per completed pass. Winning team is the one with the most points when everyone has had a go.
- Let players rotate roles every few passes.
- Receivers are responsible for the ball – if dropped, they must retrieve it.

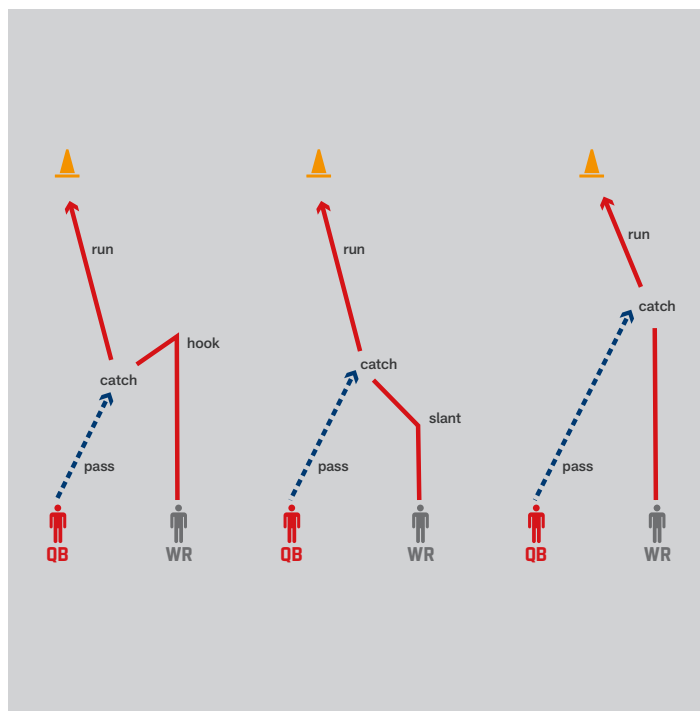
TEACHING POINTS

Throwing cues:

- Stance- Side to target. Throwing shoulder away from target.
- Grip- Middle, ring and little finger on the laces.
- Step- Front foot towards the target.
- Throw- Rotate chest and hips. Throwing elbow comes forward. Arm follows through and finishes across the body.
- Throwing the ball ahead of the WR will make it easier for them to catch it on the run.

DIFFERENTIATION

- To make the activity easier give players more attempts using the same pass route.
- Increase or decrease the distance between players depending on ability.



RECAP / COOL DOWN

- Why is it important for the receiver to be able to run different pass routes? (So that the defence doesn't know where you're going to run.)
- What is the name of the imaginary line that offensive players use to start the play? (Line of Scrimmage.)
- Were there any chances to show integrity during this session?
- What can you do today/this week to show integrity off the field?

Teacher-led cool down to include whole body, leg and arm stretches.



NFL SCOUTING REPORTS

Which quarterback and receivers combined for the most yards in NFL history?

LESSON 5: PLAY CALLING

LESSON OBJECTIVE

By the end of this lesson the students will be able to describe and demonstrate at least three different football plays that involve C, QB, RB and WR

VALUES FOCUS

Leadership: Supporting and motivating others to be as good as they can be.

EQUIPMENT

- Footballs
- Flag belts
- Cones



REVIEW

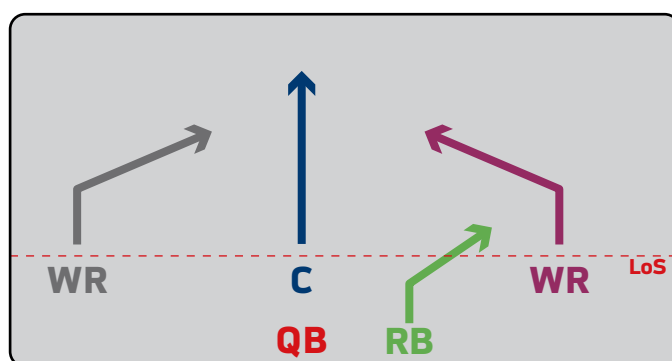
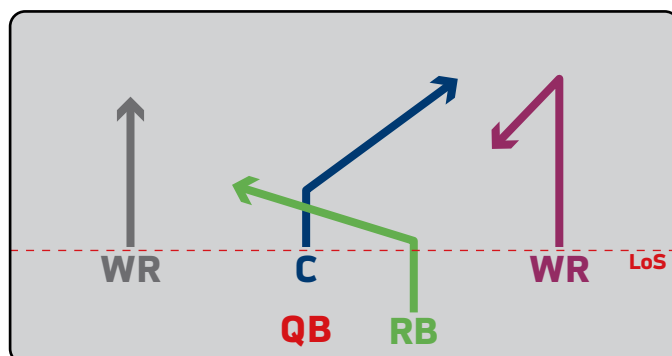
Ask students to describe and demonstrate what they learnt about route running and throwing in the previous session. Use prompts and key questions from the previous lesson to help reinforce learning.

WARM UP

ORGANISATION

Plays on air

- Choose from one of the following offensive passing plays.
- Lay out cones to show where each player (QB, WR, RB) should be.
- In groups of 5, the players take turns running the routes for the play.
- No ball will be thrown but the players should run to their designated areas.
- Make sure students rotate in the QB position.



NFL FLAG ONLINE:
WATCH: PLAY CALLING



LESSON 5: PLAY CALLING

DRILLS, SKILLS AND GAMES

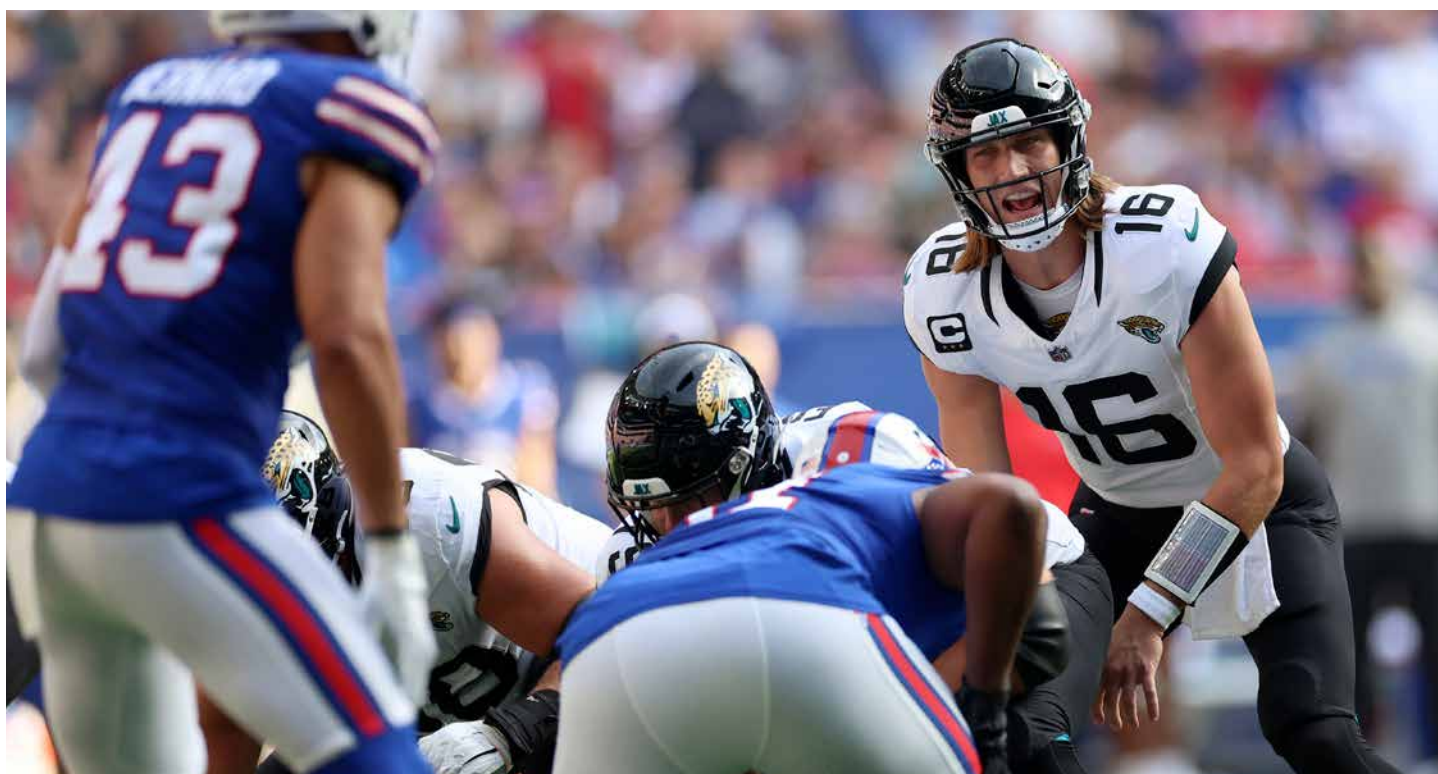
ORGANISATION

Team Practice

- Divide players into groups of 5. Assign the positions of C, QB, RB and 2 WRs.
- Ask students to run the new plays in the diagrams on the following page. They then practise calling and running the plays they've studied using a football.
- Rotate roles regularly.

TEACHING POINTS

- Line up correctly.
- Use a cadence such as 'Down', 'Set', 'Hut', or 'Ready, set, go'. QB should shout the cadence loudly and slowly.
- Emphasis on high tempo plays.



LESSON 5: PLAY CALLING

OFFENSIVE PLAYS

Your team needs to know which play to run, but you don't want the other team to predict your moves. Where possible make time for a classroom lesson ahead of the session and ask the students to study the plays and write down a code name for each one. You can also give the students the opportunity to draw up their own plays during this time.

HOOK

- Run 5 steps forward at full speed.
- Break down and turn to face your QB.
- Take 1-2 steps to keep the defenders away.



