



FLAG FOOTBALL CAMP (AGES 8-14)

ACTIVITY REFERENCE GUIDE

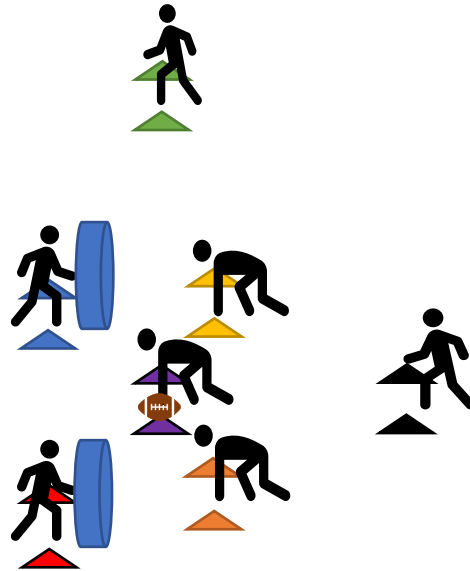


Offensive Line Pass Rush Drill

Purpose: Offensive Pass Rush

Equipment: 2 Football Pads, Footballs, Cone Disks

Set Up: : Set-up as shown below



Execution:

1. Have each players start in a gate:
 - a. Blue – LE
 - b. Red – RE
 - c. Green – X
 - d. Yellow – RT
 - e. Purple – C
 - f. Orange – LT
 - g. Black – QB
2. On hike the Center snaps the ball to the QB
3. X Receiver runs the route assigned to them by the coach.
4. LE & RE do a pass rush at 50%.
5. RT & LT work on pass blocking and forming a pocket
6. The QB Steps up into the pocket and delivers a pass to X
7. All players rotate:
 - a. Blue to Red.
 - b. Red to Orange
 - c. Orange to Purple
 - d. Purple to Yellow
 - e. Yellow to Black
 - f. Black to Green
 - g. Green to Blue
8. Once all players have gone through, have LE & RE increase their pass rush to 75%.
9. Reinforce Pass blocking footwork and hand movements.
10. Continue as time permits.
11. Recap Pass Blocking