



FLAG FOOTBALL CAMP (AGES 6-14)

ACTIVITY REFERENCE GUIDE



RB Box Drill

Purpose: How to receive a hand-off

Equipment: Disks, 2 Footballs

Set Up: : Set-up 2 cone gates approx. 5 feet apart



Execution:

- Teach the kids how to give and receive a proper hand-off
- Split the kids into 4 groups and have each group line-up behind a different disk cone.
- Give the football to 2 lines (perpendicular from each other – Yellow and Orange in example above)
- On the coaches whistle, Green and Yellow do the hand-off drill in one another at the same time that Orange and Blue do the hand-off drill with one another. (see Hand-Off Drill Activity Reference Guide).
- Progress – Now have Yellow and Blue do the Hand-Off Drill with one another, at the same time that Orange and Green do the Hand-Off Drill with one another. This means the kids are now going to have to run through traffic and make an X pattern
- Progress – Same thing but now instead of handing the ball off, the QB is going to do a POP-Pass and leave the ball in the air for the RB.
- Progress – Now you are going to work on a pitch. Give the ball to the first person in the Blue and Yellow Line. On the coaches whistle, the players are both going to run to the middle, pass each other on the right, and pitch the ball to the left “RUN LEFT, PITCH RIGHT”. Yellow pitches to Orange. Blue pitches to Green. Players get in back of the opposite them (yellow to blue)
- Progress. Same drill but now the players are going to RUN RIGHT, PITCH LEFT