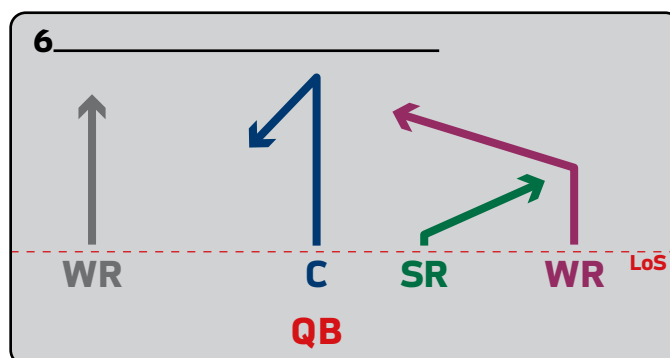
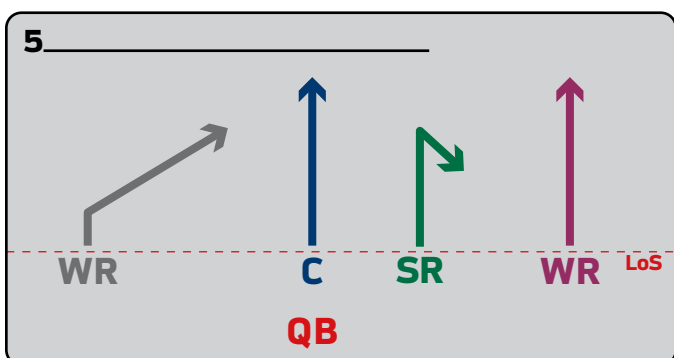
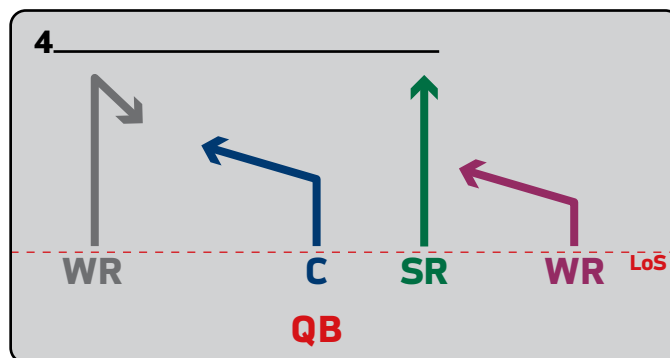
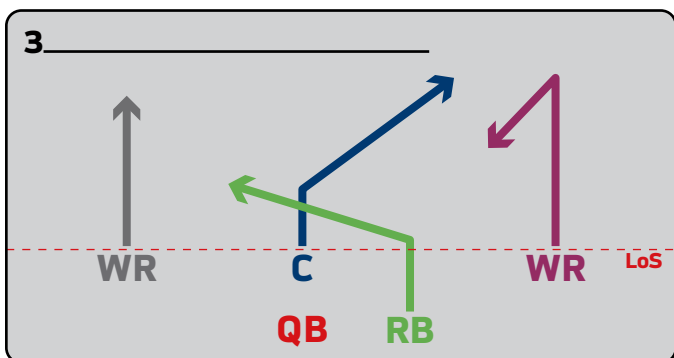
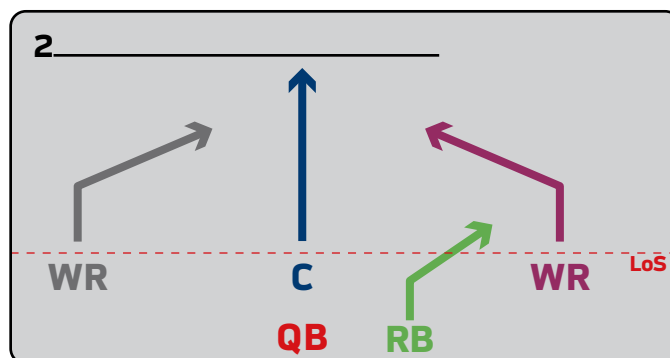
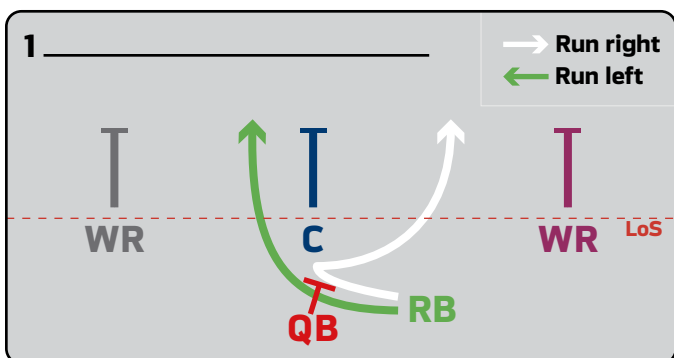
SLANT

- Run 3 steps forward then turn 45° across the field.
- Don't slow down!
- Keep running until you catch the ball or reach the opposite sideline.



FADE

- Run as fast as you can straight down the field.
- Try to get behind your defender.
- Only go as far as your QB can throw the ball.



LESSON 5: PLAY CALLING

COMPETE

ORGANISATION

Play action plus

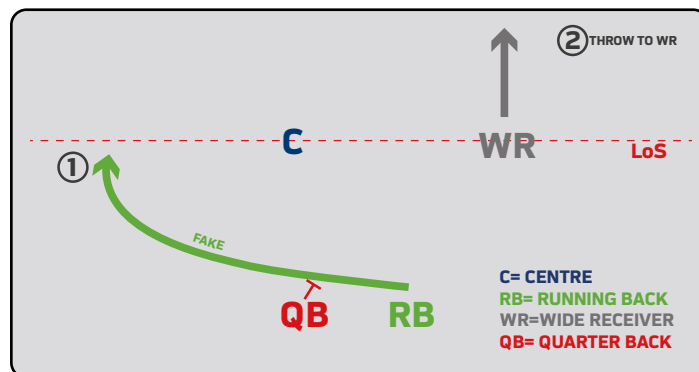
- A play action is when a QB and RB fake a run before the QB throws it to a WR.
- Designate a C and a QB for the whole drill. Split the rest of the class into 2 lines – RB and WRs.
- On the QB's command, the Centre snaps the ball to the QB who fakes a handoff to the RB (RB can run a few yards to make the handoff look more convincing) and throws the ball to the WR. WR brings the ball back to the centre and joins the RB line, and RB joins the WR line.
- Repeat to give everyone a chance. (Don't worry if it is chaotic at first. These are more complex ideas that take a bit of time to sink in.)

TEACHING POINTS

- Line up correctly
- Use a QB command
- Sell the fake

DIFFERENTIATION

Make the receiving routes shorter or longer to decrease or increase level of difficulty.



RECAP / COOL DOWN

- Why is it important for each player to know their role and do their job when involved in a play? (Not everyone touches the ball every play, but that doesn't mean they're not playing their part. The offensive roles are designed to manipulate the defence so they can complete the play, and defensive roles are designed to cover a specific area and block the play.)
- How can you show leadership on and off the pitch? Teacher-led cool down to include whole body, leg and arm stretches.



NFL SCOUTING REPORTS

Look online for examples of play action passes. Report back next week.

LESSON 6: DEFENSIVE STRATEGY

LESSON OBJECTIVE

By the end of the lesson the students will be able to describe man and zone defense.

VALUES FOCUS

Teamwork: cooperating and working well with a group.

EQUIPMENT

- Footballs
- Flag belts
- Marker Pens
- Bibs



REVIEW

Ask students to describe and demonstrate what they learnt about play calling in the previous session. Use prompts and key questions from the previous lesson to help reinforce learning.

WARM UP

ORGANISATION

Flag tag

The object of the game is for each player to keep their own flags while pulling as many others as they can.

- When they pull a flag, they hold on to it until the end of the round.
- When their flag is pulled, they continue to play until their second flag is pulled, and then they are 'out' until the next round.
- The winner is the player who collects the most flags by the end.

(Note: even a player who's 'out' could still win.)

TEACHING POINTS

Flag pulling

- Eyes on hips
- Stay low, stay square (breakdown position)
- Reach for the top of the flag (hip)

DIFFERENTIATION

- Size of the space used can be made bigger or smaller to make it more challenging.
- Participants split into teams.
- Player allowed to continue even after losing both flags.
- Length of drill extended to make the activity more challenging.
-



ONLINE:

WATCH: FLAG TAG/PULLING



FLAG FOOTBALL LESSON PLANS

LESSON 6: DEFENSIVE STRATEGY

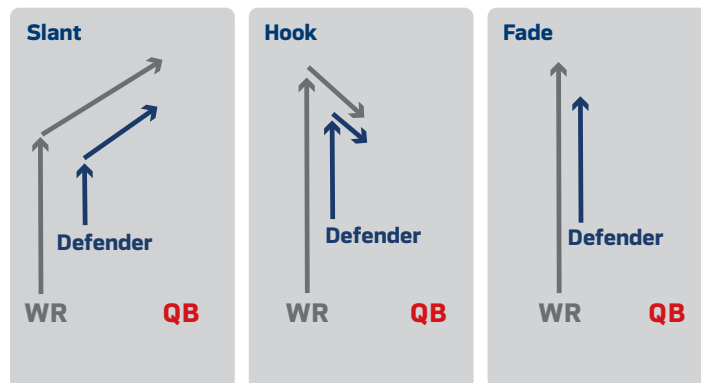


DRILLS, SKILLS, AND GAMES

ORGANISATION

Man Coverage

- Divide players into pairs.
- One player will play the defensive player and the one the wide receiver.
- The wide receiver will be given a route to run (hook slant or fade) and the defensive player will practice marking this player man to man (wherever the receiver goes they go too).



TEACHING POINTS

- 5 and 1 (5 steps away from the WR, one step towards the centre of the field).
- Feet staggered with one in front of the other. Weight on the balls of the feet.
- Bend at the hips and knees. Maintain a straight back with chest up and eyes up.
- When the ball is snapped move backwards first using a back pedal (push off the front foot and move backwards with feet 'skimming' the floor).
- Run with the receiver
- Break on the ball – start running toward the intended receiver as soon as the QB throws the ball. First make sure you are in a good position to tackle before looking to intercept the ball.
- Remind students that if they intercept a ball in a game, they can run it back to score a touchdown.

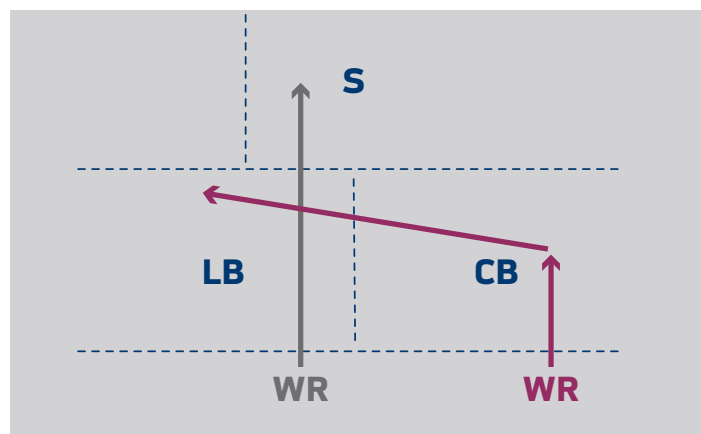
ORGANISATION

Zone Coverage

- Divide players into groups of 5.
- 3 players will play the defensive players and the 2 the wide receivers.
- Each defensive player will be given a zone to defend.
- The wide receivers will be given a route to run (hook slant or fade) and the defensive player will practice marking players within their zone.
- Rotate players through all positions.

TEACHING POINTS

- Shallow defenders should be 5 steps away from the line of scrimmage.
- When the ball is snapped, backpedal to the back of your zone. The back of the safeties zone is the back of the endzone so they will only need to backpedal far enough to remain the deepest player on the field.
- Look for players running through your zone. You can mark this player until they leave you zone. Once a player leaves your zone you should leave the player and come back to the middle of your zone and look for new threats coming into the area.



- Break on the ball – start running toward the intended receiver as soon as the QB throws the ball. First make sure you are in a good position to tackle before looking to intercept the ball.
- Remind students that if they intercept a ball in a game, they can run it back to score a touchdown.

 ONLINE:
WATCH: STRATEGIES



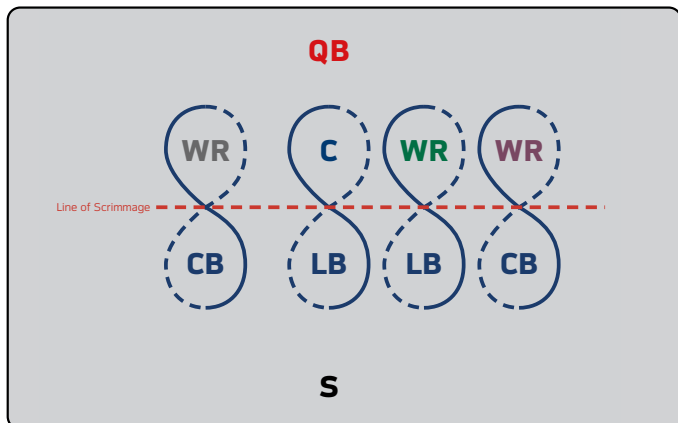
FLAG FOOTBALL LESSON PLANS

LESSON 6: DEFENSIVE STRATEGY



DEFENSIVE PLAYS

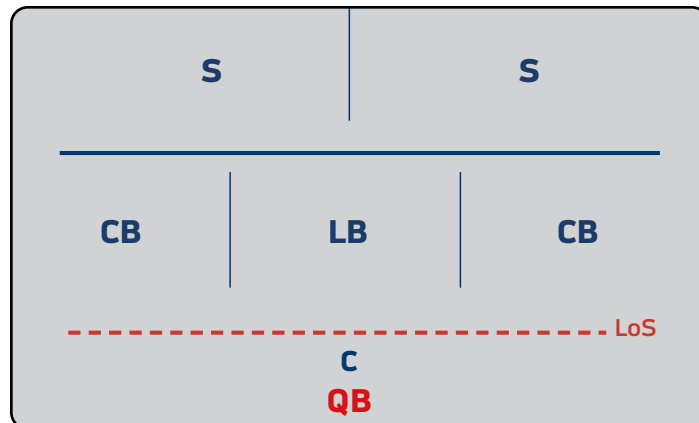
Your team needs to know which defensive strategy to use, but you don't want the other team to predict your moves. Study the plays and write down a code name for each one. Make sure everyone on your team knows them!



