



FLAG FOOTBALL CAMP (AGES 4-11)

ACTIVITY REFERENCE GUIDE



Catching Drills

Purpose: How to catch a Football

Equipment: Colored Spots, Football, Foam Footballs for younger kids.

Set Up: Put down a standing spot for each player



Execution:

1. Teach the proper Catching Form for a ball that is Over your Waste – **Thumbs together** – Reach out for the ball and catch it with your hands. *Don't trap it against your body....*
2. Go down the line and have the kids practice catching the ball above the waste. Coach does the throwing and adjust his throwing distance/speed based on the received (BE SMART!). For younger kids, I recommend a rugby pass.
3. Once everyone can comfortable catch an above the waste pass move on the below the waste.
4. When the ball comes to you below the waist – **PINKIES TOGETHER.**
5. Go down the line with below the waist catches as needed
6. Teach over the shoulder passes – **PINKIES TOGETHER BASKET CATCH**
7. Go down the line with over the should catches as needed