



Awareness Clinic – An Introduction to Flag Football

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FLAG FOOTBALL CLINIC SCHEDULE

The following is a breakdown/guideline for the Flag Football Awareness Clinic. Time is subject to change dependent upon size of the group and amount of time needed for instruction based on the skill level of the participants. It is to the discretion of the instructor to set the framework for each session.

SECTION	TIME (2hrs)
Introduction to Flag Football	15 min
What is Flag Football? Why play Flag Football? Who plays Flag Football? How do you play (objective)? What equipment is required? Position descriptions. Brief rule overview (highlights).	
General Warm-Up Activities & Lead Up Drills	30 min
British Bulldog Capture the Flag Pitching with your Partner Over & Under	
Introduction to Specific Skill Sets	15 min
Center Skills Passing & Receiving Skills	
Drills & Activities	45 min
Running Receiver One on One Receiving Touch Down Relay Move It	
Wrap-UP	15 min
5 vs 5 Flag Football Game	



PURPOSE

A 2-hour awareness program aimed at introducing participants to the sport of Flag Football.

CLINIC OUTLINE

Allocate time at the beginning of the session to introduce the sport of Flag Football and to identify the equipment required. Do not spend a lot of time on rules, as that can be overwhelming to the kids who have never played before. However, focus on the most important rules to allow for a general understanding of the game. Allocate ample time for a participatory session. This session should begin with warm up activities and stretching followed by an introduction to skills then progress into a skills and drills session. Wrap up the clinic with a fun 5 vs 5 game for the participants to play.

INTRODUCTION TO FLAG FOOTBALL

What is Flag Football?

Flag is a modified version of tackle football and provides participants with the opportunity to develop many of the same skills, tactics and strategies of regular football without the body contact.

Why play Flag Football?

- Fun!
- Fast!
- Safe!
- Social!
- Co-Educational!
- Enjoyable!
- Inexpensive!
- Exciting!
- Requires skill, agility and finesse!
- Excellent form of physical activity!
- Promotes “sport for life” opportunities!
- Develops life skills through sport; teaches cooperation, self-discipline!
- Sportsmanlike conduct builds self-confidence and improves self-image!

Who plays Flag Football?

Anyone can play Flag Football! Men, women and children of all ages play flag. People can play recreationally in parks, as part of school intramural programs and on a more competitive level within organized leagues. Flag Football is a sport easily adapted for the physically and mentally challenged.



How do you play Flag Football?

Objective of the Game

- Two teams of five players each compete against each other.
- To outscore your opponents by scoring touchdowns and converts.
- One team, “the offense”, has possession of the ball and attempts to move the ball across their opponent’s goal line.
- They do so by passing and running the ball towards their opponent’s goal line.
- The opposition, the “defense” attempts to stop them from accomplishing the task.
- Players attempt to stop the ball carrier by grabbing and removing one of the flags worn on each player’s hips; this is referred to as “flagging” or non-contact tackling.

What equipment is required?

Flag Football requires very little equipment other than comfortable clothes and a good pair of sports shoes for participants, and of course, a football. Below is a list of equipment that will assist you in conducting your Flag Football program:

- Pylons or plastic disks, which are used for field boundary and end zone markers.
- Pinnies or jerseys in order to identify team.
- Proper size footballs appropriate to the age of the participants.
- Flags and flag belts.
- Bean bags for the officials, which are used to mark line of scrimmage and 7 yard rush zone.

POSITION DESCRIPTIONS

Quarterback (QB)

- The Quarterback is the captain on offense.
- The QB calls the offensive plays and is the leader.
- The QB always stands behind the Center (C) and receives the football in what is called a “snap”.
- The QB has the option to either hand off the football or pass the football to a teammate on offense.

Center(C)

- The Center snaps the football to the QB. A snap is when the Center tosses the football between his/her legs to the QB.
- After the snap, the Center can run out for a pass.