DEFENSE 1: MAN COVERAGE

Each defender chooses a runner/receiver. It's your job to stay with your runner until the ball crosses the Line of Scrimmage. Try to keep your runner from catching the ball by knocking it down or catching it yourself. If it's thrown to someone else, go tackle them!

Code name: _____



DEFENSE 2: ZONE COVERAGE

Defenders mark a space, not a person. When the ball is snapped, drop to the back of your zone until the ball is thrown or crosses the Line of Scrimmage. Then everyone runs to the ball to stop the attack.

3-2 (3 in the shallow zones, 2 in the deep zones)

Code name: _____



ORGANISATION

Learning defense

- Split children into 3 groups of 10 (or equivalent group size to allow 5 offense v 5 defense).
- Introduce the 2 defensive formations in the diagrams.
- Have 5 offensive players align into an offensive formation.
- Align the 5 defensive players into their relevant positions for each defensive formation.
- Offensive players should walk to their areas on the field (routes) and the defensive players should move relevant to the defensive formation.

FLAG FOOTBALL LESSON PLANS

LESSON 6: DEFENSIVE STRATEGY



COMPETE

ORGANISATION

Mini games

- Run a mini game focusing on defense with the offense running/passing the ball.
- You may want to have a series of running plays and passing plays so the defense can practice each type.

RECAP / COOL DOWN

- What is the difference between a man and zone defense? (man defending a person, zone defending a space).
- How did you show teamwork during this session?

Teacher-led cool down to include whole body, leg and arm stretches.



COMPLETING YOUR PROGRAM



Your players should now be at a stage where they understand how to play NFL Flag competently. Use the drill bank on the proceeding pages to tailor your sessions to your players' developmental needs. Feel free to repeat lessons from previous sessions to solidify learning. Every session should now end with five-on-five mini games. An entire session can be spent solely playing five-on-five and you can implement coaching and teaching during game play. Good luck with the rest of the sessions and we hope to see you at your next local tournament!



NFL SCOUTING REPORTS

Look online for examples of play action passes. Report back next week.

NFL FLAG ONLINE:

WATCH: 5 VS 5 GAMES



INTRODUCTION

WARM UP

SECTION 1

- Designate two start lines at opposite ends of the activity area.
- Ask 10 students to number themselves 1-10 on the nearest line. They will be the first line, the remaining students should line up behind these students equally.
- On "Down, Set, Hut!" the first line of students should run to the opposite end of the activity area and then turn and face the other students.
- On "Down, Set, Hut" the next line goes and so on until all the students are on the opposite end of the activity area. That will be 1 rotation.
- Repeat this for 2 rotations.

SECTION 2

- In the same format, ask students to complete 10 lunges (5 on each leg) and then run to the opposite line.
- On the return, ask the students to complete 10 toe touches (take 1 step, bring both feet together, try and touch your toes).

SECTION 3

- For the final section, ask the students to space themselves out so they are arms length away from the students around them.
- Shout "10 jumping jacks - are you ready?" The students will perform 10 jumping jacks, with everyone counting out loud in unison.

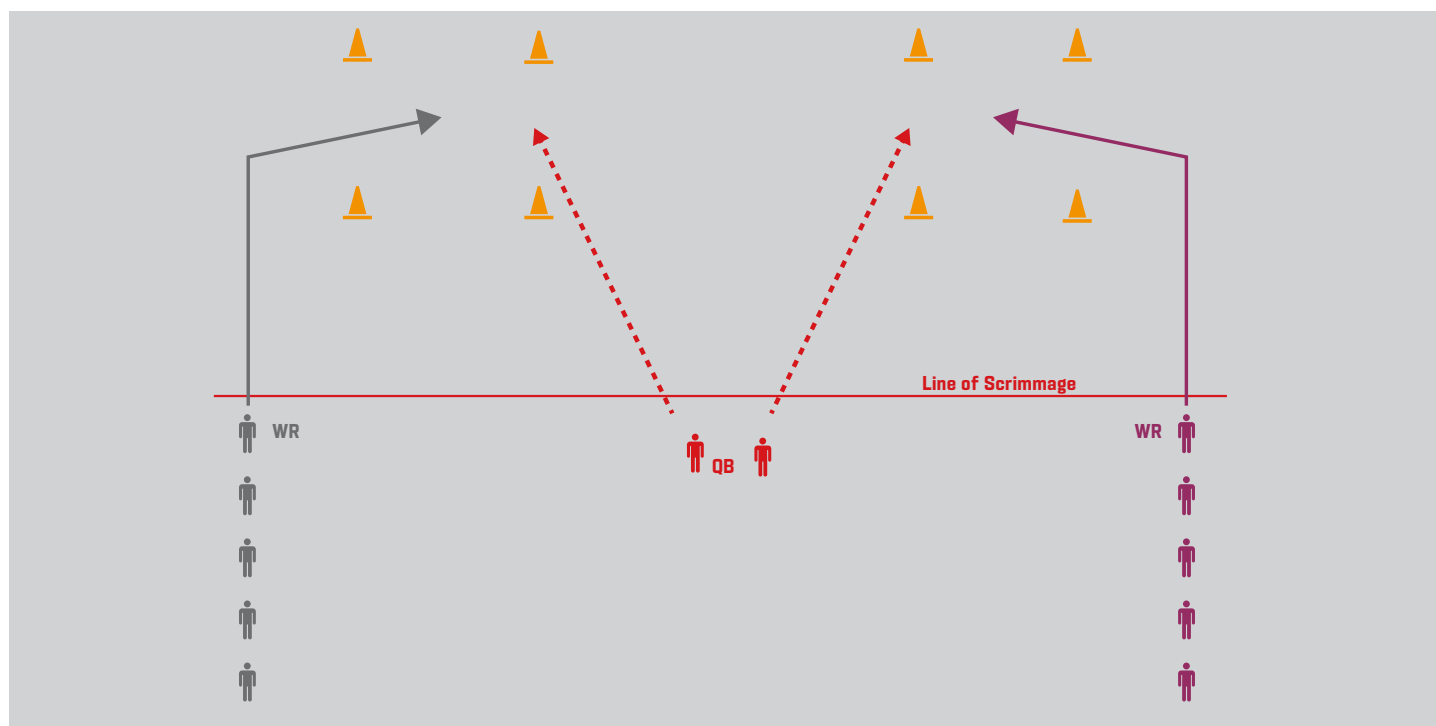
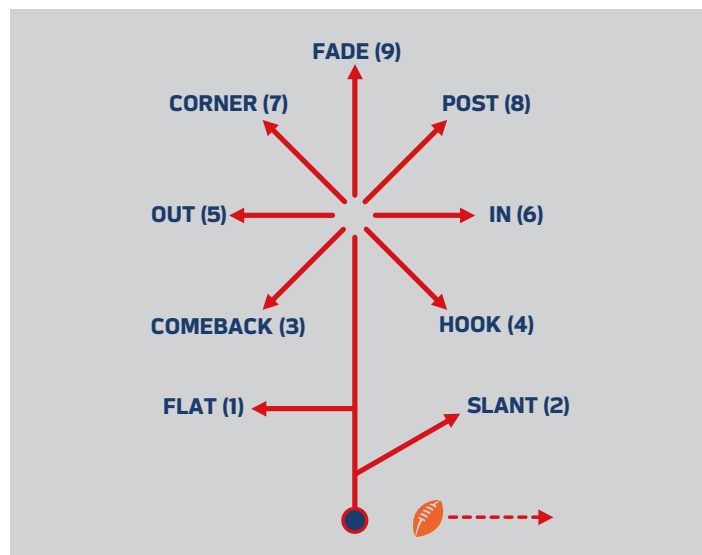


OFFENSE

QUARTERBACK & WIDE RECEIVERS

THE ROUTE TREE

The route tree provides a range of different routes that receivers can run on any given play. They can be referred to by their name or the number listed next to them. Use the route tree to design your own plays and expand your players route running abilities.



Skill Developed: Throwing, catching, running routes

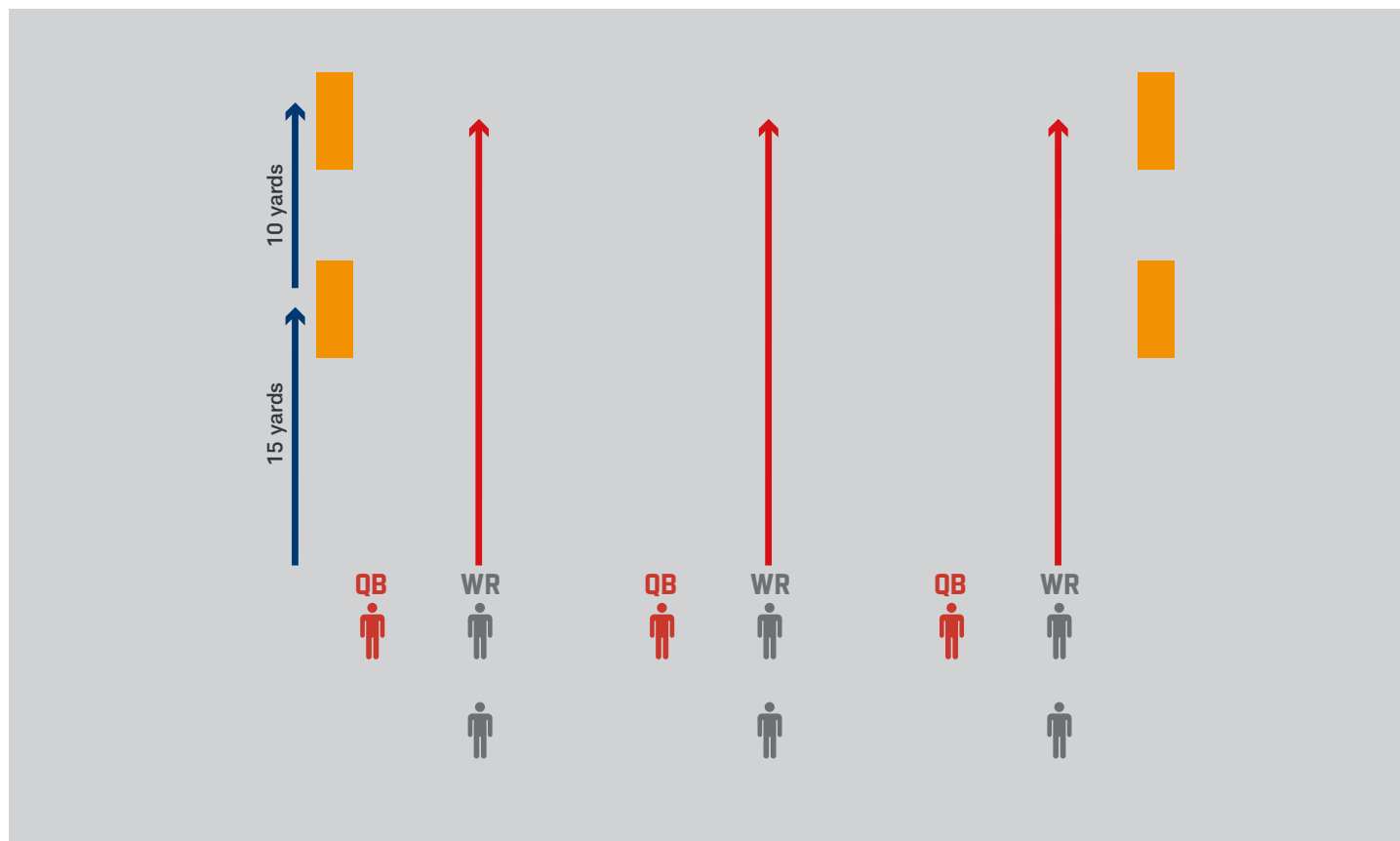
- Set up the route being taught on each side of the field.
- Two players act as quarterbacks, one for each side of the field.
- Receivers run the route and catch the ball.
- Receivers return the ball to the quarterback and join the line on the other side of the field.

