



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

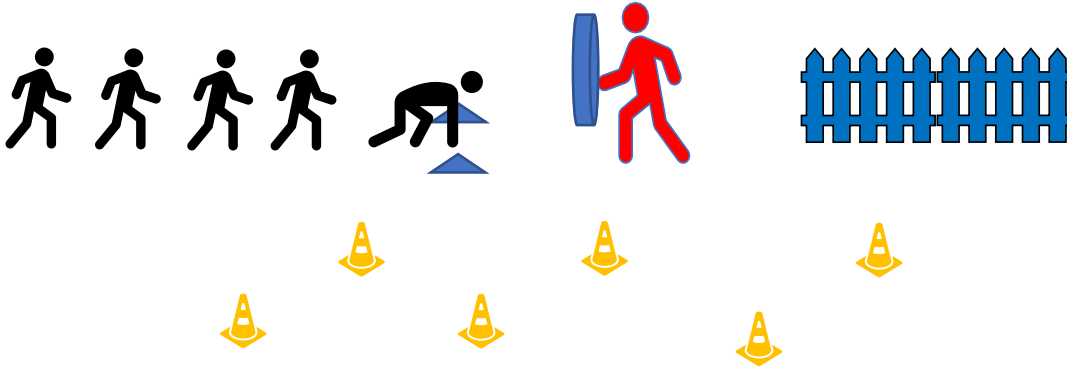


Pass Rush Drill with Agility Ladder

Purpose: Pass Rush Moves and Agility

Equipment: Football, Agility Ladder, Cones, Disks, Football Pads

Set Up: : Set-up as shown below



Execution:

1. Teach the kids one of the Pass Rush Moves listed below
2. Teach the kids one of the Footwork Agility Exercises listed below.
3. Have players line-up between the starting gate disks.
4. Have the first player in line get in a defense 3 or 4 point stance.
5. On coach's whistle, or HUT, the player explodes into the bag and does the pass rush drill you are working on.
6. The player then does the Footwork exercise down the Agility Ladder
7. On their way back to the back of the line, they are going to spring down the Zig Zag Cone line, staying low and tapping the top of each cone, alternating Right Hand/Left Hand
8. Once all the kids have gone through switch to a Jumping Agility Exercise and continue.

Pass Rush Moves

- Bull Rush
- Punch and Rip
- Spin Move
- Swim Move

Agility Exercises:

- Footwork:
 - 2-in/1-out
 - 1-in/2-out
 - Zebra Zags
 - Artic Fox Feet
 - Crab Crossovers
 - Quicksand (footspeed edition)
- Jumping:
 - Hip Swivels
 - Cheetah Splits
 - Reindeer Hops
 - Seahorse Skips
 - Quicksand (Jumping Edition)
 - Ski Jumps