Wide Receiver (WR)

- The Wide Receiver is responsible for catching passes from the QB and running with the ball.
- The WR also can take a handoff.
- There are up to three WR’s on offense.



Running Back (RB)

- The Running Back stands behind the QB or next to the QB and is responsible for receiving handoffs from the QB and running with the ball.
- RB's also catch passes from the QB.

Defensive Backs (DB)

- All defensive positions in Flag Football are called Defensive Backs.
- The DB is responsible for stopping the players on offense and trying to intercept or gain possession of the football.
- The DB tries to pull the flag of the player with the football.

RULES *Tackling and Blocking are not Allowed*****

Attire

- Cleats are allowed, but must be rubber. Inspections must be made prior to the game. It is recommended that all Players wear a protective mouthpiece as well as soft peaked hats. Shorts with no pockets are also recommended.

Field Dimensions and Markings

- Length: 60 (or 80) yards.
- Width: 25 (or 30) yards.
- End Zones: Maximum 10 yards deep, minimum 7 yards deep.
- No-running zones: Must be marked 5 yards from each end zone.

Possession

- A coin toss determines first possession. Loser of the coin toss has choice of end zone to defend.
- The team that loses the coin toss gets possession at the beginning of the second half starting at its own 5-yard line.
- There are no kickoffs. The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line. An automatic first down by penalty will overrule the other requirements regarding three plays to make either a first down or score.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Teams change sides at half time.

Number of Players

- Teams consist of 6 Players (5 on the field at a time).
- Teams may play with a minimum of four (4) Players (due to injuries).
- If less than 4 Players are available, the game is cancelled.
- A maximum of three boys are allowed on the field at one time.



Timing/Overtime

- Game length is 20-50 minutes running time (two halves, 10-25 minutes each).
- If the score is tied at the end of regulation time, teams move directly into overtime. A coin toss determines first possession of overtime. The team that wins the coin toss starts with the ball on its own 5-yard line. Play continues as in regulation until one team scores. There will be no timeouts granted during the overtime period.
- Each time the ball is spotted the offense has 30 seconds to snap the ball.
- Each team has 2 x 60-second timeouts per half. These cannot be carried over to the second half or overtime.
- Officials can stop the clock at their discretion.
- The teams will be warned when there are two minutes left to play in the second half.
- There will be a halftime period of 2 minutes between the first and second half.

Scoring

- **Touchdown:** 6 points
- **Extra point:** 1 point (played from 5-yard line)
- **Extra point:** 2 points (played from 12-yard line)
- **Safety:** 2 points

Note: An interception return to opponent's end zone on any extra-point play by the defense will result in the defense scoring 2 points plus gaining possession for the next series at its own 5-yard line.

Running

- To start the play, the ball must be snapped between the legs of the Center.
- The Center is the Player who gives the ball to the Quarterback via a snap. The Center cannot take a direct handoff back from the Quarterback (no Center sneak play).
- The Quarterback is the Player who receives the ball directly from the Center.
- The Quarterback cannot run with the ball past the line of scrimmage.
- An offence may use multiple handoffs behind the line of scrimmage. Only backward or lateral handoffs are allowed during a down.
- Tosses or sweeps behind the line of scrimmage are allowed and are considered running plays. Downfield tosses are not permitted. Once a player has possession of the ball beyond the line of scrimmage, any loss of possession will be blown dead by the official.
- "No-running zones" are located 5 yards from each end zone. When the ball is on or inside the 5-yard line going towards the opponent's end zone, the offense cannot run. The offense cannot use a running play to cross the line of scrimmage.
- The Player who takes the handoff can throw the ball from behind the line of scrimmage.
- All Defensive Players are eligible to rush once the ball has been handed off or tossed, or there is a play-action fake or fake handoff.
- Spinning is allowed, but Players cannot leave their feet to avoid a Defensive Player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.