TEACHING POINTS

- Run Route into target area
- Make a diamond with hands (Thumbs together, index fingers together)
- Diamond out away from the body.
- QB focus on making the ball meet the receiver in the target area

OFFENSE

TOUCHDOWN RACE



Skill Developed: Throwing, catching, running routes

- Participants are split into groups.
- Wide receivers (WR) run fades into the endzone.
- Every ball caught or run into the endzone scores 1 point.
- The first team to score 15 points wins.
- Dropped balls should be picked up and run back to the quarterback.

TEACHING POINTS

- WR should be in a 'sprinter's stance' with knees bent and the foot closest to the Quarterback (QB) forward on the Line of scrimmage.
- WR should maintain a consistent pace throughout their route.
- The QB throws the ball ahead of the receiver. This teaches the QB to throw to where the receiver will be, not where they are now.

DIFFERENTIATION

- Add a cone to the sideline indicating the point that the WR must pass before receiving the ball forcing the length of the pass to be longer.

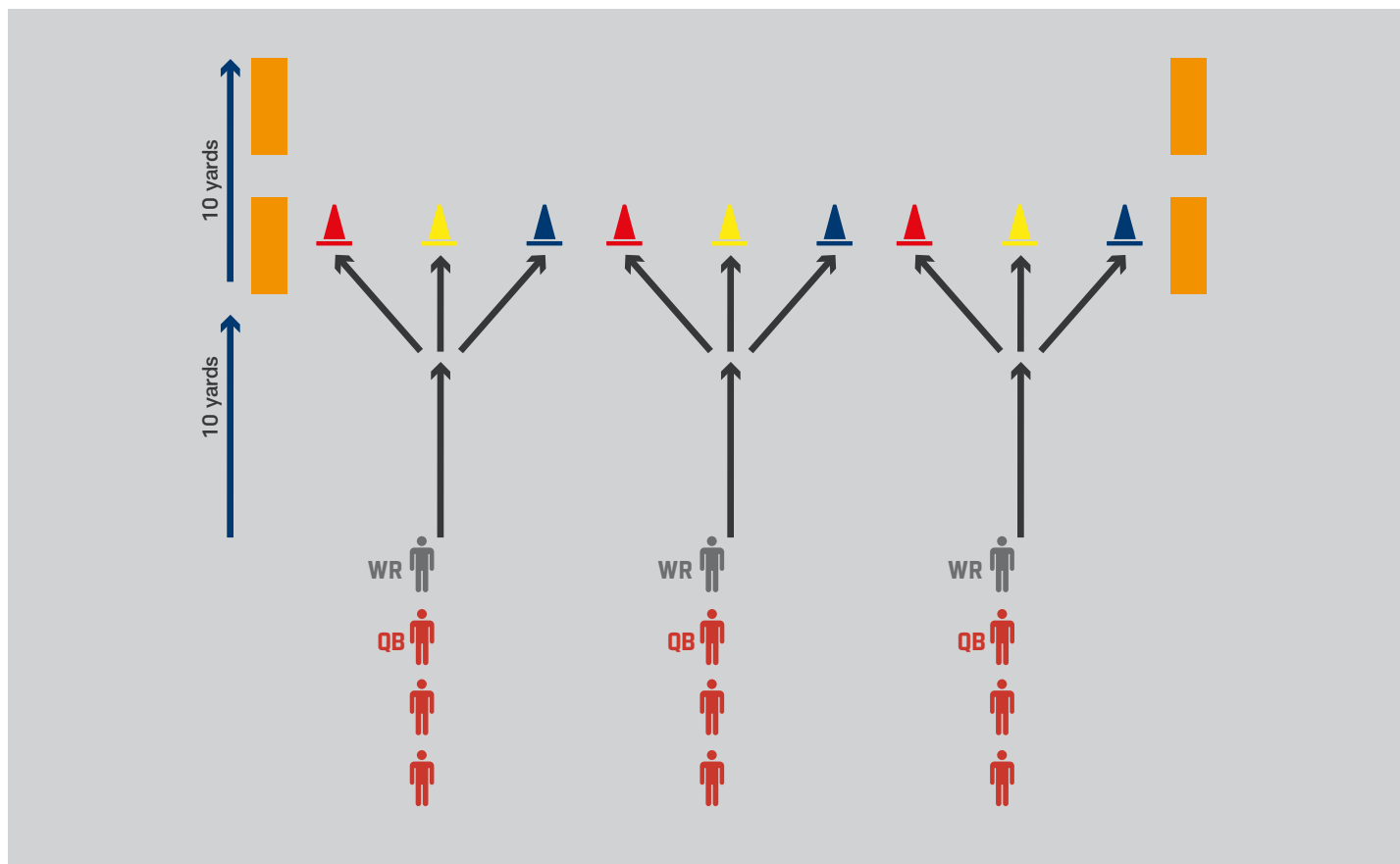


OFFENSE

CATCH & AVOID

Skill Developed: Throwing, catching, cutting and changing direction

- The wide receiver (WR) starts standing facing away from the Quarterback (QB).
- On down, set, hut they turn around to face the QB and catch the ball.
- The coach will then shout out a colour and the WR turns and runs to that cone and avoids it as if it were a player trying to tackle them.
- Dropped balls should be picked up and run back to the QB.



TEACHING POINTS

- Make a diamond with hands (thumbs together, index fingers together).
- Diamond out away from the body.
- Fingers spread wide to create a large target.
- Once the catch has been completed the receiver should approach the cones with a low centre of gravity so they can change direction easily.



OFFENSE

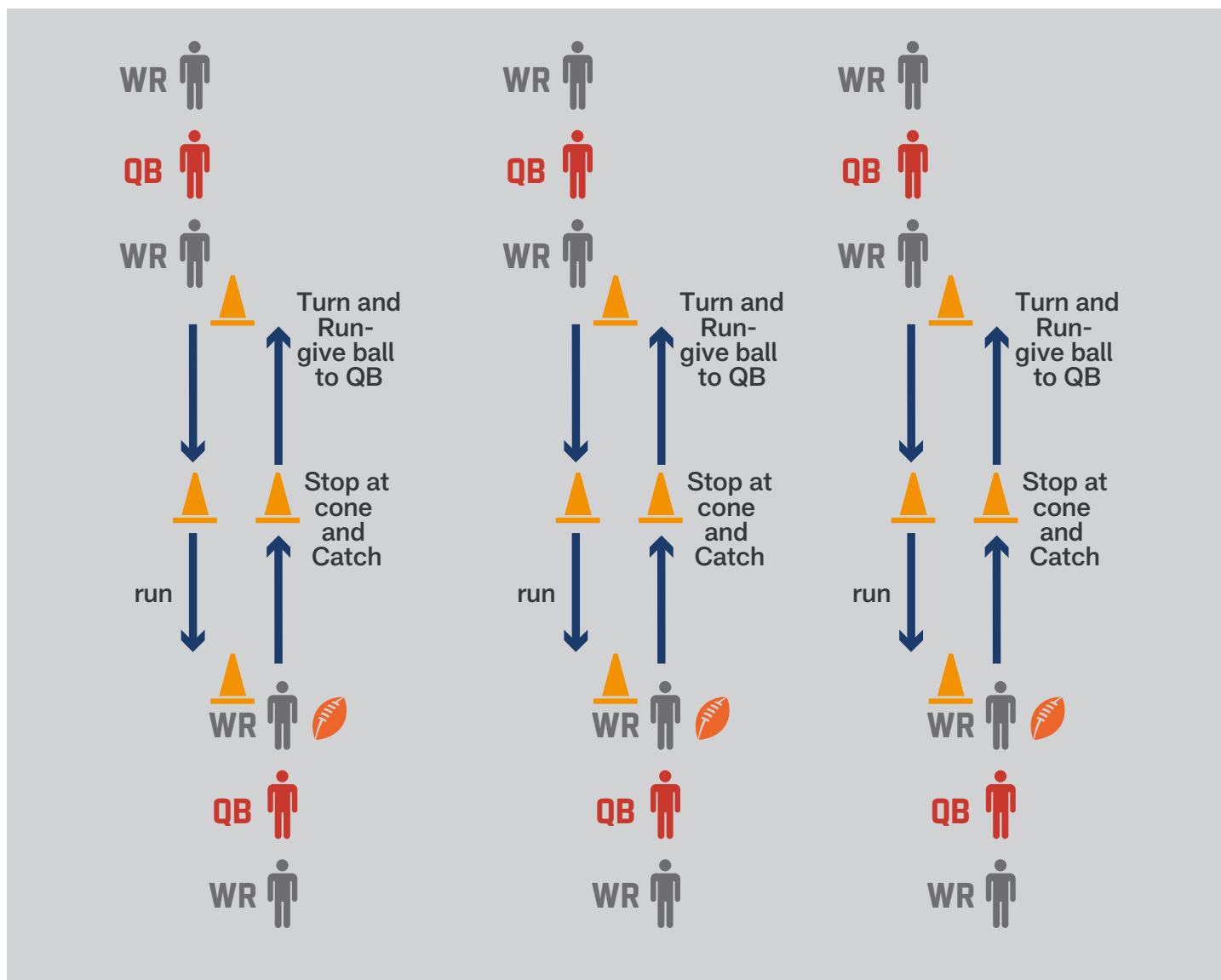
CATCH & AVOID

Skill Developed: Throwing, catching, running routes

- Players are split at either end of the field/space with 1 ball at each end.
- The 2 players at the front of the line are designated QB and WR.
- On the QB's command the WR runs to the middle cone (Hook) and catches the ball thrown by the QB.
- The WR turns and sprints to the other line of players handing the ball to the QB on the other side.
- Both ends will start at the same time running to different cones in the middle to avoid collision.

TEACHING POINTS

- Make a diamond with hands (Thumbs together, index fingers together).
- Diamond out away from the body.
- Fingers spread wide to create a large target.
- Once the catch has been completed the WR should secure the football and turn and run to the opposite line.



