



FLAG FOOTBALL CAMP (AGES 4-11)

ACTIVITY REFERENCE GUIDE



Route Tree (Tot Edition)

Purpose: Route Running, Catching

Equipment: Disks, Spots, FOAM 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