- It is up to the ball carrier to avoid contact with the defender. Good defensive positioning should be rewarded by the officials.

Receiving

- All Players are eligible to receive passes (including the Quarterback if the ball has been handed off behind the line of scrimmage).
- As in the NFL, only one Player may be in motion, but not in motion towards the opponent's end zone at the snap.
- A Player must have at least one foot inbounds when making a reception. (They cannot return on to the playing field from an out of bounds position.)

Passing

- Only Players starting 7 yards behind the line of scrimmage can rush the passer.
- The Quarterback has seven seconds to throw the ball.
- If a pass is not thrown within the seven seconds, play is dead, results in a loss of down and the ball is spotted at the previous line of scrimmage. Once the ball is handed off or tossed, or there is a play-action fake or fake handoff, the seven-second rule no longer is in effect.
- Interceptions change the possession of the ball.
- The defense can return interceptions.
- On interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting team at its 5-yard line. Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However, should the ball carrier return to the end zone and be flagged, or the ball be ruled dead the result would be a safety for the other team.
- Shovel passes are allowed but must be received beyond the line of scrimmage.

Dead Balls

- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
 - Official blows the whistle.
 - Ball carrier's flag is pulled or becomes illegal.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - When any part of the ball carrier's body, other than a hand or foot, touches the ground.
- If the ball carrier's flag falls off, the play will be whistled dead and the ball will be spotted at the spot where the flag fell off.
- Players are ineligible to catch a pass if their flag has fallen off.

Note: There are no fumbles. The ball will be spotted where the ball carrier's feet were when the fumble was made. I.e. a bad snap will be blown dead and the ball will be spotted at the Center's feet. There is no stripping of the ball.



Rushing the Quarterback

- All Players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of Players can rush the Quarterback. Players not rushing the Quarterback may defend on the line of scrimmage. Once the ball is handed off or tossed, or there is a play-action fake or fake handoff, the 7-yard rule no longer is in effect and all Defenders may go behind the line of scrimmage. A special marker, or the Referee, will designate 7 yards from the line of scrimmage.

Sportsmanship/Roughing

- If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the Player will be ejected from the tournament. **FOUL PLAY WILL NOT BE TOLERATED.**
- Trash talking is illegal. (Trash talk is talk that may be offensive to officials, opposing Players, teams, or spectators.) Officials have the right to determine offensive language. If trash talking occurs, the referee will give one warning. If it continues, the Player or Players will be ejected from the game.

Penalties

- All penalties are **5 yards (except for Pass Interference - 15 yards.)** The down will be repeated, and will be assessed from the line of scrimmage, unless otherwise noted.
- All penalties can be declined.
- Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage.
- Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.

Defensive Penalties

- **Offside** — 5 yards and automatic first down.
- **Pass Interference** — 15 yards and automatic first down. (NEW!)
- **Illegal contact** (holding, blocking, etc.) — 5 yards and automatic first down.
- **Illegal flag pull** (before Receiver has ball) — 5 yards and automatic first down.
- **Illegal rushing** (starting rush from inside 7-yard marker) — 5 yards and automatic first down.
- **Substitution fouls** (Player enters field after ball is blown ready for play, i.e. to deceive opponents, or 6 Players on the field).
- **Disconcerting signals** (signals to distract opponent or simulate offensive signals prior to snap).
- Interference with opponent or ball at the snap.

Offensive Penalties

- Delay of Game.
- Substitution Fouls.



- **Illegal motion** (more than one person moving, etc.) — 5 yards and loss of down.
- False Start.
- Illegal Snap.
- Offensive Holding.
- Illegal shift or failure to pause for one second.
- **Player out of bounds** (if Player goes out of bounds, Player cannot return to the field and catch ball).
- **Illegal forward pass** (pass received behind line of scrimmage) — 5 yards and loss of down.
- **Offensive pass interference** (illegal pick play, pushing off/away Defender) — 5 yards and loss of down.
- **Flag guarding** — 5 yards from the point of foul (**NEW**) and loss of down.

