



# FLAG FOOTBALL T&T (AGES 7-12)

## ACTIVITY REFERENCE GUIDE



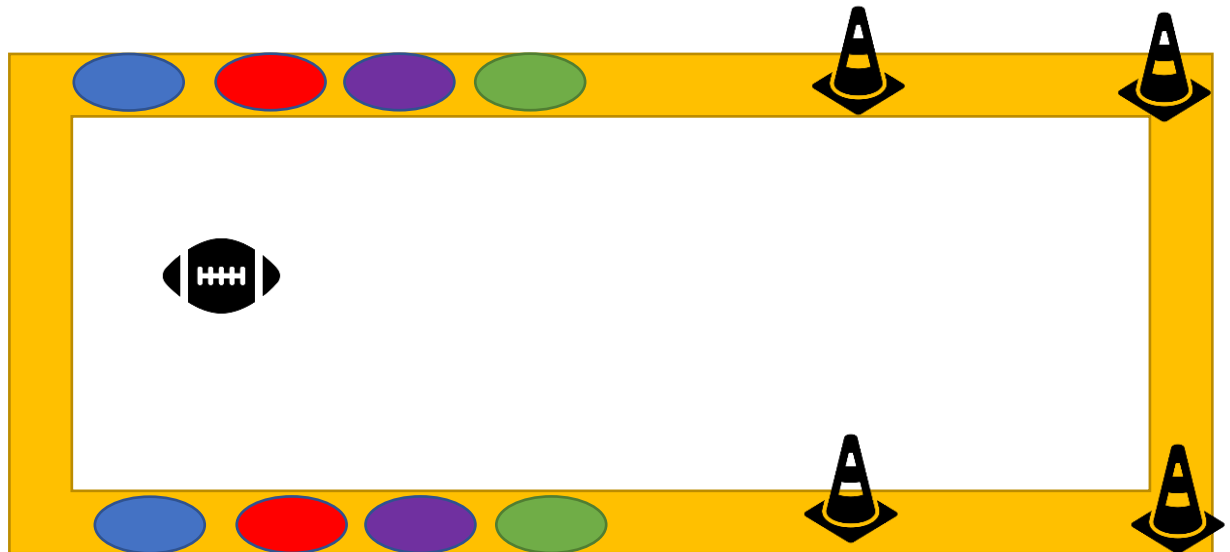
### Defensive Drills (Corner Back)

Purpose: Defense, Deflecting Passes, Footwork, Strategy

Equipment: Footballs, Flag Belts, Disks and Cones

Set Up:

- Set-up a line colored spots/disks on each sideline for players to stand on. Spots should match the same color on the opposite side of the field (red – red, blue – blue, etc).
- Have one team stand on one sideline and the other team stand on the other sideline. You want to make sure that you match players of similar size and ability on the same color (purple's = best players, red = worst). That way they are competing against players of similar ability. Of course, you will not tell the players that this is the case.
- Put down a cone/disk where the QB and WR will stand. Create an end zone approx.. 10 yards away.



Execution:

- Coach splits the players into their camp teams and assigns each team to one of the sidelines
- Coach has all of the players stand on their color and shout out what color they are standing on
- Coach assigns one team to offense and one team to defense.
- Coach calls a color and the player from each team comes out on the field on either offense or defense.
- The offensive player will be the WR and the defensive player will be the CB. The coach is the QB
- The coach will give the WR a route and then call hike.
- If the WR catches the ball and scores a touchdown the offense gets 1-point. If the WR doesn't catch the football the defense gets 1-point. If the WR catches the ball but doesn't score the touchdown it is a tie.
- Once all of the players have gone through, switch what team is on offense and defense.
- Once everyone has had a chance to play offense and defense, add a second WR & CB and continue.