Flag Football Drills

Run Around the Cones

This drill is designed to teach the players how to run comfortably with a football

The Coach will set up a cone approximately 15 feet from the players. Each player will take turns running to the cone, around the cone, and back in line. After each player has done this once, they will try again while holding a football.

Team Hand-Off

This drill is designed to teach players how to pass the football to each other

The team will be divided into 2 single-file lines facing each other, approximately 10 feet apart. One side will start with the football. The player holding the football will run to the other line and hand the football off to the first player in line, then get in the back of the line. The player who received the football will then run to the other line and repeat the process, until everyone has had a chance to run with the football.

Sharks and Minnows

This drill is designed to introduce players to the flags and how to pull them correctly

Players will be lined up across the field, all wearing their flags. These are the minnows. Two players will be in the center of the field, the sharks. The objective of the game is for the sharks to grab the flags off the minnows before they get across the field. Once a flag has been pulled, that minnow becomes a shark. The game is played until there are no more minnows left.

Pass and Catch

This drill is designed to teach players how to pass and catch the football efficiently

Players will pair up 5 feet apart with one football each. They will take turns throwing the football to each other. Once they are comfortable after a few passes, they will take a step back and pass the ball. At this point, if the ball is dropped, both players must sit down. If they catch the ball, then they each take another step back and continue. The game is played until there is only one pair left standing.