

*Calvary*

**CHAMP**

SPORTS OUTREACH

Skills & Drills



# I. PASSING

## A. Passing Skills

1. 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.
2. Turn sideways with your non-throwing shoulder pointing towards the target.
3. Pull throwing arm back to an "L" position with football up by the ear.
4. Step toward target with front foot as you release the ball.
5. Follow through toward target with the thumb pointing to the ground and palm facing out.
6. 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.

## B. Passing Drills

1. 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.
2. 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.
3. 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.

# II. RECEIVING

## A. Receiving Skills

1. 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.
2. 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.
3. 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.

- A. 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.
- B. 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.



# III. FLAG PULLING

## A. Flag Pulling Skills

1. Sprint to the ball carrier
2. 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.
3. Reach for the top of the flag. Firmly grab onto the flag and pull hard.
4. Shorten your steps. Use fast choppy steps.
5. Be balanced and in control of your body. Be ready for the ball carrier to make a move.
6. Stay low with your arms slightly out for balance and shoulders above feet.
7. Watch the player's belly and move towards your target (the flags).

## B. Flag Pulling Drills

1. 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.
2. Open Field Flag Pull- Setup 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.



Practice Plans

# CHAMP Flag Football Sample Practice Plans

## Week 1

Introduction: (5 Minutes)

Practice:(10 Minutes) -Explain that we are here to have fun this year and get better at playing football.

-Get kids to tell their name, favorite football team.

-Explain basics to kids (no tackling, pull flags and they are down, offense/defense, pass or run)

Break up into two skills stations and then switch after 10 minutes:

Passing/Catching (10 Minutes)

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target, throw

-basics –catch with hands not chest, square body to QB if possible, turn quick and look for ball

Running a Route (10 Minutes)

-practice handoff to QB, run slant, run buttonhook, run out then turn across middle

Flag Pulling Game: (10 Minutes)

Four players can be “it”, players have to stay on our half of field and in bounds. IT players pull the others flags until all 4 are pulled. Then rotate and until everyone has been IT. Do this two or 3 times to get used to pulling flags.

Recap: (5 Minutes)

# Week 2

Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1<sup>st</sup>, side-step to 2<sup>nd</sup>, backpedal to 3<sup>rd</sup>, sprint to 4<sup>th</sup>, catch pass.

Break up into two skills stations and then switch after 10 minutes:

Passing/Catching (6 Minutes)

Two single file lines, opposite from each other, 1<sup>st</sup> in line faces other first in line, 1 throw each, next.

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –catch with hands not chest, square body to QB if possible, turn quick and look for ball

Receiving / Pass Route (7 Minutes)

-practice handoff to QB (loud “HUT”), Patterns: Slant, Buttonhook, IN to middle, OUT to sideline, Post.

-Run 5 steps (or three?) and spin around, face QB, hands up in ready catch position (fingers=Triangle)

-Run straight out, not toward middle. On IN/OUT route, sharp 90 degree angle (use cones to go around)

Running / Handoff (7 Minutes)

-practice handoff from center to QB to RB.

-Have RB position arms to receive ball in their belly (left arm up and horizontal, right arm down and horizontal making an oval “target” for the handoff.

-Have QB put the ball in the RB’s belly between their arms.

-Have center move to screen position to screen defender with arms at side, can’t initiate contact.

The leaders have to make important decisions about schools, roads, neighborhoods, safety/police, and they need God’s help in making the right decisions. We can help our

city by praying for the leaders of the city. We can ask God to do big things through the leaders and people in Charlotte that would glorify Him.

Practice plays (all kids) (10 Minutes)

-Running Play (hand-off right, center screens, R1 screens). Rotate each player into diff roles.

-Passing Play (3 button hooks). Rotate each player into diff roles.

Defensive / Flag Pulling Game: (10 Minutes)

Drill #17 –Two defenders, all others line up, try to make it past the Def. Flag pulled-sit out, repeat until all flags pulled. Possible change –once tackled, can help Def on next try. Stress watching runner’s waist.

Recap: (5 Minutes)

## Week 3

Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1<sup>st</sup>, side-step to 2<sup>nd</sup>, backpedal to 3<sup>rd</sup>, sprint to 4<sup>th</sup>, catch pass.

Passing/Catching (6 Minutes)

-Two single file lines, opposite from each other, 1<sup>st</sup> in line faces other first in line, 1 throw each, next.

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –catch with hands not chest, square body to QB if possible, turn quick and look for ball

Receiving / Pass Route (7 Minutes)

-practice handoff to QB (loud “HUT”), Patterns: Slant, Buttonhook, IN to middle, OUT to sideline, Post.