GENERAL WARM-UP ACTIVITIES & LEAD-UP DRILLS

1. BRITISH BULLDOG **Skill development – FLAGGING**

- Each player receives a flag belt with 2 flags.
- Each player must wear the belt with one flag hanging on each hip. Flags must be visible and not tucked away in pockets or shifted to the back.
- Line the players at the end line of your field. Make rows of players, approx. 4-5 players per row depending on the numbers. You can mark the end line with pylons.
- Select 3-4 players to go in the middle to become the Defensive Backs as referred to in Flag Football. The rest of the participants are known as Running Backs.
- Make 4-5 even rows with the rest of the players and explain the object of the game.
- After everyone has had a chance to run the line twice add 5 footballs to each line.
- The next time the whistle blows the first person in each line picks up a football and runs carrying the ball and avoids being flagged.

Object of Game:

Running Backs:

The object is for the Running Backs to run past the Defensive Backs to the opposite end zone without getting their flags pulled.

Defensive Backs:

Once the whistle has blown it is their objective to successfully remove one flag from the oncoming runners. **ONLY 1 FLAG NEEDS TO BE PULLED.**

Teaching Tips:

1. RB's cannot leave their feet when avoiding being flagged.
2. DB's cannot dive at the Runners when attempting to flag.
3. Have the DB's focus on the RB's hips when teaching the skill of flagging.
4. Encourage the RB's to do a spin move or pivot move to avoid being flagged.
5. When running with the football encourage the RB's to carry the ball close to the body.

2. CAPTURE THE FLAG

Skill development – FLAGGING & RUNNING TO OPEN SPACE

- Divide your group into teams of 10.
- Each player must wear the belt with one flag hanging on each hip. Flags must be visible and not tucked away in pockets or shifted to the back.
- Within the teams pair each your group of ten so there are 2 groups of 5.
- Line each team (5) mirroring one another at centre field.
- Mark end zones on each side of the field.
- The player must mirror the player across from them to start the drill at centre field.
- When the whistle blows the instructor will call out a team name, that team becomes the offense and tries to score in the defensive's team's end zone.
- A score is worth 6 points.
- If the offensive player has their flag pulled they are out for that part of the drill.
- Once the defensive player has pulled their own partners flag they can then go after the other players that remain.
- The offensive team is given 45 seconds for each player to try and score.

Object of Game:

The object of this game is for the offensive team to run past the defensive team into the end zone without getting their flags pulled.

Teaching Tips:

1. Have the Defensive Backs staying in front of the offensive player. This improves ball coverage and the ability to successful flag an opponent.
2. The offensive players must focus on avoiding being flagged by spinning, pivoting and running to open area on the field.

3. PITCHING WITH YOUR PARTNER

Skill development – TOSSING AND PITCHING

- Pair up each player for this drill.
- Line them up in 2 lines along side their partner.
- Line the players at the end line of your field.
- On the start of the whistle have the first 2 players run down field tossing the football to one another.
- The tosses must be tossed back (backwards lateral) and not forward in order to follow the proper rules of the game.
- The tosser is the Quarterback and the one catching the ball is the Running Back in a game like situation.
- It is to be noted that a toss or a pitch is only permitted behind the Line of Scrimmage.
- Once a player has crossed the LOS they cannot lateral the ball to another player.

Object of Drill:

To develop a proper tossing and/or pitching exchange between a Quarterback and a Running Back.

Teaching Tips:

1. The QB will look at the stomach area of the RB when making the pitch to that area.
2. The toss or pitch is similar to passing in Rugby.

