

CHAMP Flag Football

Practice Skills and Drills

Passing Skills:

- Gripping the football correctly affects the throwing mechanics and balance of the ball. An appropriate grip varies from one person to another. Size of hands and length of fingers always influence placement of the hand. There is no one specific way to grip the football. To provide enough control and pressure on the surface of the ball, hold the top half with one to three fingers spread across the laces. Players need to practice different grips to find which one works best for them.
- Turn sideways with your non-throwing shoulder pointing towards the target.
- Pull throwing arm back to an "L" position with football up by the ear.
- Step toward target with front foot as you release the ball.
- Follow through toward target with the thumb pointing to the ground and palm facing out
- To get the most control, speed, and distance; a spiral should be thrown. A spiral is also easier for your receiver to catch. Proper release of the football will promote a spiral. The index finger should be the last finger to leave the football.

Passing Drills:

Distance Passing- Players will pair off and begin 5 yards from each other. Players throw the ball back and forth. Make sure players use the appropriate touch on the pass according to the distance they are from one another. After a few throws, have each player take a step back.

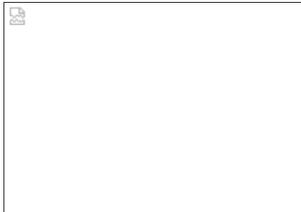
Hand Targets- Have players pair off and begin 10 yards from each other. The player receiving the pass should give a target with his hands for the passer to hit with the pass. Players pass the ball back and forth trying to hit the hand targets. Players should move the target to different areas.

Drop back and throw- Have the players pair up and face a partner with 5 yards in between them. One side will be the quarterback side. When the coach gives the command, the quarterbacks will drop back, set up, and throw a pass to their partner. Repeat the drill several times then switch sides. Be sure quarterbacks are keeping proper technique and their eyes up field.

Receiving Skills

- Always catch the ball with your hands away from the body. Arms should be extended out about $\frac{3}{4}$ to allow room to cushion the catch.
- For balls above the waist, put your index finger and thumbs together to form a triangle. For the low ball, keep the little fingers and elbows together to cradle the catch.
- Keep your eyes on the ball.
- Once the ball is in your hands, secure it by quickly tucking it away high under your armpit with a strong clamp tight to your body. Cover the front tip of the football with your fingers. Use your free arm to maintain balance.

Receiving Drills



Moving Catch- Players will line up, single file, on one side of the field. One at a time, players will begin to jog across the field looking toward the coach. The coach will pass the ball to the player. Players should work on catching the ball away from their body, using their hands. Use different routes in the running of this drill (curl, slant, out, etc.). This is a half speed drill, working on hands and catching the ball while in motion.

Route Running- Players will line up, single file. One at a time, players will run a predetermined route. Use the passing tree. Coaches should watch each route and teach as players run the routes. After players feel comfortable with the route, add a pass from the coach.

Flag Pulling Skills

- Sprint to the ball carrier
- As the defender approaches the ball carrier, he should come to a good defensive position and shorten his strides into short choppy steps (break down), being ready for the ball carrier to make a move.
- Reach for the top of the flag. Firmly grab onto the flag and pull hard.
- Shorten your steps. Use fast choppy steps.
- Be balanced and in control of your body. Be ready for the ball carrier to make a move.
- Stay low with your arms slightly out for balance and shoulders above feet.
- Watch the player's belly and move towards your target (the flags).

Flag Pulling Drills

The Gauntlet- Three defenders will line up in a 10 yard alley with 5 yards between them. The ball carrier will run through the alley attempting to get past the defenders, one at a time until the end line. This will develop open field techniques on both the offensive and defensive sides of the ball. Be sure players rotate and play all positions.

Open Field Flag Pull- Set up cones 5-7 yards apart making a box. Designate a sideline with three cones. The offensive player will receive the pitch from the coach. The defender will take a proper angle to make the tackle on the ball carrier. Have the defender work on breaking down into a good defensive stance as they approach the ball carrier. Teach defenders to use the sideline to their advantage by forcing the ball carrier towards it.