



FLAG FOOTBALL T&T (AGES 7-12)

ACTIVITY REFERENCE GUIDE



Hand-Off Drill

Purpose: How to receive a hand-off

Equipment: Cones, Football

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



Execution:

1. Have half of the group line-up behind each cone gate so they are facing one another. Give the ball to **one** player who is at the front of one of the lines.
2. Person with the ball slowly runs to the other player and hands them the ball. After the ball is handed off the player who just handed off the ball goes to the back of the new line. The person who just received the ball runs back across the grid and does the same thing.
3. This continues back and forth. Once they get the hang of it have them start going faster and faster.