



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

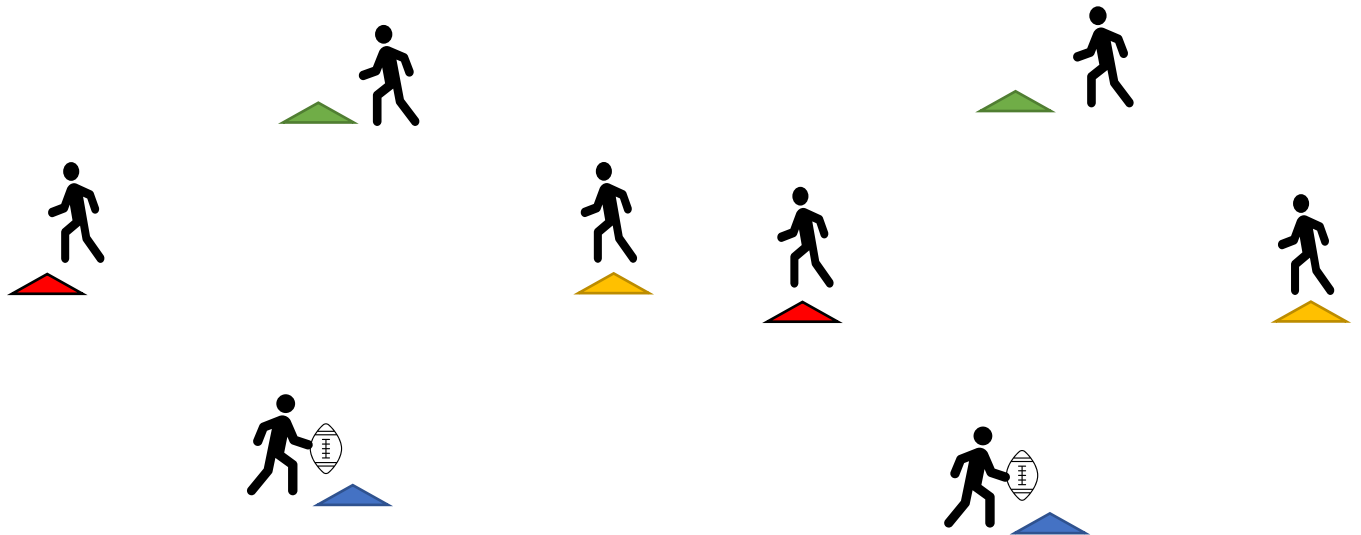


Read, React, Rollout, Run

Purpose: QB Reads and Football

Equipment: Football, Disks

Set Up: : Set-up 4 Disks in a Diamond formation as shown below



Execution:

- Break players into groups of 3. Assign one player to stand next to each disk (Blue, Yellow, and Green)
- Give the player on BLUE the Football. They are the Quarterback.
- The player on Red is the Read
- The player on Green is the React
- The Player on Yellow is the Rollout
- Coach yells "HUT" and the QB does a 3-step drop
- While the QB is doing the 3-step drop, the coach yells "Read", "React", "Rollout" or "Run"
- If the coach yells "READ"
 - As soon as the QB's back foot hits the ground on the 3rd step, the QB plants, shift the weight to the front foot, drives the hip towards the target, and throws the ball to the WR on Red
- If the coach yells "REACT"
 - The coach does a 3-step drop and pump fake to the READ, then does a 3-step gather forward (left, right, left – for right-handed throwers), and throws the ball to the WR on Green
- If the coach yells "ROLLOUT"
 - The coach does a 3-step drop and pump fake to the Read, does a 3-step gather and pump fake to the React, rolls out to the right and throws the ball to the WR on Yellow on the run.
- If the coach yells "RUN"
 - The coach does a 3-step drop and pump fake to the Read, does a 3-step gather and pump fake to the React, rolls out to the right, then tucks the ball and runs
- Do 4 rounds with each QB (READ, REACT, ROLLOUT, RUN), then switch. QB goes to READ, Read goes to REACT, REACT goes to ROLLOUT, ROLLOUT goes to QB.