



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

## ACTIVITY REFERENCE GUIDE

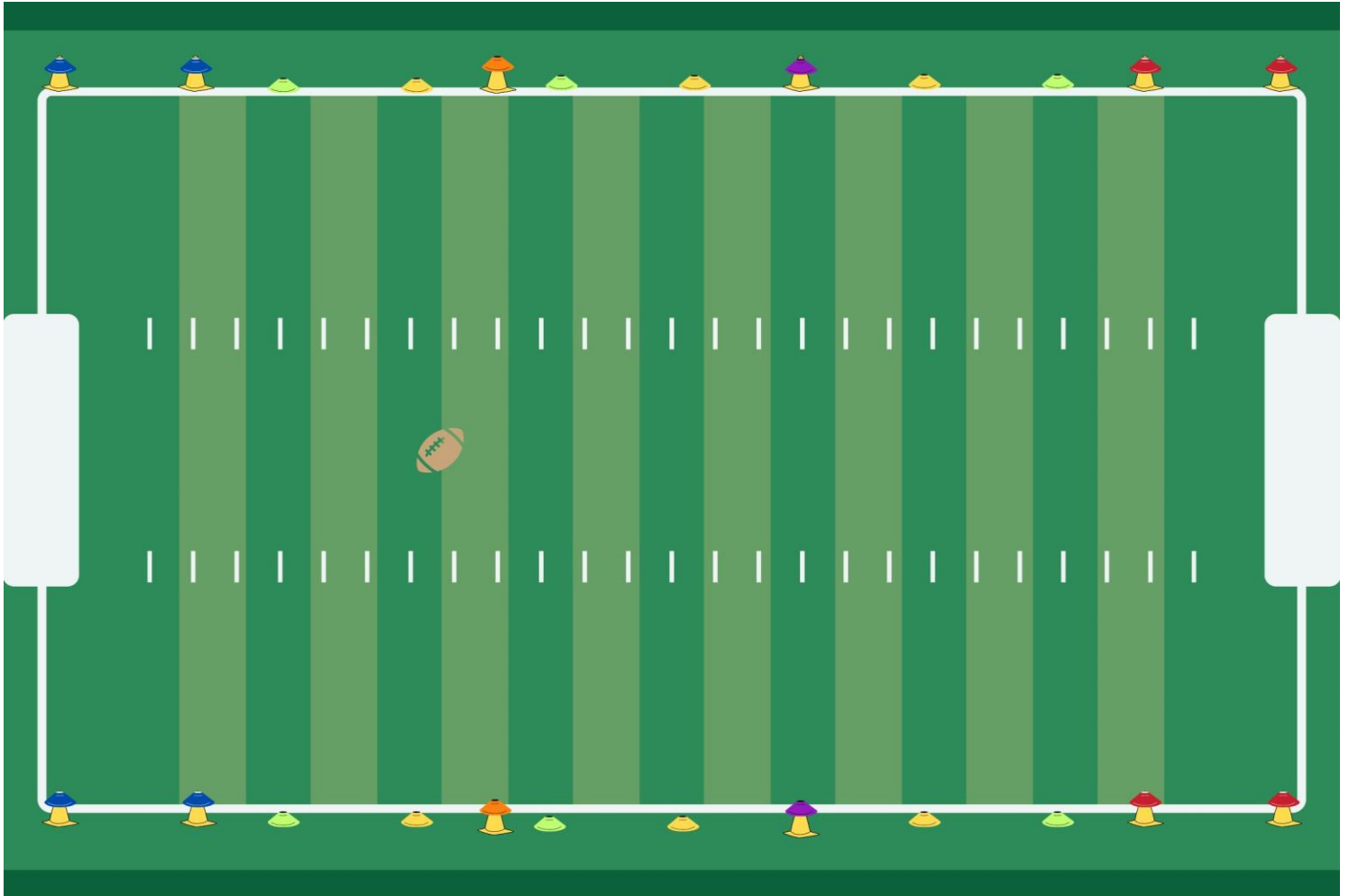


### Play Install

Purpose: Playbook, Strategy

Equipment: Footballs, Flag Belts

Set Up: 10-yards in on NFL Flag Field



### Offensive Play Install:

- Runs like a scrimmage, but the ball doesn't move with each play and a lot more coaching/reviews from the coaches.
- Head coach works with the offense. Keep it simple on the opposite side of the ball. The focus is offense.
- The defensive team is what we call the scout team. They need to go full speed to give the offense a realistic approach. Assign an assistant coach or player captain to call plays for the scout team. When possible, the scout team should be running the OTHER teams plays/formations.
- Coach calls the first play for the offense.
- Offense runs the play, full speed, against the defense.
- Coach steps in after play as needed and coaches' players on position specific execution. Walk through the play again if necessary. This is your chance to work with your team to get it right.
- Depending on the execution of the play coach says:
  - a. On the Ball: Line-up exactly the same way as you did on that last play so we can review/fix it
  - b. Run it back: Do the same play again
  - c. Huddle Up: Get in the huddle and get ready to receive the next play



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- Switch which team/group is on offense and defense and continue as time permits

### Defensive Play Install

- Same as offense but now the focus is on defense. Offense is what we would call the scout team! They need to go full speed to give the offense a realistic approach. Head coach should now be working with the defense
- Assistant coach or player captain calls plays for the scout team. When possible, the scout team should be running the OTHER teams plays/formations.
- Coach calls in the first play for the defense.
- Coach steps in after play as needed and coaches' players on position specific execution. Walk through the play again if necessary. This is your chance to work with your team to get it right.
- Depending on the execution of the play coach says:
  - On the Ball: Line-up exactly the same way as you did on that last play so we can review/fix it
  - Run it back: Do the same play again
  - Huddle Up: Get in the huddle and get ready to receive the next play
- Switch which team/group is on offense and defense and continue as time permits

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