



FLAG FOOTBALL T&T (AGES 7-12)

ACTIVITY REFERENCE GUIDE

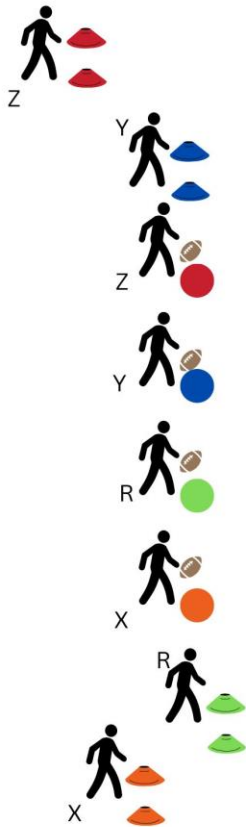


4 QB Drill

Purpose: Route Running, Catching

Equipment: Disks/Spots, Footballs

Set Up: As shown below. Use colored Disk Gates to show the WR's where to stand, and spot to show where to QB's Stand



Execution:

- Assign 4 players to be QB and have each stand on a colored spot.
- Break the remaining players into 4 groups and have each group stand between a gate code to be WR. The first WR in each line is up first and starts between the gate. Make sure Y & X are on the line of scrimmage. Z & R off the line of scrimmage. Y should be in a 3-point stance
- Assign 2 route concepts. One for Y & Z and another for R & X. If the players have a wristband, you can also assign a play # that has a 4-wide formation.
- Coach does the cadence – down set Hut. All the players run their route. QB's throw the ball to their associated player
- WR run the ball back to the QB. WR's rotate up one position
 - X to R, R to Y, R to Z, Z to R
- Have each QB throw 2 passes from their spot then rotate.
 - X to R, R to Y, R to Z, Z to R



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- After the QB's have thrown from all 4-spots, pick 4 new QB's and repeat
- Continue as time permits. Reinforce Routes, Catching, Throwing, Etc.

- Route Combination Index:

- Double Slants
 - Z: 2-Yard Slant
 - X 5-Yard Slant
- Flood
 - Z - Drag
 - Y - Dig
- Double Dig
 - Z - 7 Yard Dig
 - Y - 3 Yard Dig
- Texas
 - Z - 2-Yard Angle
 - Y - 7-Yard Post
- Stick
 - Z - Curl
 - Y - Flat
- Weasel
 - Z - Go
 - Y - Weasel
- Wheel
 - Z - Post
 - Y - Wheel
- Post Corner
 - Z - Post
 - Y - Flag
- Sluggo
 - Z - Slant and Go
 - Y - Slant
- Corner
 - Z - Corner Route
 - Y - Slant Route