OFFENSE

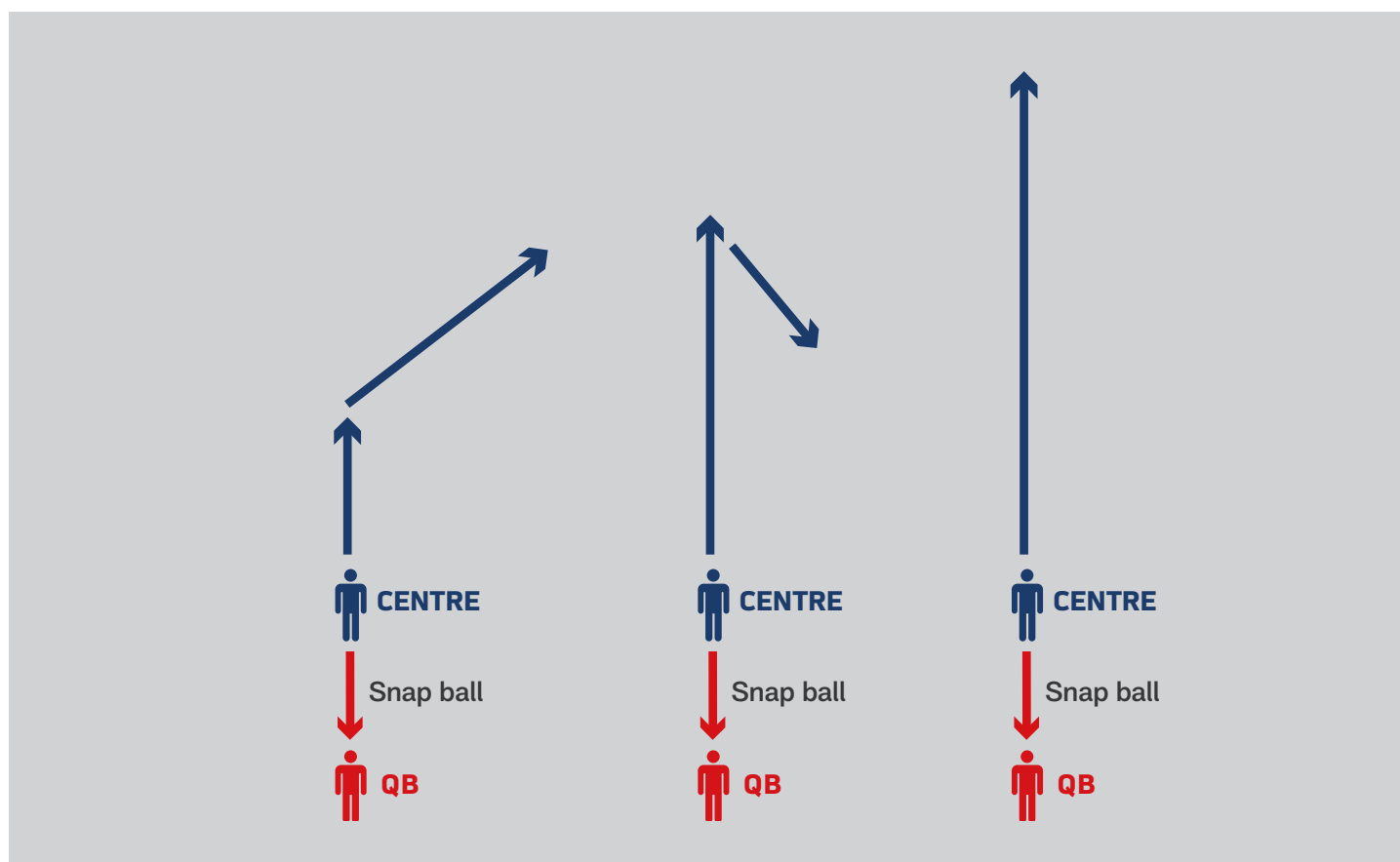
CENTRE ROUTES

Skill Developed: Throwing, catching, running routes

- Participants work in pairs, one Quarterback and one Centre.
 - The focus is for the Centre to snap the ball running a route afterwards.
 - The quarterback should give feedback on the snap to ensure it is reaching them in the right place.
- *Dropped balls should be picked up and run back to the quarter back.

TEACHING POINTS

- Stand over the ball with feet slightly wider than shoulder width apart.
- Take one step back from the ball and sit down into a squat position.
- Extend arm/arms and grab the football with one or two hands without picking it off the floor.
- Look behind to see the QB (the target).
- On the QB's command, swing the ball up and between the legs in a fast continuous motion keeping arms straight, and release the ball to the QB.



After the centre snaps the ball they become a receiver so its important for centres to get the same amount of practice as wide receivers in passing drills. Refer back to the Quarterback and Wide Receiver drills for further drill ideas. It is important that the Quarterback to give feedback to the centre so they are able to improve their snapping.

OFFENSE

RUNNING BACK- AGILITY DRILL

Skill Developed: Running back, cutting and change of direction skills. Great for conditioning.

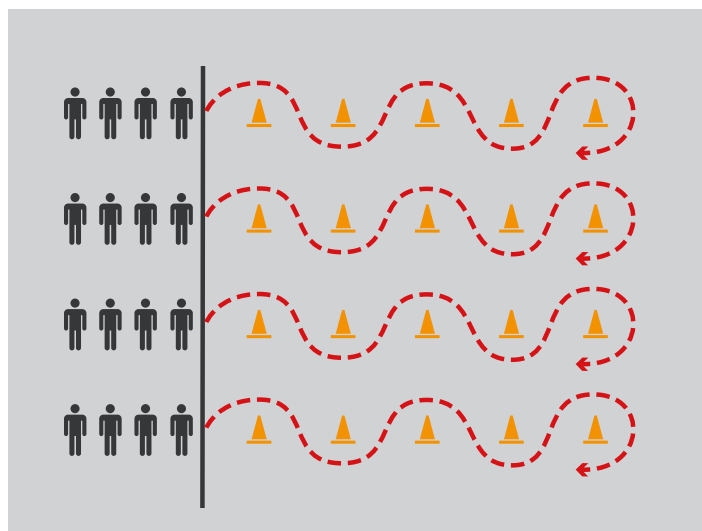
- Set up a line of 6-8 cones 8 yards apart.
- Set up multiple lines of cones depending on the number of players you have.
- This is run as a relay race to keep it moving fast.
- The first player in each line will run around each cone and then come back around each cone to the beginning of his or her line.
- They will then hand off the ball to the next player in line and return to the back of the line.

TEACHING POINTS

- Make sure running backs switch the football to the arm nearest the sideline.
- Players should cut on the outside foot and make sure they don't cross legs when changing direction.

DIFFERENTIATION

- Have players back pedal through cones.



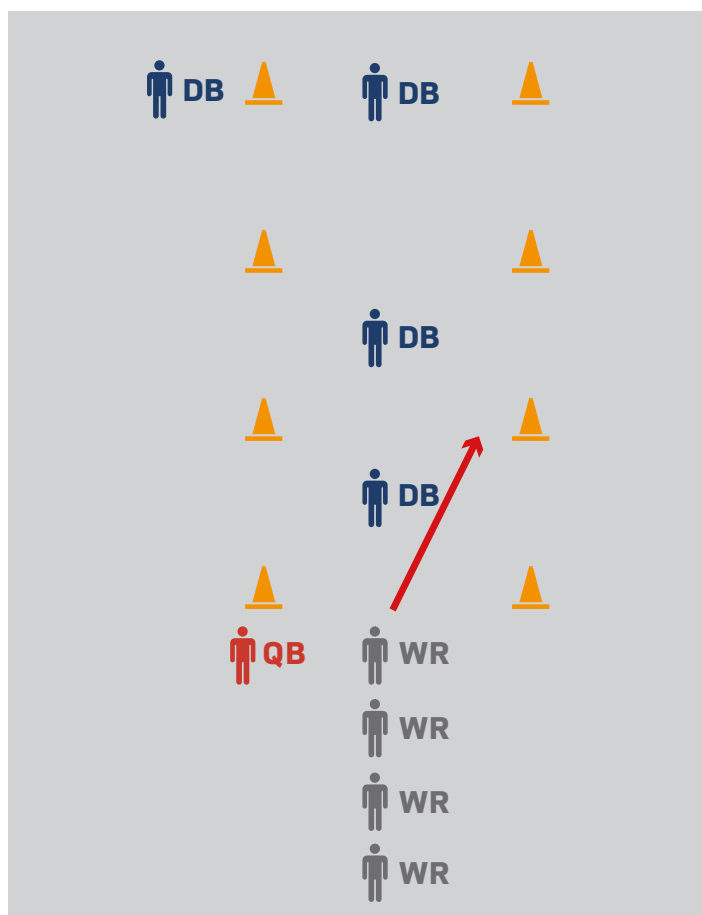
GAUNTLET DRILL

Skill Developed: Throwing, catching, avoiding tackles, receiving hand offs and flag pulling.

- Mark off a couple areas on the field with cones.
- The receiver must try to catch the ball inside one of these areas and avoid being tackled.
- This will teach the quarterback to lead the receiver to an area instead of throwing to a receiver that has just ran a hook and is facing the quarterback.
- This will also teach the receiver to sprint away from the defender while catching the ball.

DIFFERENTIATION

- This can also be repeated with the QB handing off the ball.
- This drill is also a good tackling drill.

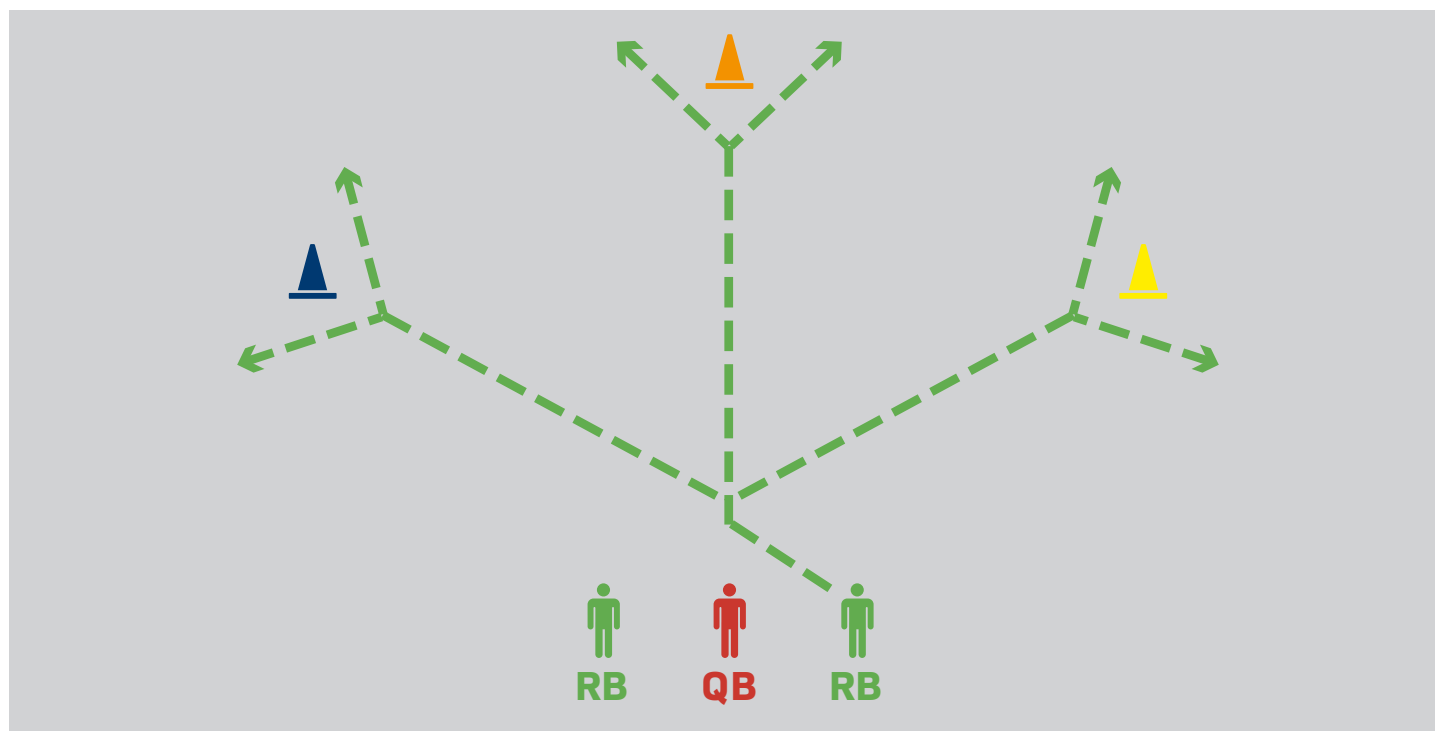


OFFENSE

HAND OFF

Skill Developed: Handoffs and cutting (changing direction)

- Set out three different coloured cones and make two lines of participants either side of a quarterback.
- One by one, alternating sides, participants (in a running back stance) receive the hand off from the quarterback and run to the coloured cone called out by the coach or quarterback.
- Once the ball carrier reaches the cone they should make sharp a change in direction (this can be a spin move) away from the cone to avoid it.



TEACHING POINTS

Handing off a football:

- Turn and face the RB.
- Extend arms.
- Hands on the sides on the ball.
- Place ball firmly in RB's stomach.

Receiving a handoff:

- Inside elbow up, outside elbow down, receive and secure the football (5 points of contact).

DIFFERENTIATION

- Set up a competition, which team completes the most handoffs?

