



FLAG FOOTBALL CAMP (AGES 7-14)

ACTIVITY REFERENCE GUIDE

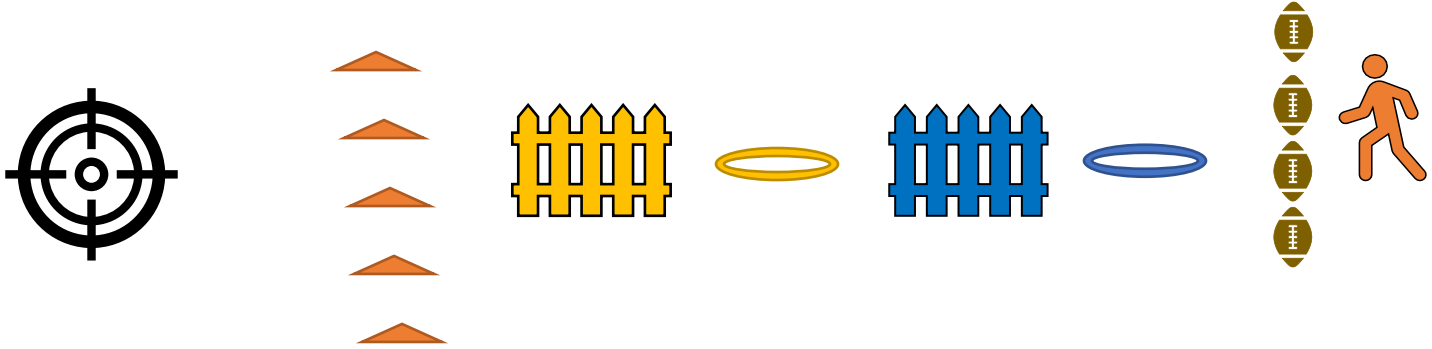


QB Agility Combine

Purpose: QB Footwork, WR Breakdown, Throwing, Catching

Equipment: Disk Cones, Football

Set Up: As shown below:



Execution:

- First player starts at the start of the gauntlet. All other players stand off to the side and wait for their turn
- On coaches whistle, the coach start his/her stopwatch and the QB starts
 - QB grabs Ball # 1
 - Blue Agility Hoop = Out/In Ring Steps
 - Right Out, Left Out, Right In, Left In (2 reps)
 - Blue Agility Ladder = Out/In Ladder Steps
 - Right Out, Left Out, Right In, Left In – move up to next square on the ladder
 - Continue all the way down the ladder
 - Yellow Agility Hoop = Icky Shuffle (2-in/1-out)
 - Right Left In, Right Out, Left Right In, Left Out (2 reps)
 - Yellow Agility Ladder = Icky Shuffle (2-in/1-out)
 - Right Left In, Right Out – move up to the next square on the ladder
 - Left Right In, Left Out – move up to the next square on the ladder
 - Continue all the way down the ladder
 - QB then gets 1-throw at the target. For the target you can use a Rebounder, WR in a Hula Hoop, Or Hoop Tower. The QB must be behind the Line of Scrimmage when they throw the ball at the target
 - After they throw the ball they sprint back to the front, grab Ball # 2, and go back down the combine
- After the player throws Ball # 4, the time stops.
- Every violation (incorrect footwork or stepping on the hoop/ladder), is a 1-second penalty
- Every ball that hits the target is 5-seconds off their final time
- Have each player go once and write down their total time next to their name
- Fastest time gets 5 points for their team. 2nd gets 4, 3rd gets 3, 4th gets 2, 5th gets 1
- Team with the most points wins
- Have kids demonstrate good sportsmanship and continue as time permits.