4. OVER AND UNDER**Skill Development – BALL HANDLING & RUNNING WITH THE BALL**

- 5-8 Players on a team.
- Make as many teams as your group size allows based on 5-8 players.
- The ball alternates first under and then over down the line until the final Player receives it.
- That Player then runs with the ball to the front of the line and starts the process again.
- The drill ends when each person has had the opportunity to run with the ball.
- This can be a relay race and starts when the whistle has blown.

Object of the Drill:

The object is to see which team can be first to finish passing the ball under (between their legs) and over (hand ball to teammate over their heads).

Teaching Tips:

1. When running with the ball emphasize keeping the ball tucked closely into the body.
2. Spread the fingers (middle or index) to the forward tip of the ball.
3. Hold the rear point of ball snugly under bicep, between the elbow joint and up toward the armpit area.
4. Hold the length of the ball flat along forearm muscles and snug against the ribs.
5. Tuck the ball firmly away.
6. This drill will be a lead-up drill to a centre snapping drill. Positioning of each player can mimic that action of a Center and a Quarterback.



INTRODUCTION TO SPECIFIC SKILL SETS

1. THE CENTER SKILLS

The Center plays a very significant role in football. Essentially, without the Center, a scrimmage play cannot begin. A smooth exchange of the ball, from the Center to the Quarterback, is required. The faster and more efficient the exchange, the quicker the offensive play may be put into effect. To deliver the ball effectively to the Quarterback, the Center must assume a proper “3-point” stance. Place the feet parallel or with a slight stagger, but not greater than shoulder width apart. Have the weight slightly forward on the balls of the feet, with the back parallel to the ground, knees bent, and head up. Place the ball on the ground, directly below or slightly forward of the head. Grip the ball with the “throwing” hand as if to throw a forward pass. The free arm can provide additional balance after the throwing motion. Rest the free arm either on the knee or thigh.

ACTIVITY

In teams of two have 1 player designated as the Center and 1 player designated as the Quarterback. The Center snaps the ball between his/her legs to the Quarterback in a spiraling manner. The technique for throwing a spiral is the same hand action as throwing a spiral on a forward pass. Do this activity 3 times then switch the roles of the players.

Teaching Tips

- 3-point stance.
- Ball placement.
- Weight transfer.
- Grip on the ball.
- Placement of free arm.

2. PASSING AND RECEIVING SKILLS

RECEIVING

When instructing the passing drills it is also important to go over some receiving tips as most of the receiving will be done in the passing drills. Here are some tips to reiterate when teaching receiving:

Above the Waist:

1. When receiving the ball above the waist hold your hands out and spread your fingers in a shape of a triangle with the tip of the thumbs touching.
2. The palms of the hands should always be facing the passing for the intended target.

3. As the ball reaches the hands, allow the fingers and wrists to move back into the body to provide more secure grip and a cushioning.
4. Look the ball into the hands (dropped passes are largely due to taking the eyes off the ball).

Below the Waist:

1. When the ball is thrown below the waist extend arms out and down and have your hands form the shape of a basket with the tips of the pinkies touching.
2. As the ball touches the hands pull the arms back to absorb the catch and provide cushioning.

Over the shoulder:

1. Judge the flight of the ball.
2. Running with nature motion until the ball approaches. Extend arms out and open hands similar to catching the ball below the waist.
3. An important tip is that the palms are facing the flight of the ball to allow the player to judge the trajectory in which it is thrown.
4. Keep the elbows close to provide a greater surface area to catch the ball.
5. Look the ball into the hands.

THROWING

The Grip

The forward pass, naturally, starts with the grip. Learning the right grip is essential delivery of a good pass. The ball is held in the fingers of the throwing hand and not in the palm. The ball is gripped about 1/3 of the way down from the end and naturally so that 2 or 3 fingers are across the laces with the thumb serving as a brace underneath. The control finger of the grip is the index finger, which acts as a directional guide since it is the last finger to leave the ball as it is released (the passer should be able to feel this as the ball is released). The index finger aids in keeping the nose of the ball level, which gives a better spiral and more distance.