ONLINE:
WATCH: HANDOFFS



DEFENSE

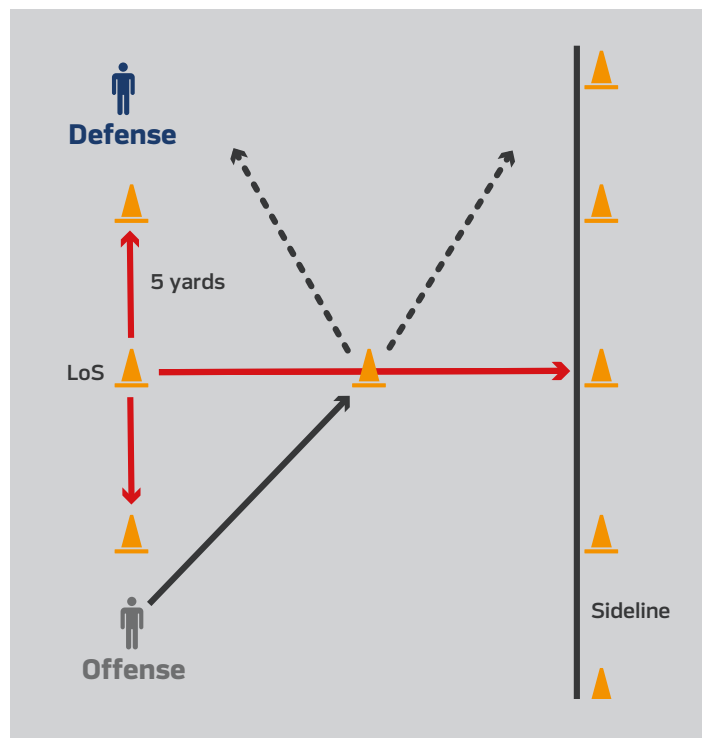
SWEEP DRILL

Skill Developed: Flag pulling while chasing an offensive player

- Lay out cones as in the diagram.
- When you give the signal, both offense and defense sprint toward the sideline.
- Offense can cut back any time once they've passed the cone in the middle.
- Defense should force the offense back toward the middle.

DIFFERENTIATION

- Move the defense starting point further back so they have farther to run.
- Add another defender to the drill.



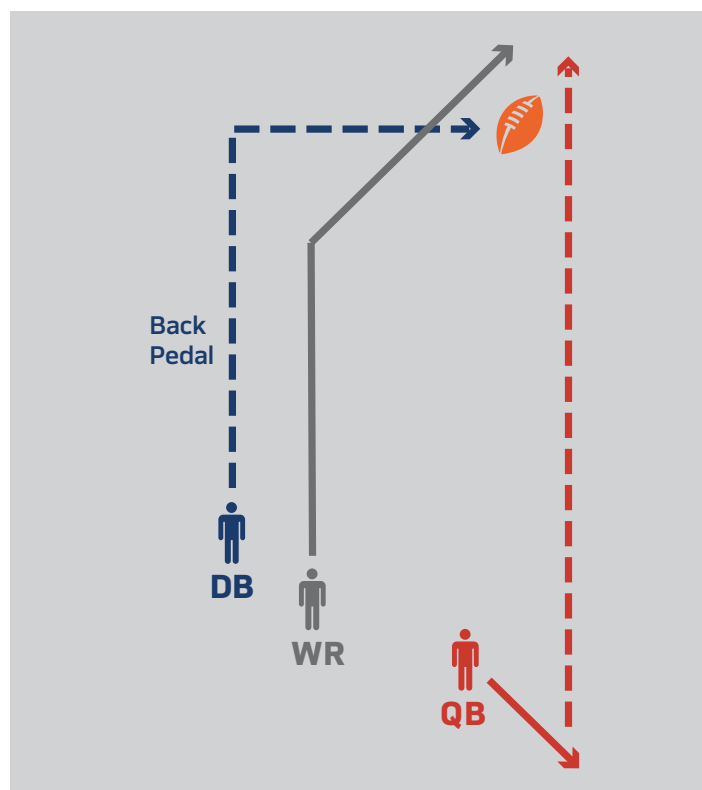
POST AND BREAK DRILL

Skill Developed: Getting defensive backs to break on the ball

- The WR should run a post and the DB back pedals marking them.
- When the QB throws the ball, the DB should break on the ball to intercept it or stop the WR catching it.
- Be sure the DB doesn't anticipate the throw.
- Stay on the back pedal until the WR breaks and the quarterback or coach throws the football.

TEACHING POINTS

- Feet staggered with one in front of the other. Weight on the balls of the feet.
- When in a backpedal, push off the front foot and move backwards with feet 'skimming' the floor.
- Bend at the hips and knees. Maintain a straight back with chest up and eyes up.
- Maintain a low center of gravity with weight slightly forward keeping under control.



NFL FLAG ONLINE:

WATCH: DEFENSE



DEFENSE

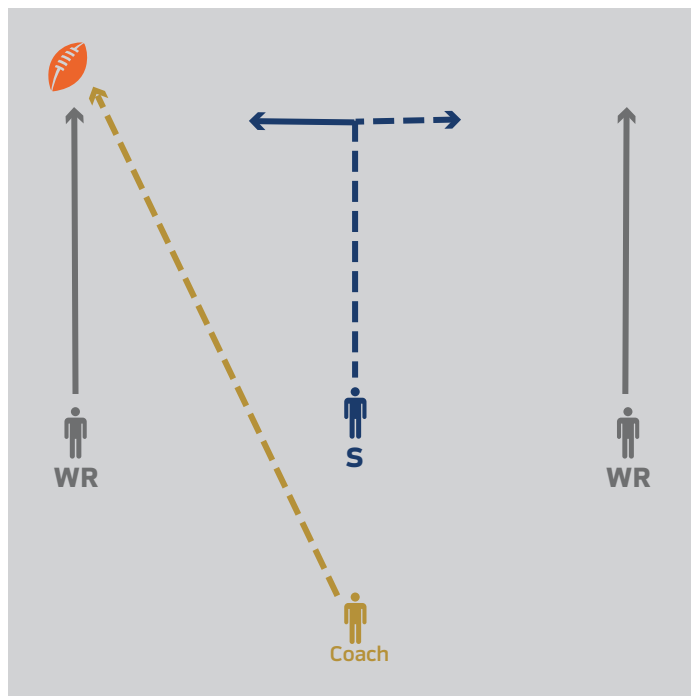
READ AND REACT DRILL

Skill Developed: This drill helps teach defensive backs to read, react and break to the ball

- Form two lines for Wide Receivers (WR) and have them run a vertical route.
- The Safety (S) back pedals and then breaks to the route that the ball is being thrown to.

TEACHING POINTS

- Feet staggered with one in front of the other. Weight on the balls of the feet.
- When in a backpedal, push off the front foot and move backwards with feet 'skimming' the floor.
- Bend at the hips and knees. Maintain a straight back with chest up and eyes up.
- Maintain a low center of gravity with weight slightly forward keeping under control.



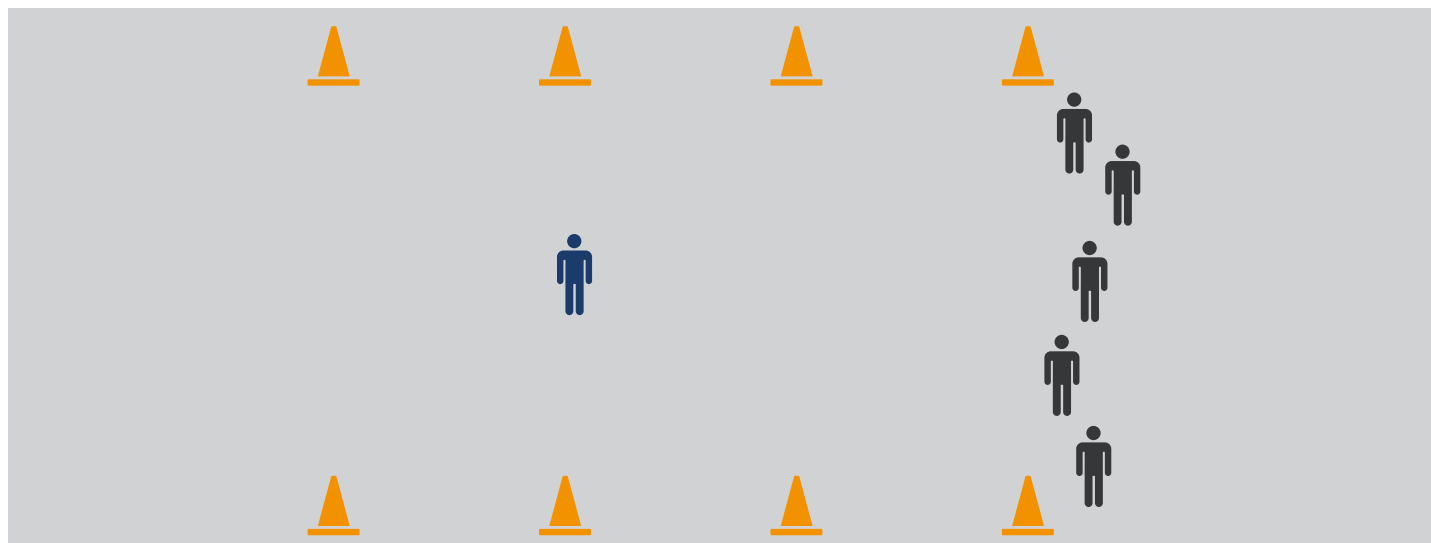
DIFFERENTIATION

- Widen WRs as the Safety improves reaction and confidence.

SHARK AND MINNOWS DRILL

Skill Developed: Flag pulling and conditioning

- Set up an area 20 yards wide and 30 yards long (the zone).
- One player is the shark and their job is to pull everyone's flag before they can make it from one end of the zone to the other.
- The other players must try to reach the other side without getting their flag pulled.
- Once their flag is pulled, they are out until the next round.



