



# FLAG FOOTBALL CAMP (AGES 7-14)

## ACTIVITY REFERENCE GUIDE

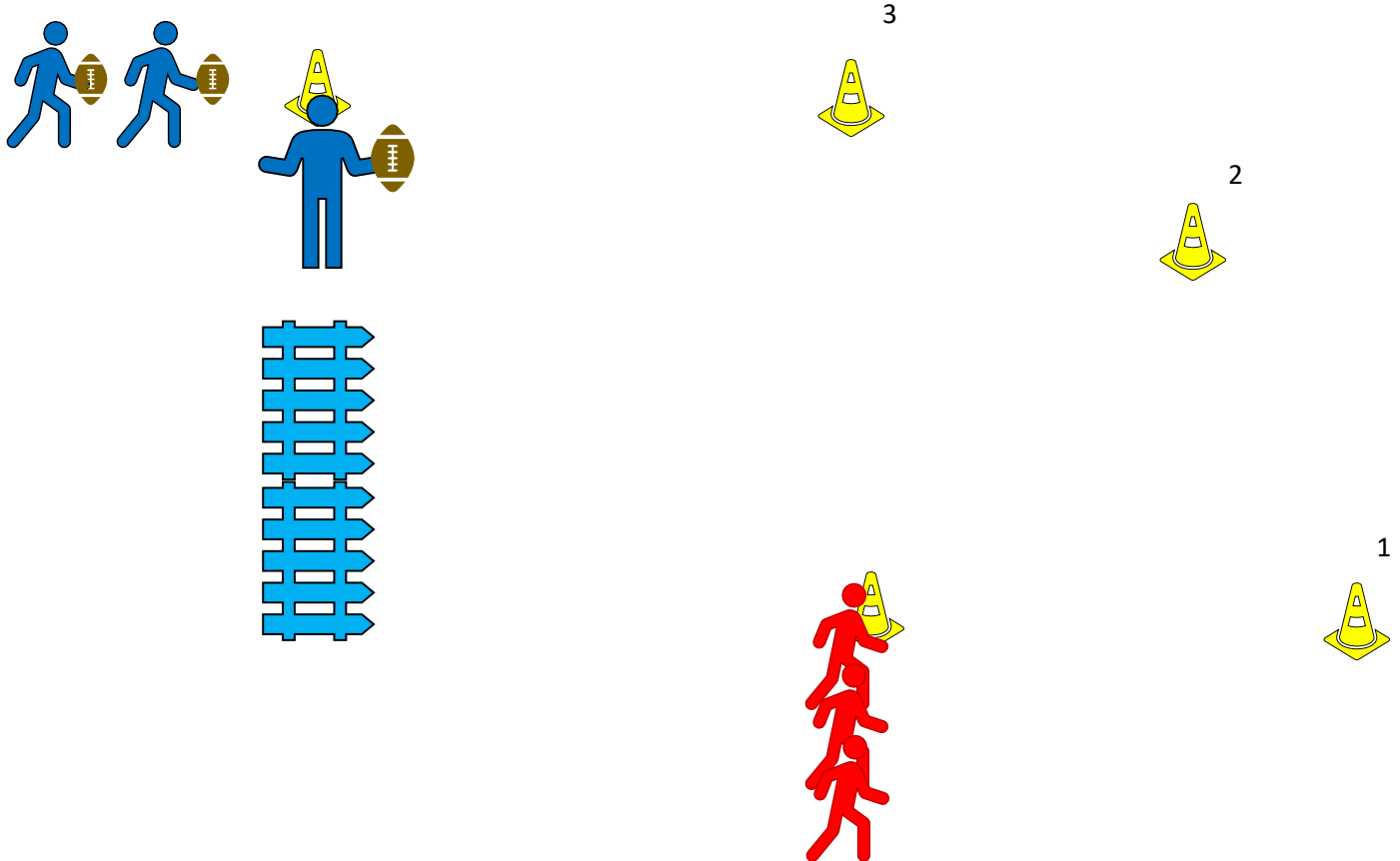


### QB & WR Football Sharpening Drill

Purpose: Footwork, Route Running, QB Drop back

Equipment: Cones, Agility Ladder, Footballs

Set Up: As shown below:



#### Execution:

- Have half the kids line-up in the WR Line (RED), and half the kids line-up in the QB Line (Blue). Give all the QB's a ball
- Coach is going to shout out a play-action direction, and a WR Route, then run HUT!
- **If coach calls Play Action Left:**
  - QB fakes the hand-off to the left, tucks the ball, and does the W Drill (Zebra Zags) all the way down the left side of the Ladder. He/she then does a 3-step drop and throws to the WR
- **If coach calls Play Action Right:**
  - QB fakes the hand-off to the right, tucks the ball, and does the W Drill (Zebra Zags) all the way down the right side of the Ladder. He/she then does a 3-step drop and throws to the WR
- While this is going on, the WR is going to work on their breakdown/change of direction by running back and forth between the starting cone and cones 1, 2 and 3.
  - WR sprint to Cone 1, does a quickstep breakdown, and sprints back to the starting cone.
  - WR then sprint to cone 2, quickstep breakdown, and sprints back to starting cone
  - WR then sprints to Cone 3
- When WR gets to Cone 3, they are going to break into whatever route was called by the Coach at the start of the play:
  - Hitch/Curl – Turn at Cone 3 ready to catch the ball
  - In/Dig – 90 degree angle towards the QB
  - Out – 90 degree angle away from the QB
  - Post – 45 degree angle towards the QB
  - Flag – 45 degree away from the QB



# FLAG FOOTBALL CAMP (AGES 7-14)

## ACTIVITY REFERENCE GUIDE



- Go/Seam – Continue past Cone 3 for the over the shoulder deep pass.
- After the catch, the WR holds onto the ball and goes to the back of the QB Line
- The QB goes to the back of the WR line