ACTIVITY

Have each participant grip the ball and review his/her grip (work in pairs or groups).

Teaching Tips

- Fingers across the laces.
- Grip the ball firmly but do not squeeze it.
- The ball should not rest on the palm of the hand – leave space between the palm and the ball.

The Pass (Spiral)

Once the ball is properly gripped, it must then be brought into the passing position and the passer must assume a throwing stance. The passer's weight should be kept on the balls of the feet, not on the heels. For right-handed passers, the left foot should point towards the target and the right foot is planted at a 90-degree angle, giving a solid base with which to push off. They should be brought up to at least shoulder level, in a ready position. Both hands are on the ball, with non-throwing hand acting as a guide. As the throwing motion begins, the passer steps directly towards the target with the left foot. This shifts the body weight forward onto the left side as the hips and shoulders swing into the throw. The wrist is uncocked at the last second and the ball is rolled off the fingertips. The passer must follow through by extending the right arm and shoulder and hip along the same path the ball has taken. At the completion of the follow through, the right hip and shoulder should be pointed toward the target. The palm of the throwing hand should end up facing downward as the wrist is snapped, so that the thumb points to the ground after the ball is released. The spiral is accomplished by having the ball roll off the fingertips as it is released.

Throwing Motion

1. Hold the ball close to the body at about chest height.
2. Stand tall with the body at right angles to the target, feet slightly staggered.
3. Focus on the target and bring the ball back close to the ear with both hands.
4. Step with the lead foot in the direction of the target.
5. Open the hips and rotate the shoulders square to the target.
6. Throw from an overhand position, with the elbow leading, and release the ball with a good wrist snap.
7. As the ball is released, the hand should finish with the palm facing the ground, which helps impart the proper spiral. The ball should roll off the fingers, leaving the little finger first and the index finger last.
8. A good follow through will provide maximum power to the pass. The throwing arm should come across the body and point toward the target, and the back leg should finish parallel to the front leg.

ACTIVITY

Staying in pairs or groups, have the participants line up across from one another. Have the players start on their knees and throwing back and forth to one another. This will control their throwing and focus on the arm motion. Once they have completed 4-5 passes each have them step up with the left leg and the right leg remaining on the ground. This focuses on the beginning of a throwing motion. Once this has been completed have all players standing throwing back and forth to one another approx. 10 yards apart. If the ball is hitting the ground before it gets to the partner they are too far apart for their throwing capabilities. The instructor should work up and down the line correcting and offering encouragement.

TEACHING TIPS

- Proper stance.
- Ball held high.
- Weight transfer.
- Follow through.

Most Common Throwing Problems

Most Common Problems	Technique Problem
<ul style="list-style-type: none"> ▪ Overthrowing 	<ul style="list-style-type: none"> - releasing behind top of arm arc - opening front shoulder too soon - overstriding
<ul style="list-style-type: none"> ▪ Underthrowing 	<ul style="list-style-type: none"> - releasing in front of arm arc - elbow not leading arm - understriding (causes inability to throw with velocity) - no spiral - ensure proper grip - forearm not pronated - no wrist snap and acceleration at release - not pulling down on ball with index finger - upper arm less parallel to ground
<ul style="list-style-type: none"> ▪ Inaccuracy 	<ul style="list-style-type: none"> - guide step not at target (reception point) - front shoulder opening too soon or too late - lack of concentration (reduce size of visual concentration) - repetition brings consistency (with Receivers of routes)
<ul style="list-style-type: none"> ▪ Inability to throw with velocity 	<ul style="list-style-type: none"> - weight not transferred - poor hip and shoulder rotation - ball release – not pulling down on ball - no follow-through



DRILLS AND ACTIVITIES SECTION

1. RUNNING RECEIVER

This drill is used as a warm up or a skill development drill and is a basic setup for introducing students to pass patterns.

