



FLAG FOOTBALL T&T (AGES 7-12)

ACTIVITY REFERENCE GUIDE

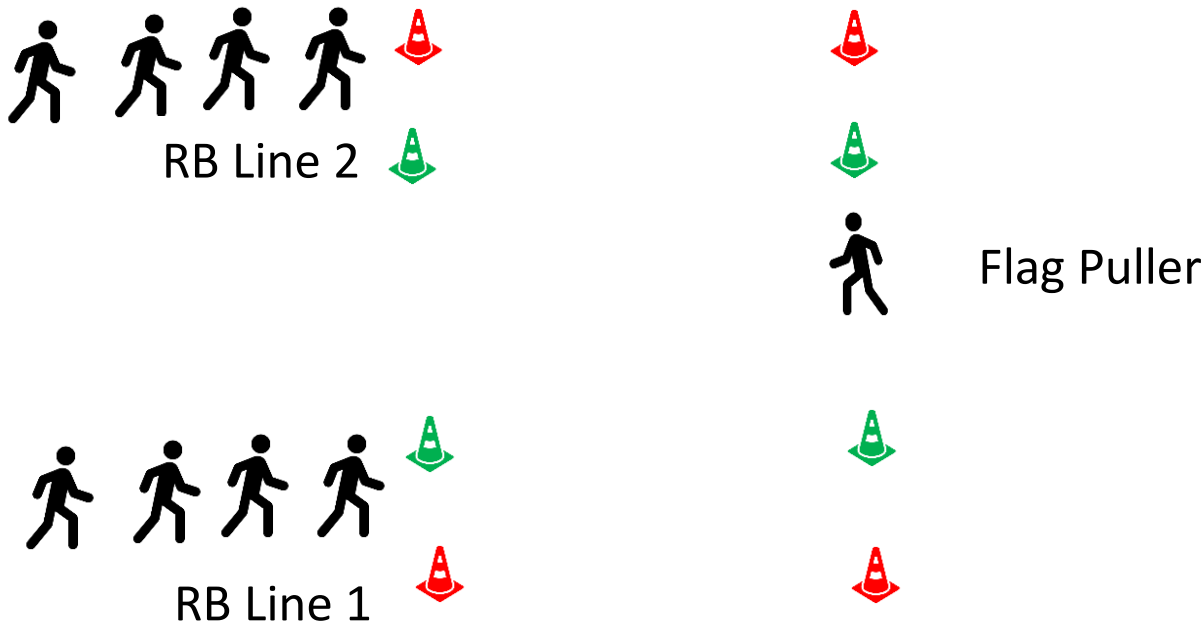


Rapid Fire Flag Pull Drill

Purpose: Flag Pulling

Equipment: Cones, Football, Blocking Pad

Set Up: Set-up 2 cone gates approx. 10 feet apart



INSIDE FLAG PULL Execution:

1. Split players into two teams and assign each team to an RB Line.
2. Choose 1 player to start as Flag Puller
3. Start with the Flag Puller pulling from the inside (Green – Easy)
4. On coaches whistle, the first player in Line 1 runs through the gate on the far end of their line
5. Flag Puller gets in correct position and pulls the inside Flag (Green Cone)
6. Coach tells the player in Line 2 when to go who proceeds through their gate
7. Flag Puller runs over and does another inside Flag Pull (Green Cone)
8. Flag Puller continues to run back and forth from line 1 to line 2 pulling inside Flags.
9. Once all players have had their Flags Pulles, assign a new player to be the Flag Puller
10. Continue until all players have had a chance to be the Flag Puller

OUSIDE FLAG PULL Execution:

- Same drill but now Flag Pullers need to get to the outside cone (RED) and do an OUTSIDE Flag pull.
- Continue to emphasize the importance of getting your back to the sideline when making a Flag Pull

Comments:

- This Drill is all about reps so make sure the rotations between Flag Puller's is quick!
- Coach needs to determine how much wait time between each runner, based on age and speed of defenders.