



FLAG FOOTBALL CAMP (AGES 6-14)

ACTIVITY REFERENCE GUIDE

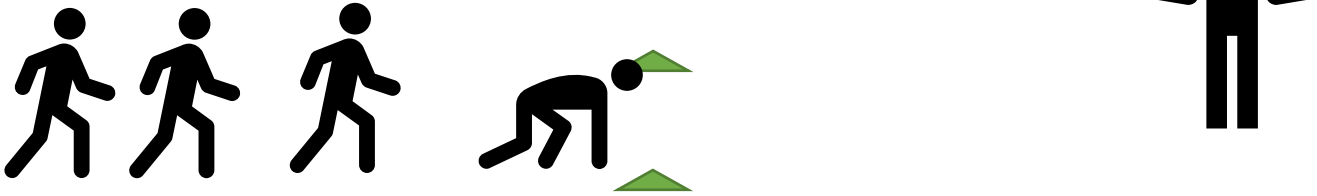


DL Tennis Ball Drill

Purpose: DL Get Off

Equipment: Tennis Ball, Disks

Set Up: : Set-up a Disk Gate as shown below



Execution:

- Have players line-up behind the Green Disk Cone Gate. The first person in line gets in a 3-point stance.
- Coach holds the Tennis Ball high over their head. On whistle the coach drops the ball.
- The DL works on their get-off (low and fast) and tries to catch the Tennis Ball after just 1-bounce.
- Continue until all players have a turn.
- Coach then scoots back and has all the players go through again.
- Continue as time permits.