DIFFERENTIATION

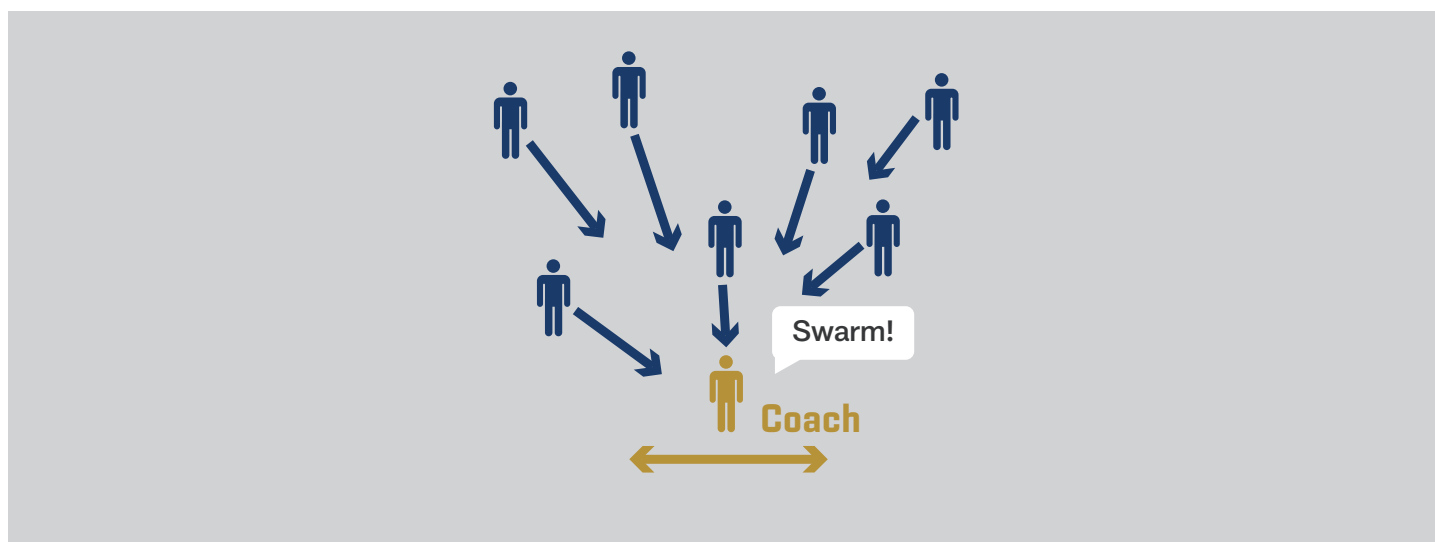
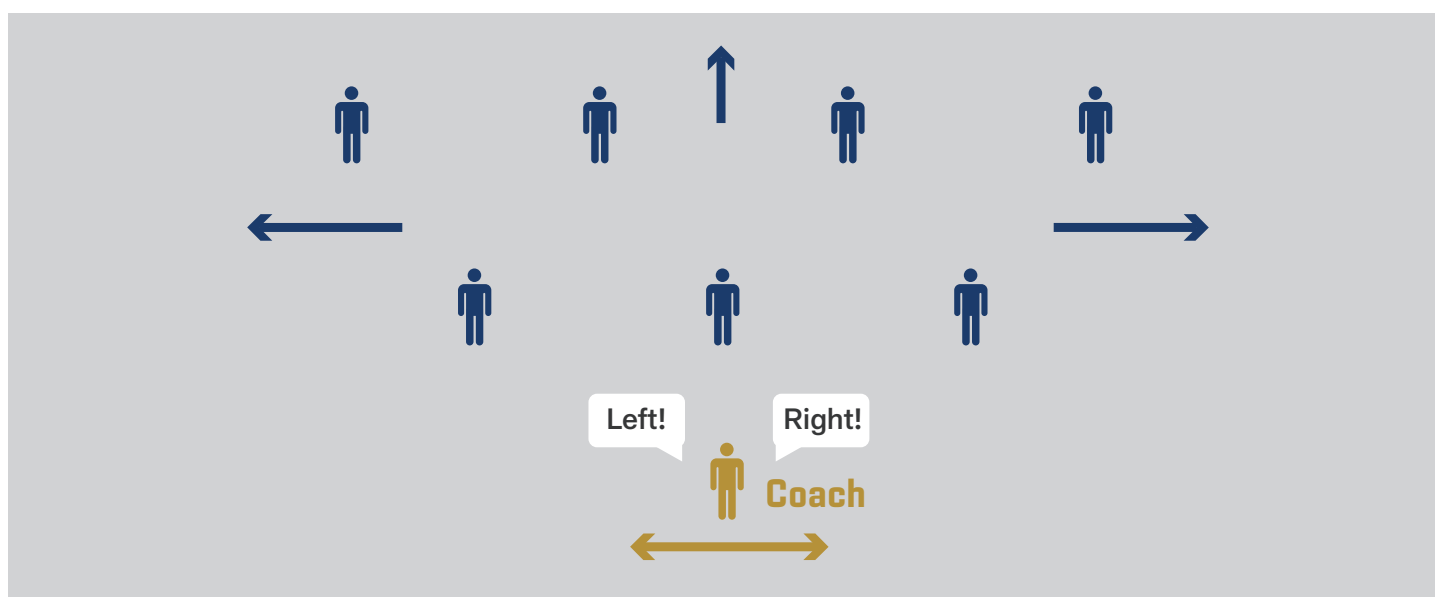
- Add multiple sharks.
- Increase or decrease the size of the space used.

DEFENSE

SWARM DRILL

Skill Developed: Flag pulling and getting your defense programmed to swarm the flag

- Set up your players in two or three rows (depending on how many players you have) all facing in the direction of the coach. There should be 5 to 8 feet between each player.
- The coach holds a football. When the coach points the football to the left, the players shuffle to the left. When the coach points the football to the right, the players move to the right.
- When the coach reaches their arm back to pass the ball, the players shuffle back.
- When the coach yells "Swarm!", the players must swarm the coach as if to make a tackle.



TEACHING POINTS

Shuffle

- Feet should be 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.

DEFENSE

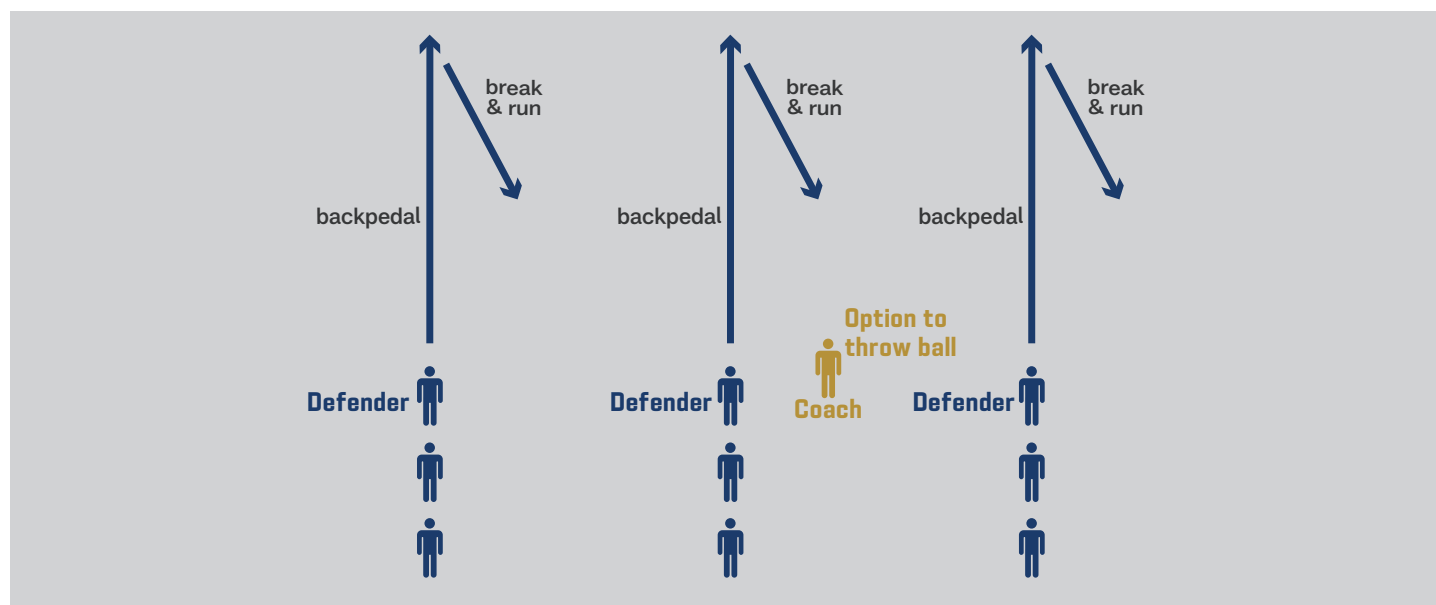
BACKPEDAL & BREAK

Skill Developed: Backpedal, breaking on the ball carrier and intercepting the ball

- Players backpedal in a straight line.
- On the coaches' command players break forward as if to make a tackle.
- A ball can also be thrown into the drill to simulate an interception.
- Dropped balls should be picked up and run back to the quarter back.

TEACHING POINTS

- Feet staggered with one in front of the other. Weight on the balls of the feet.
- When in a backpedal push off the front foot and move backwards with feet 'skimming' the floor.
- Bend at the hips and knees. Maintain a straight back with chest up and eyes up.
- Maintain a low centre of gravity with weight slightly forwards keeping under control.

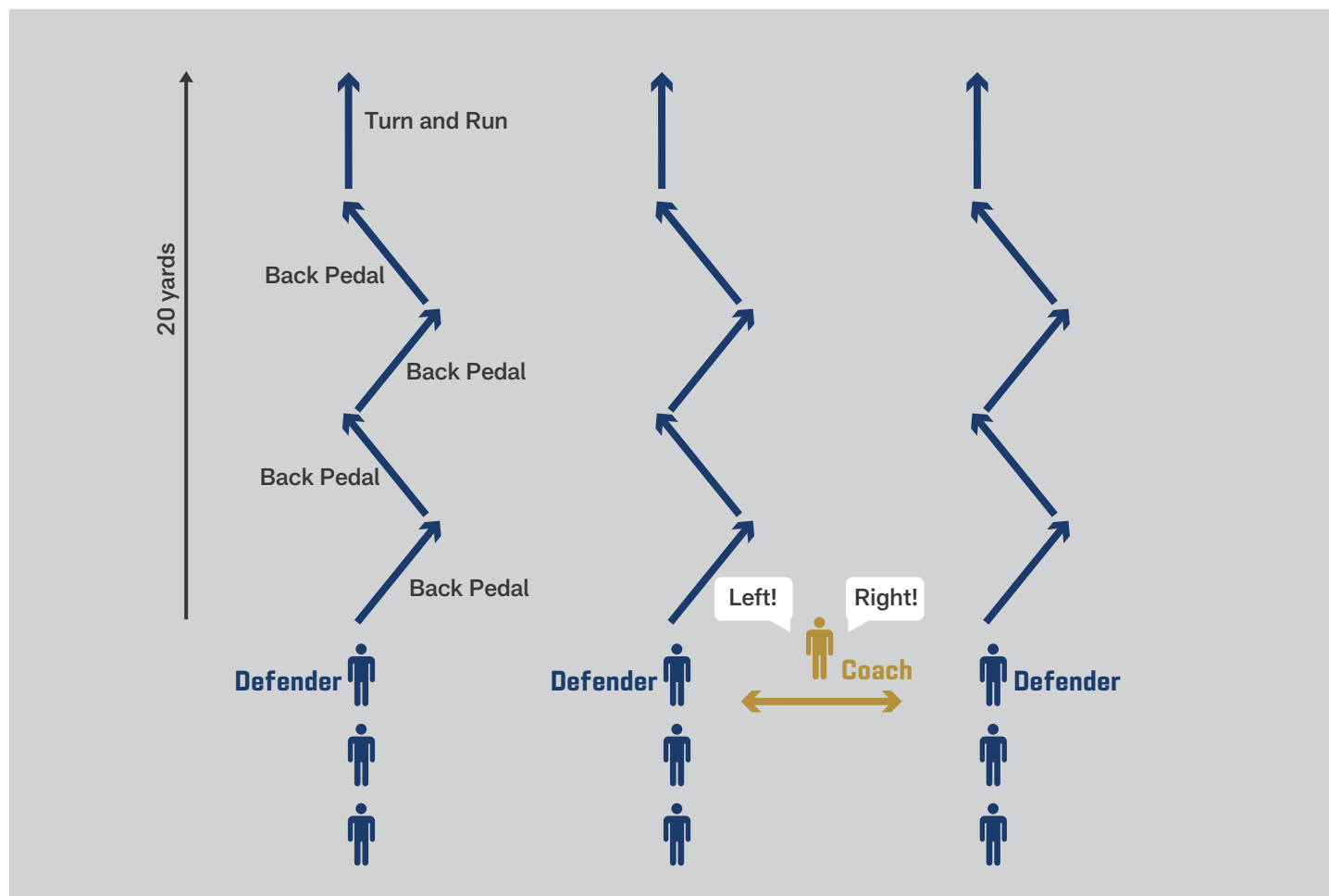


DEFENSE

BACKPEDAL & WEAVE

Skill Developed: Back pedalling, changing direction and Intercepting the ball

- The coach will give alternating directions left and right by pointing the ball in that direction and participants back pedal in the given direction.
- On the coaches command they turn and run through.
- A ball can also be thrown into the drill to simulate an interception.



TEACHING POINTS

- Feet staggered with one in front of the other. Weight on the balls of the feet.
- When in a backpedal push off the front foot and move backwards with feet 'skimming' the floor.
- Bend at the hips and knees. Maintain a straight back with chest up and eyes up.
- Maintain a low centre of gravity with weight slightly forwards keeping under control.

