



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

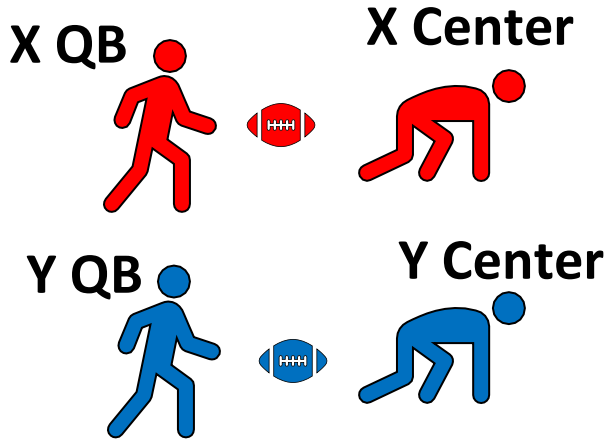
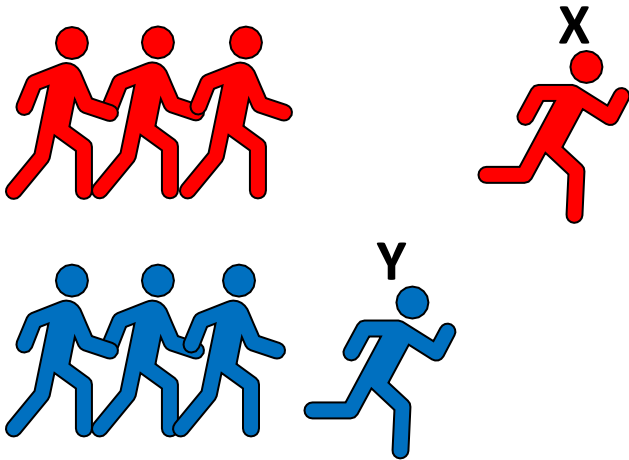


Route Combination Tree

Purpose: Route Running, Catching

Equipment: Disks, Spots, Footballs

Set Up: As shown below



Execution:

- Assign 2 Centers and 2 QB's to start the drill. One C/QB Combo will be for the X Line. The other pairing for the Y Line
- The rest of the players line-up behind the X or Y Line
- Coach assigns a Route Combination (See below)
- Coach says Hike and both Centers Snap the ball. The first X & Y in each line run their route. The X QB throws it to the X Receiver and the Y QB throws it to the Y Receiver.
- Players catch the ball, tuck the ball away, and take a couple steps up field.
- The Receivers give the ball can to the Center and get in the back of the opposite line (X to Y Line, and vice versa)
- After WR's have had a chance to run the route from both lines, assign new Centers and QB's and change the route combination
- Continue as time permits. Reinforce Routes, Catching, Throwing, Etc.
- Route Combination Index:
 - Squirrel: Double Slants
 - Y: 2-Yard Slant
 - X 5-Yard Slant
 - Bear: Flood



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- X – Drag
 - Y – Dig
- Wolf: Double Dig
 - X – 7 Yard Dig
 - Y – 3 Yard Dig
- Rhino: Texas
 - X – 2-Yard Angle
 - Y – 7-Yard Post
- Monkey: Stick
 - X – Curl
 - Y – Flat
- Weasel: Weasel
 - X – Go
 - Y – Weasel
- Mustang: Wheel
 - X – Post
 - Y – Wheel
- Hyena: Post Corner
 - X – Post
 - Y – Flag
- Banana Slug: Sluggo
 - X – Slant and Go
 - Y – Slant
- Lion: Corner
 - X – Corner Route
 - Y – Slant Route

