



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

## ACTIVITY REFERENCE GUIDE

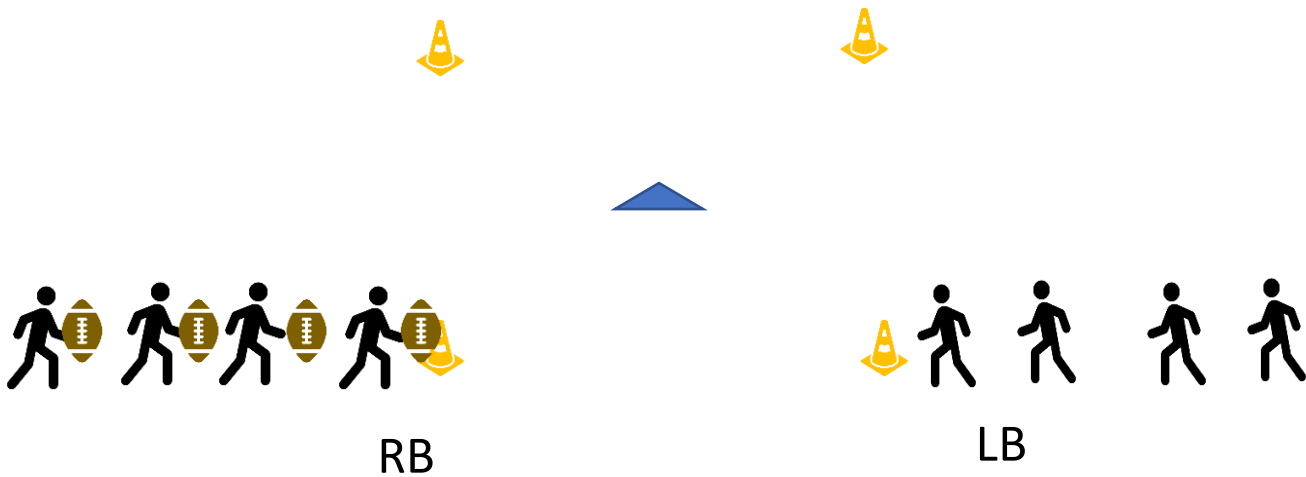


### Sweep Flag Pull Drill

Purpose: Taking the Sideline, Flag Pulling

Equipment: Cones, Disk, Flag Belts, Football

Set Up: : Use 4 cones to create a 10 x 10 field. Put a colored disk in the middle



#### Execution:

1. Start on one side of the grid. Split players in half and assign each to 1-cone.
2. Assign one side to be RB and the other LB
3. On coaches whistle, the first RB and LB in line go 1 v. 1.
4. The RB must pass the disk in the middle. At that point, they are free to cut back to try and score between the two cones on the LB side.
5. The LB must first, take away the sideline, then try to pull the flag.
6. You are teaching the LB's to get to the sideline first so they pull the flag with their BACK to the sideline.
7. Once everyone has gone through, switch the RB and LB line.
8. Once everyone has gone through again, move the cones to the opposite sideline and repeat.
9. This drill is all about reps so keep up the pace.

#### Variation:

- Team competition: The RB gets 1-point for scoring, 5-points if they score by taking the sideline.