-Run 5 steps (or three?) and spin around, face QB, hands up in ready catch position (fingers=Triangle)

-Run straight out, not toward middle. On IN/OUT route, sharp 90 degree angle (use cones to go around)

#### Running / Handoff (7 Minutes)

- Drill #2 w/ 3 players. Two groups of 3 will relay race. Line up cones 5 to 10 yards apart down field. Center will hike to QB, QB hands off to RB who runs to next cone to be Center. Center becomes QB, QB becomes RB. Ball must be on ground before hike, QB must yell hike, proper handoff should happen.

#### Passing/Receiving Drill (10 Minutes)

Drill # 6 –2 groups of 4, Each has QB, R1, DB. 5 step OUT (or IN) route (get open), then next in line is QB, QB moves to R1, R1 moves to DB, DB moves to line.

#### Defensive / Flag Pulling Game: (10 Minutes)

Drill #17 –Two defenders, all others line up, try to make it past the Def. Flag pulled-sit out, repeat until all flags pulled. Possible change –once tackled, can help Def on next try. Stress watching runner's waist.

Recap: (5 Minutes)

## Week 4

#### Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1<sup>st</sup>, side-step to 2<sup>nd</sup>, backpedal to 3<sup>rd</sup>, sprint to 4<sup>th</sup>, catch pass.

Break up into two skills stations and then switch after 10 minutes:

#### Passing/Catching (6 Minutes)

Two single file lines, opposite from each other, 1<sup>st</sup> in line faces other first in line, 1 throw each, next.

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –catch with hands not chest, square body to QB if possible, turn quick and look for ball

#### Receiving / Pass Route (7 Minutes)

-practice handoff to QB (loud "HUT"), Patterns: Slant, Buttonhook, IN to middle, OUT to sideline, Post.

-Run 5 steps (or three?) and spin around, face QB, hands up in ready catch position (fingers=Triangle)

-Run straight out, not toward middle. On IN/OUT route, sharp 90 degree angle (use cones to go around)

#### Running / Handoff (7 Minutes)

-practice handoff from center to QB to RB.

-Have RB position arms to receive ball in their belly (left arm up and horizontal, right arm down and horizontal making an oval "target" for the handoff.

-Have QB put the ball in the RB's belly between their arms.

-Have center move to screen position to screen defender with arms at side, can't initiate contact.

#### Practice plays (all kids) (10 Minutes)

-Running Play (hand-off right, center screens, R1 screens). Rotate each player into diff roles.

-Passing Play (3 button hooks). Rotate each player into diff roles.

#### Defensive / Flag Pulling Game: (10 Minutes)

Drill #17 –Two defenders, all others line up, try to make it past the Def. Flag pulled-sit out, repeat until all flags pulled. Possible change –once tackled, can help Def on next try. Stress watching runner's waist.

OR, catch the coach.

#### Recap: (5 Minutes)

# Week 5

Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1<sup>st</sup>, side-step to 2<sup>nd</sup>, backpedal to 3<sup>rd</sup>, sprint to 4<sup>th</sup>, catch pass.

Passing/Catching (5 Minutes)

Two single file lines, opposite from each other, 1<sup>st</sup> in line faces other first in line, 1 throw each, next.

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –catch with hands not chest, square body to QB if possible, turn quick and look for ball

Running / Handoff (10 Minutes)

-practice handoff from center to QB to RB.

-Have RB position arms to receive ball in their belly (left arm up and horizontal, right arm down and horizontal making an oval “target” for the handoff.

-Have QB put the ball in the RB’s belly between their arms.

-Practice running to the outside (around cone), not straight up middle.

-Practice running “reverse” from receiver position behind QB to other side.

**Practice plays (all kids, scrimmage, play by rules, rotate QB’s) (30 Minutes)**

Recap: (5 Minutes)

# Week 6

Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1<sup>st</sup>, side-step to 2<sup>nd</sup>, backpedal to 3<sup>rd</sup>, sprint to 4<sup>th</sup>, catch pass.

### Passing/Catching (5 Minutes)

Two lines, opposite from each other in pairs,

-basics –3 step drop while looking up, getting fingers on ball in proper position, ready to throw

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –give target, catch with hands not chest, square body to QB if possible, turn quick and look for ball

### Running / Handoff (10 Minutes) 5:50

-practice handoff from center to QB to RB.

-Have RB position arms to receive ball in their belly (left arm up and horizontal, right arm down and horizontal making an oval “target” for the handoff.

-QB must yell “HUT” loud enough for everyone to hear.

-Have QB put the ball in the RB’s belly between their arms.

-Practice running to the outside (around cone), not straight up middle.

-Practice running “reverse” from receiver position behind QB to other side.

### **Practice plays (all kids, scrimmage, play by rules, rotate QB’s) (30 Minutes) 6:15**

Recap: (5 Minutes)

## Week 7

Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1<sup>st</sup>, side-step to 2<sup>nd</sup>, backpedal to 3<sup>rd</sup>, sprint to 4<sup>th</sup>, catch pass.

