



# FLAG FOOTBALL CAMP (AGES 6-11)

## ACTIVITY REFERENCE GUIDE

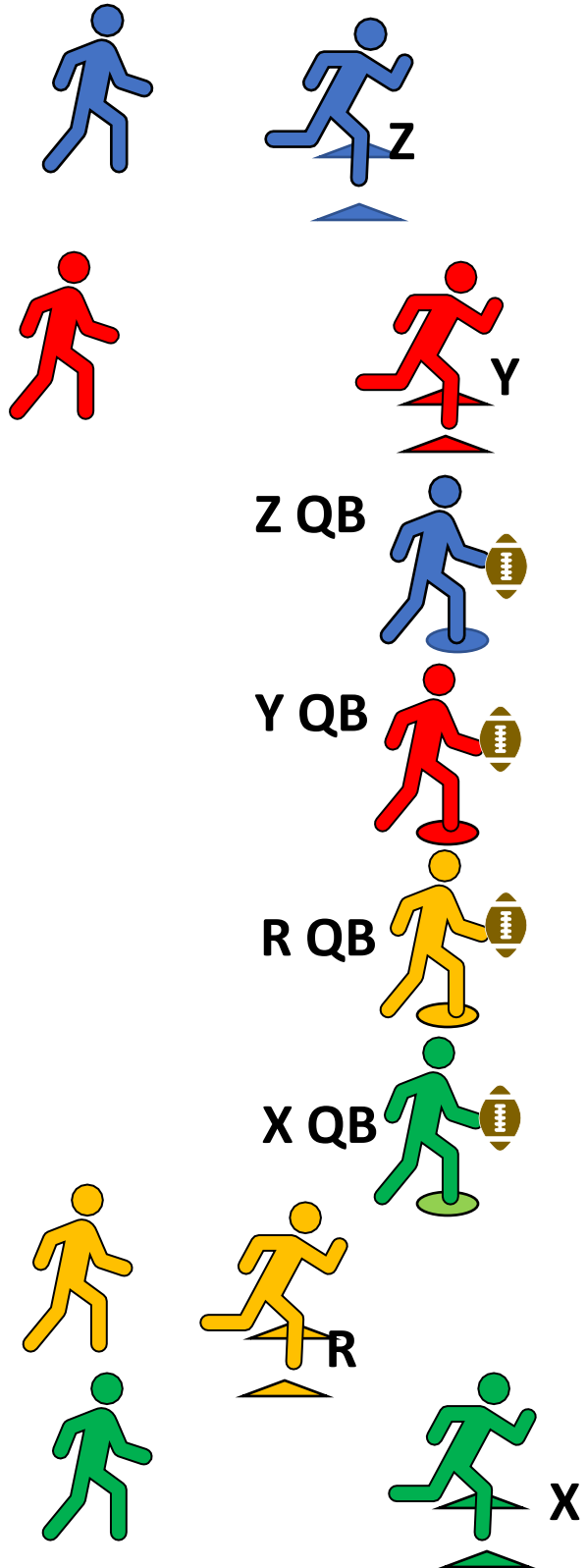


### 4 QB Drill

Purpose: Route Running, Catching

Equipment: Disks/Spots, Footballs

Set Up: As shown below. Use colored Disk Gates to show the WR's where to stand, and spot to show where to QB's Stand





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### Execution:

- Assign 4 players to be QB and have each stand on a colored spot.
  - Break the remaining players into 4 groups and have each group stand between a gate code to be WR. The first WR in each line is up first and starts between the gate. Make sure Y & X are on the line of scrimmage. Z & R off the line of scrimmage. Y should be in a 3-point stance
  - Assign 2 route concepts. One for Y & Z and another for R & X. If the players have a wristband, you can also assign a play # that has a 4-wide formation.
  - Coach does the cadence – down set Hut. All the players run their route. QB's throw the ball to their associated player
  - WR run the ball back to the QB. WR's rotate up one position
    - X to R, R to Y, R to Z, Z to R
  - Have each QB throw 2 passes from their spot then rotate.
    - X to R, R to Y, R to Z, Z to R
  - After the QB's have thrown from all 4-spots, pick 4 new QB's and repeat
  - Continue as time permits. Reinforce Routes, Catching, Throwing, Etc.
- Route Combination Index:
    - Double Slants
      - Z: 2-Yard Slant
      - X 5-Yard Slant
    - Flood
      - Z – Drag
      - Y – Dig
    - Double Dig
      - Z – 7 Yard Dig
      - Y – 3 Yard Dig
    - Texas
      - Z – 2-Yard Angle
      - Y - 7-Yard Post
    - Stick
      - Z – Curl
      - Y – Flat
    - Weasel
      - Z – Go
      - Y – Weasel
    - Wheel
      - Z – Post
      - Y – Wheel
    - Post Corner
      - Z – Post
      - Y – Flag
    - Sluggo
      - Z – Slant and Go
      - Y – Slant
    - Corner
      - Z – Corner Route
      - Y – Slant Route