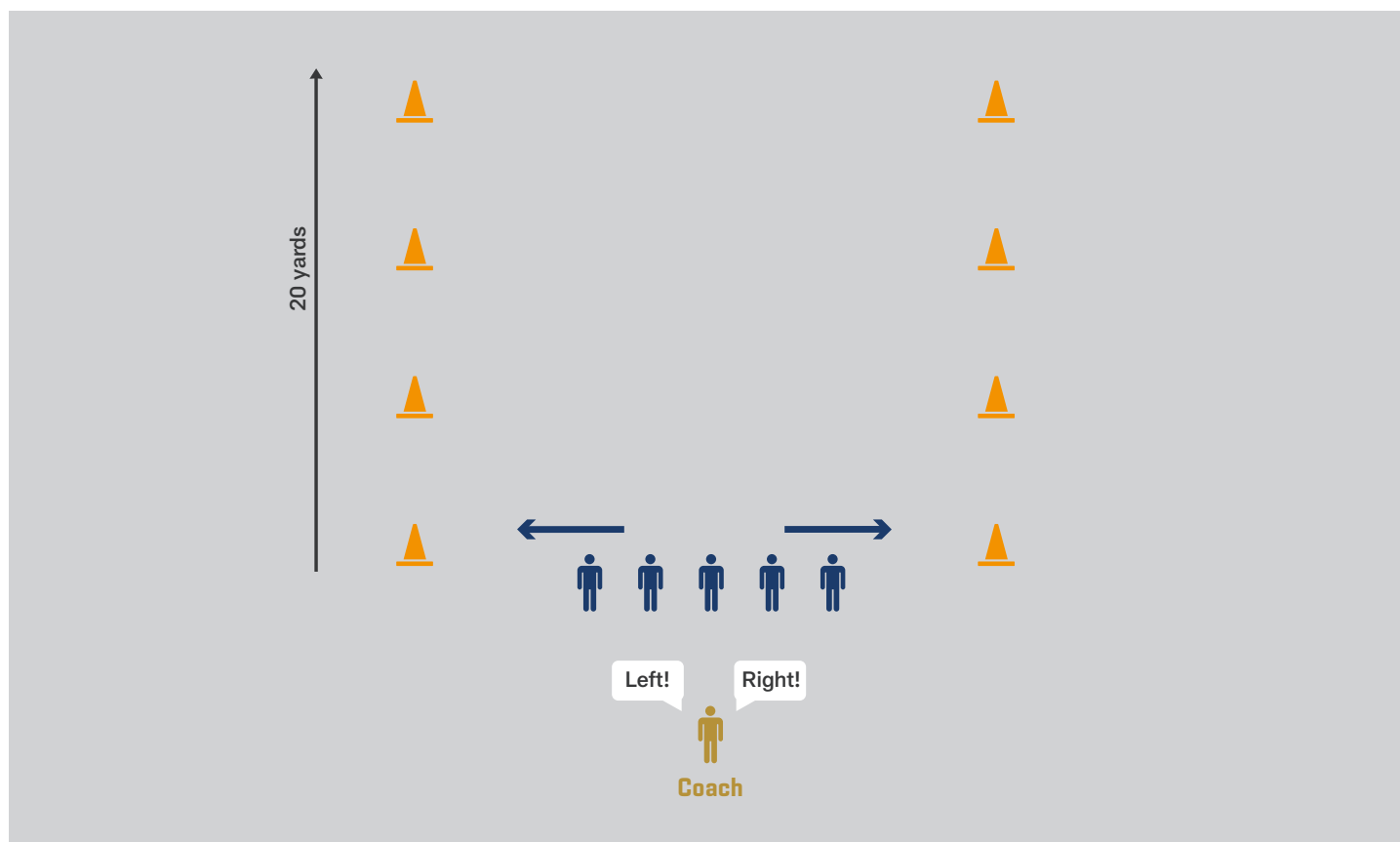


DEFENSE

SHUFFLE & PURSUIT

Skill Developed: Fundamental footwork and pursuit

- This drill mimics sprinting to the ball carrier as fast as possible in order to make a tackle.
- The coach will give directions left and right by pointing the ball in that direction and participants will shuffle in the given direction.
- On the coaches command left or right the participants will turn and run to one of the cones on that side.
- There are only enough cones for 4 of the 5 participants so participants must race to avoid being the last player without a cone.



TEACHING POINTS

Shuffle

- Feet should be 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.



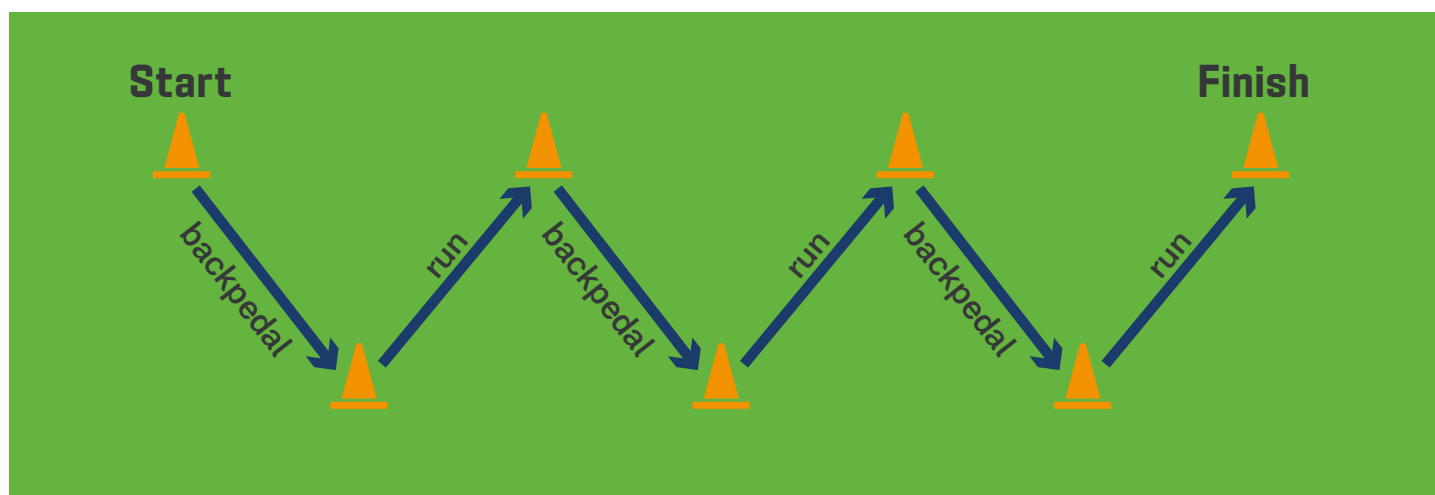
DEFENSE

W DRILL

Skill Developed: Backpedal and defensive footwork

This drill develops the movements defensive players will need when transitioning from a backpedal when they are in coverage, to coming forward as fast as possible, to either intercept the ball or make a tackle.

- 7 or more cones can be set up 5 yards apart in a zig zag or sequence.
- The player starts on the first cone and backpedals at an angle until they reach the second cone behind them.
- Once they reach the second cone, they should adjust their angle and sprint forwards to the third cone in the sequence.
- Once they reach the third cone, they should transition back into a backpedal.
- Rotate students one at a time through the drill.



TEACHING POINTS

- Maintain a lower centre of gravity when changing direction.

Backpedal:

- Feet staggered with one in front of the other. Weight on the balls of the feet.
- When in a backpedal push off the front foot and move backwards with feet 'skimming' the floor.
- Gentle bend at the hips and knees. Maintain a straight back with chest up and eyes up.
- Maintain a low centre of gravity with weight slightly forwards keeping under control.

ONLINE:

WATCH: AGILITY
MOVEMENTS



AGILITY MOVEMENTS

RUN SHUFFLE RUN

Skill Developed: Shuffle and defensive footwork

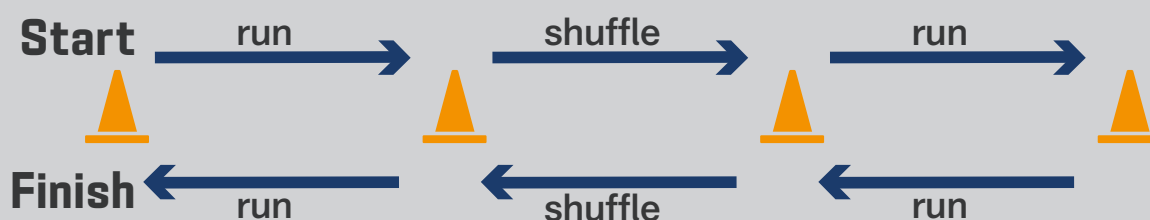
This drill develops the technique of transitioning between running and coming under control into a shuffle. This is key movement when pursuing an offensive player.

- Set up 4 cones in a line 5 yards apart.
- Starting at the first cone, the players will alternate between a run and a shuffle changing every time they reach the next cone in the sequence.
- The player then repeats the process going back to the cone they started at.

TEACHING POINTS

Shuffle:

- Feet shoulder 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.



AGILITY MOVEMENTS

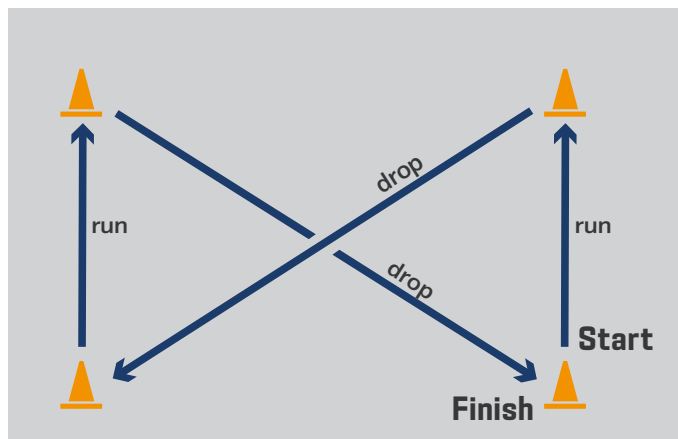
X DRILL

Skill Developed:

Defensive footwork and changing direction

This drill aims to develop change of direction and reaction times.

- Align 4 cones in a square, 5 yards apart.
- The player will run from cone 1 to cone 2.
- At cone 2 they turn their hips and drop backwards to cone 3.
- At cone 3 they run to cone 4 and then drop back to the start.



TEACHING POINTS

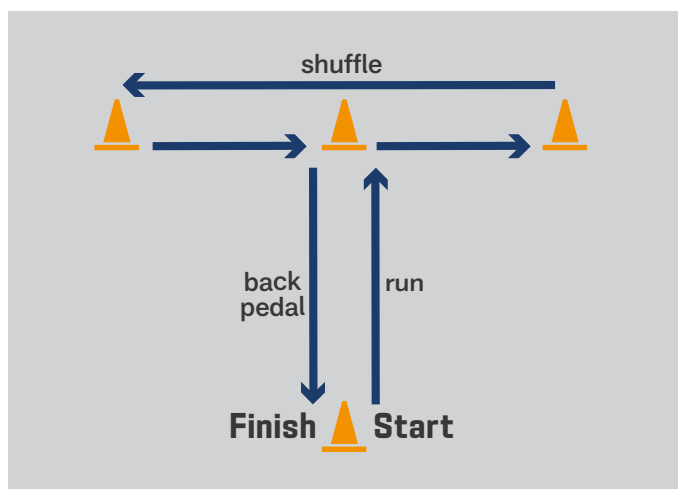
- Turn hips to run backwards at a 45-degree angle.
- Maintain a straight back with chest and eyes looking forwards.
- Keep a low centre of gravity and keep under control.

T - TEST

Skill Developed: Shuffle, defensive footwork and changing direction

This drill aims to develop key defensive footwork, changing direction and coming under control.

- Set up 4 cones in a T shape, 5 yards apart.
- From the starting cone, the player runs to Cone 2, shuffles to Cone 3 and changes direction to shuffle to Cone 4. Changing direction again the player will shuffle back to cone 2, and then backpedals to the start cone to finish.



TEACHING POINTS

Shuffle:

- Feet shoulder 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.

Backpedal:

- Feet staggered with one in front of the other. Weight on the balls of the feet.
- When in a backpedal push off the front foot and move backwards with feet 'skimming' the floor.
- Gentle bend at the hips and knees. Maintain a straight back with chest up and eyes up.
- Maintain a low centre of gravity with weight slightly forwards keeping under control.





THANK YOU