



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

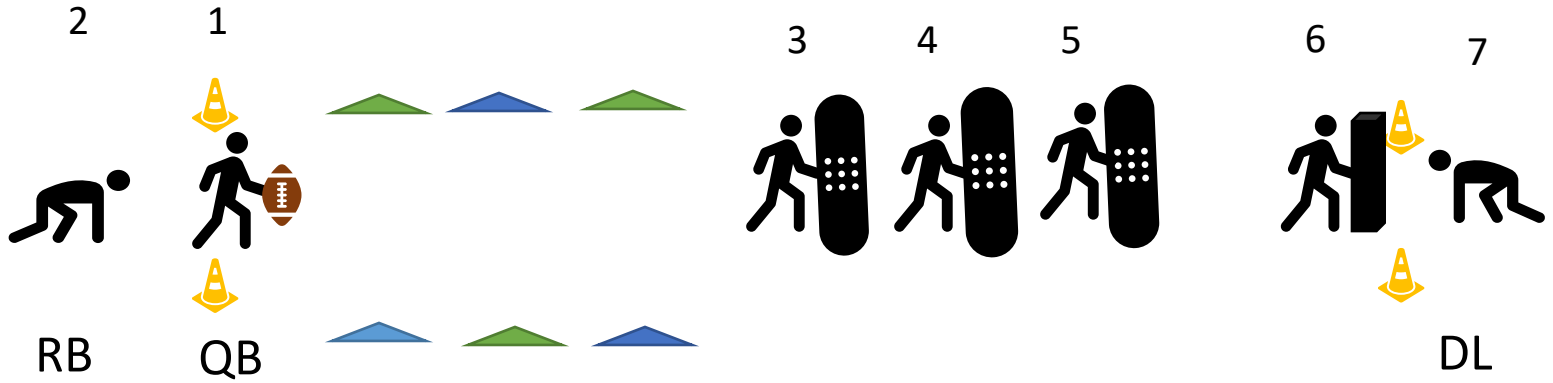


DL Flag Pull Drill

Purpose: How to shed a block and pull a flag

Equipment: Cones, Disks, Football, Blocking Pad, Tackling Dummies (x3)

Set Up: : Set-up 2 cone gates approx. 10 feet apart



Execution:

1. Assign all the players to line-up at one of the 7 positions listed above. If you have more than 7 players, the rest line-up in the QB Line
2. Drill starts when the QB says HIKE!
3. ONE HIKE:
 - a. QB (1) – Hands the ball to the RB and says Blue or Green
 - b. RB (2)– Takes the hand-off and then touches all 3 disk cones of the color the QB called out. After touching all 3 disks the RB tries to run through the cones on the opposite side.
 - c. Holder (3) – Holds the bag on the side and allows the DL to do a Bull Rush
 - d. Holder (4) – Holds the bag on the side and allows the DL to do a Swim Move
 - e. Holder (5) – Holds the bag on the side and allows the DL to do a Swim Move
 - f. Holder (6) – Holds the bag directly in front of the DL. Give the DL some resistance but allow the DL to pass
 - g. DL (7) – Performs a pass rush move (Swim, Rip, Hand Swipe, Chop Club, Spin), performs a Swim, Swim, Bull Rush on the tackling dummies, then pulls the RB's Flag.
4. For the rotation, all players go UP one number. 7 goes to 1.
5. Continue to reinforce proper form for shedding a block, pulling a Flgt, and Pass Rush Moves.
 - a. Flag Pulling:
 - i. Always need to attempt to pull a flag with 2-hands. Doubles your chances.
 - ii. From the front, 2-hands directed to one flag
 - iii. From the side/back. 1 hand to the side and 1 hand to the back
 - iv. Commit to the flag pull. Leave your feet when necessary
6. Recap