



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

## ACTIVITY REFERENCE GUIDE

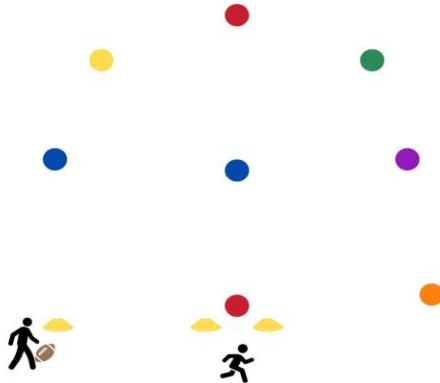


### Route Tree

Purpose: Route Running, Catching

Equipment: Disks, Spots, Footballs

Set Up: Route tree as shown to the right = >



### Execution:

- Each color disks represents a different route.
- Each spot represents where the receivers should break into their routes
- Players start between the cone gate
- Coach assigns a route and calls hike.
- The player runs the route and the coach throws them the ball.
- Players catch the ball, tuck the ball away, and take a couple steps up field.
- After the player goes around the drill and hands the ball back to the coach.
  - Orange = Flat
  - Red = Go
  - Yellow = Post
  - Green = Flag
  - Blue = Dig/Slant (depending on break point)
  - Purple = Out
  - Curl/Comeback = Not shown