Passing/Catching (5 Minutes)

Two lines, opposite from each other in pairs,

-basics –3 step drop while looking up, getting fingers on ball in proper position, ready to throw

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –give target, catch with hands not chest, square body to QB if possible, turn quick and look for ball

### Running / Handoff (10 Minutes)

-practice handoff from center to QB to RB (or to receiver).

-Have RB position arms to receive ball in their belly (left arm up and horizontal, right arm down and horizontal making an oval “target” for the handoff.

-QB must yell “HUT” loud enough for everyone to hear.

-Have QB put the ball in the RB’s belly between their arms.

-Practice running to the outside (around cone), not straight up middle.

-Practice running “reverse” from receiver position behind QB to other side.

\*\*Teach center to screen runners defensive man,

\*\*Get QB to run before and after handoff in opposite direction of play.

-Try play with reverse handoff then RB pass to QB who ran the other way. (3<sup>rd</sup>/4<sup>th</sup> down play)

### **Practice plays (all kids, scrimmage, play by rules, rotate QB’s) (30 Minutes)**

Recap or Defensive (flag pulling) Drill or fun game: (5 Minutes)

## Week 8

Warm Up: (5 Minutes) Drill #1, 4 cones, 15 yard square, sprint to 1<sup>st</sup>, side-step to 2<sup>nd</sup>, backpedal to 3<sup>rd</sup>, sprint to 4<sup>th</sup>, catch pass.

Sprints: (5 Minutes)

2 - 30 yard backpedal, 2 – 30 yard side-step, 2 - 60 yard dash.

Water break.

### Passing/Catching (5 Minutes)

Two lines, opposite from each other in pairs,

-basics –3 step drop while looking up, getting fingers on ball in proper position, ready to throw

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –give target, catch with hands not chest, square body to QB if possible, turn quick and look for ball

### Receiving / Pass Route (10 Minutes)

-practice handoff to QB (loud "HUT"), Patterns: Slant, Buttonhook, IN to middle, OUT to sideline, Post.

-Run 5 steps (or three?) and spin around, face QB, hands up in ready catch position (fingers=Triangle)

-Shuffle pass to center (have receiver come in and block center's defender)

-Play Action (fake hand-off)

-Practice "Roll-out" of quarterback on receiver OUT pattern to cut off the angle.

\*\*Stress running forward to end zone, not back and forth. Stay in bounds.

### Running / Handoff (10 Minutes) 6:10

-practice handoff from center to QB to RB (or to receiver).

-Practice draw play hand-off. Get QB to run before and after handoff in opposite direction of play.

-Practice end-around with cut-back run, with all other players drawing defense to opposite side.

-Practice running fake "reverse" from receiver position behind QB to other side.

\*\*Teach center to screen runners defensive man,

### **Practice plays (all kids, scrimmage, play by rules, rotate QB's) (30 Minutes)**

Recap or Defensive (flag pulling) Drill or fun game: (5 Minutes) 7:00pm

# Week 9

Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1<sup>st</sup>, side-step to 2<sup>nd</sup>, backpedal to 3<sup>rd</sup>, sprint to 4<sup>th</sup>, catch pass.

Sprints: (5 Minutes)

2 - 30 yard backpedal, 2 – 30 yard side-step, 2 - 60 yard dash.

Water break.

Passing/Catching (5 Minutes)

Two lines, opposite from each other in pairs,

-basics –3 step drop while looking up, getting fingers on ball in proper position, ready to throw

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –give target, catch with hands not chest, square body to QB if possible, turn quick and look for ball

Receiving / Pass Route (10 Minutes)

-practice handoff to QB (loud "HUT"), Patterns: Slant, Buttonhook, IN to middle, OUT to sideline, Post.

-Run 5 steps (or three?) and spin around, face QB, hands up in ready catch position (fingers=Triangle)

-Shuffle pass to center (have receiver come in and block center's defender)

-Play Action (fake hand-off)

-Practice "Roll-out" of quarterback on receiver OUT pattern to cut off the angle.

\*\*Stress running forward to end zone, not back and forth. Stay in bounds.

Running / Handoff (10 Minutes)

-practice handoff from center to QB to RB (or to receiver).

-Practice draw play hand-off. Get QB to run before and after handoff in opposite direction of play.

-Practice end-around with cut-back run, with all other players drawing defense to opposite side.

-Practice running fake "reverse" from receiver position behind QB to other side.

\*\*Teach center to screen runners defensive man,

**Practice plays (all kids, scrimmage, play by rules, rotate QB's) (30 Minutes)**

\_\_\_\_\_ versus \_\_\_\_\_

Recap or Defensive (flag pulling) Drill or fun game: (5 Minutes)







Five Player Playbook