- Form two lines 15 yards (15 metres) apart, one of Receivers, one of Quarterbacks.
- On a command (“go” or whistle) the Receiver runs downfield at a 45-degree angle.
- The Quarterback throws the ball to the Receiver.
- After the throw, the Quarterback moves to the end of the receivers’ line and the Receiver moves to the end of the Quarterbacks’ line.

A variety of patterns can be run in order to develop the Receivers catching skills (i.e. over the shoulder, etc.). Instructors should emphasize that Receivers run the correct distance of each pass pattern. Cones can be used to designate distances.

Progression:

- Receivers should run different patterns (i.e. out, hook, post) in order to acquaint the Quarterbacks with a variety of situations.
- Add a center snap in the drill.
- Instructors can mark distances to instruct Receivers to break at the proper distance and run the complete the pass route. (Mark 10, 15 and 20-yard distances.)

2. ONE ON ONE RECEIVING DRILL

- Once each player has had a chance to run a couple of different patterns and catch the ball as in the **Running Receiver** drill, add a Defender to the drill.
- For best results have the instructors through the ball depending on the caliber of the group.
- The Quarterback calls a pass pattern for the Receiver to run, the Defender must cover the Receiver.
- The Defender should try to intercept the pass, knock down the pass, or flag the Receiver when he/she catches the ball.
- The Receiver becomes the Defender and the Defender goes to the Receiver line.

3. TOUCHDOWN RELAY

- Divide the teams up evenly according to the size of your group.
- Each team is to line up on a designated line on the field. This can be marked with pylons.
- Each team will have 2 markers downfield. One 10 yards down and the other 10 yards from the previous pylon.
- One person is designated Quarterback (for best results have the instructors play this role).
- This is a relay so when the whistle blows the first person in line runs down to the 10-yard marker and curls to the Quarterback.



- The Quarterback throws the ball to the Receiver. If it is caught the Receiver continues to run with the ball to and around the furthest pylon and then runs back to hand the ball off to the Quarterback. Once the ball is handed off past the end line the next person will go and repeat the same activity. If the Receiver drops the ball they simply pick up the ball and run it back to the Quarterback and goes to the end of the line to try again. The team who's players have all successfully completed the run by catching the ball and running around the pylon will win.
- The ball must cross the line and be in the hands of the Quarterback before the next person can go.
- A player is not permitted to toss the ball back to the Quarterback, as it must be run in.
- Once a player has taken their turn and caught the ball they go and sit to identify to their team that they have successfully completed their task.
- Once all are done the team that does it the fastest wins the relay race.

4. MOVE IT

- Divide into groups of four or five students.
- One student is the Quarterback, and the other is the Receiver.
- The Quarterback chooses a pattern for the Receiver.
- The goal of the game is to move down the field by completing passes to the Receiver.
- The Receiver stops wherever he/she catches the ball.
- A new pattern is then called for a new Receiver; the ball is thrown from that spot.
- If the ball is not caught, it is returned to the spot it was thrown from.
- The game can be made competitive by seeing which team gets to the other end of the field the quickest or reaches the end of the field in the fewest number of pass attempts.

CONCLUSION

FLAG FOOTBALL GAME – 5 vs 5

It is strongly recommended to wrap up your interactive workshop with a fun game for everyone to play. Rules indicate that 5 players be on the field per team therefore it is to your discretion on how you wish to put your teams together. Modifications can be made to 7 vs 7 dependent upon the size of the group. Avoid having kids on the sidelines with nothing to do. If they are waiting their turn have them focus on the game or to pass the football back and forth with a partner. Allocate enough time for each team to run at least 3 offensive plays. Rotate each time according to the amount of time that you have allocated for this final game. Be sure to give each team the opportunity to play on both the offensive and defensive side of the ball. The purpose of this game is to have fun and to wrap up the clinic. It is not meant for implementing strategies and specific play calling as this will take place at a later time.

Good Luck and remember to always have FUN!