



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

## ACTIVITY REFERENCE GUIDE

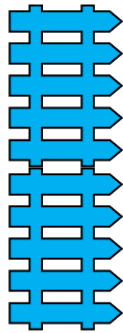
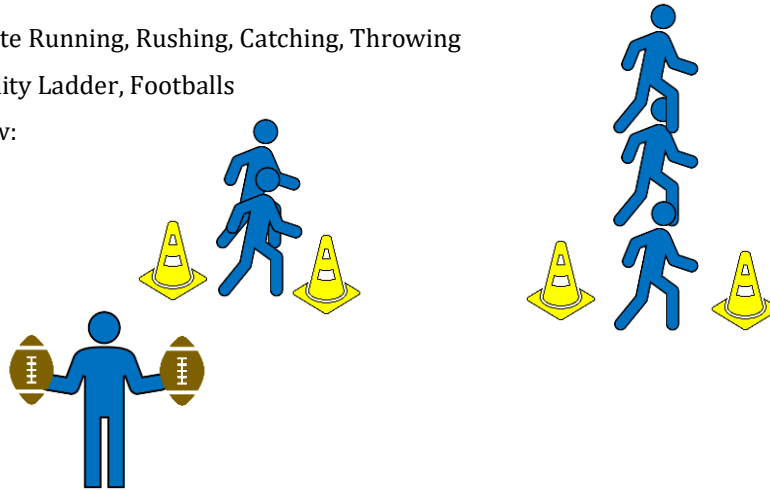


### QB 2-Ball Drill

Purpose: Hand-Off, Route Running, Rushing, Catching, Throwing

Equipment: Cones, Agility Ladder, Footballs

Set Up: As shown below:



#### Execution:

- Assign 1-player to be the QB and give that player 2-Footballs
- Have half the remaining players line-up in the WR Line, and the other half in the Running Back Line.
- QB calls out a Route (see below for options), and then calls down, set, hut
- On Hut:
  - WR – Runs the route that was called and catches the ball
  - RB – Takes the hand-off (right or left depending on where QB is standing), and does the correct footwork/agility drill down the ladder
  - QB – Hands off 1-ball to the RB, rolls out, and throws the 2<sup>nd</sup> ball to the WR
- The WR & RB return the ball to the QB and get in the back of the opposite line
- QB continues until all players have gone once through both lines. Then switch QB
- You can move the RB and/or WR line to practice taking hand-offs and running routes on the opposite side.
- Continue as time permits

Route Options: Go, Post, Flag, Slat, Corner, Dig, Out, Angle In, Angle Out, Sluggo, Post Corner, Hitch, Comeback, Hitch and Go, Out and Up



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

## **ACTIVITY REFERENCE GUIDE**

