

CONDITIONING EXERCISES

- * **Wind Sprints:**
Have players line up and at your signal run ten-yard sprints. After each sprint, line up and repeat.
- * **Wave Drill:**
Players move left, right, forward, backward, reacting to hand signal of coach. Players react quickly by watching the signal.
- * **Reaction Drill:**
At the signal, all players run forward. At the next signal, players cut and run to the right, then at the signal players run forward, then left. Repeat for length of field.
- * **Snake Drill:**
Five players line up about three yards apart from each other. Player at the back of the line takes the ball and runs forward around players and back to his position. He then hands the ball to the player in front of him who repeats the drill.
- * **Running Drill:**
Players line up on goal line. At the signal all players race to the first zone line, jog back to the goal line. Entire field may be covered, depending on age of players.

PASSING THE FOOTBALL

The Basics of Passing

- * Grip the ball properly: toward one end with the fingertips on the laces.
- * Hold the ball chest high: both hands on the ball until ready to throw.
- * Get set and step forward, (opposite foot) toward the target: remember good balance and placement of feet.
- * Use proper arm and shoulder motion: bring the ball past the ear with the elbow and follow through.
- * Roll the wrist to the outside as the ball is released to give the ball a good spiral motion.
- * Aim chest high, slightly ahead of the receiver.
- * Time the pass: practice throwing to the receiver on the run.

DOWNING THE BALL CARRIER

- * The flag belt must be removed from ball carrier and held directly above head to make spot.
- * Must play the flag not the ball carrier.
- * Can not hold ball carrier in order to stop progress before pulling the flag belt.
- * Do practice drills to develop technique and gain experience on how to pull flag belt.
i.e. one-on-one with ball carrier and defender.
line drill with ball carrier running through two lines of defenders.

CATCHING A PASS

The Basics of Pass Catching

- * Get clear of defensive players as quickly as possible, using head and body fakes, and avoiding contact with defensive players.
- * Drive the defender back by running downfield and making a sharp 90 degree cut by planting inside foot and driving off outside foot in the direction of the cut.
- * Relax the fingers and arms and keep the elbows close to the body to form a basket while catching the ball.
- * Watch the ball all the way into the hands.
- * To catch ball below waist, extend hands with palms up and thumbs out.
- * To catch the ball above the head, turn the palms away from the body with thumbs in, coming together as the ball is caught.

RUNNING WITH THE FOOTBALL

The Basics of Running

- * Extend the fingers over forward point of the ball and tuck it firmly under the arm. Keep the ball tucked under the arm to protect it from falling to the ground.
- * Carry the ball on the side opposite the defensive players.
- * Let the blockers sustain their block before charging around the offensive line. Don't run ahead of the blockers until the last possible moment.
- * Use head and body fakes and be prepared to change course quickly to avoid the defensive players.

BLOCKING

The Basics of Blocking

- * For YMCA flag football blocking is NOT allowed.

PUNTING

The Basics of Punting

- * Receive the ball from the center, no pressure, back up about 5 yards.
- * Keep the head up, eyes on the ball, arms extended with slightly bent elbows, feet staggered and weight balanced.
- * Take a short step toward the ball with the kicking foot.
- * Lower the ball to kicking foot and kick with top of instep and toe.
- * Follow through, bringing kicking foot high in the air.