

Created by Tyler Dennis- Ohio State University P.E. student
Based on the Play Practice book by Alan Launder, Human Kinetics
20 tasks and progressions to teach beginning- Flag Football

Flag Football Middle/High School

Catching a football in open space.

Task 1

- Progression 1: 1 v. 0 with light jog:

Receiver will stand 10 yards away from the quarterback. When the quarterback says go the receiver will **jog** towards the quarterback and catch the football with both hands. Once the receiver has caught the football he/she will tuck the ball while looking it in.

Task 2

- Progression 2: 1 v. 0 with sprint:

Receiver will stand 20 yards away from the quarterback. When the quarterback says go the receiver will **sprint** towards the quarterback and catch the football with both hands. Once the receiver has caught the football he/she will tuck the ball while looking it in.

Task 3

- Progression 3: 1 v. 1 with cold defense

Receiver will stand 20 yards away from the quarterback. Every receiver will be partnered up with a defender that will act as a defensive back. Once the quarterback says go the receiver will run at the quarterback while he/she is shadowed by a defender. The receiver will catch the ball while being pressured by a defender. After catching the ball the receiver will turn up field and make a move trying to get down field.

Catching a Football in traffic or around heavy defense.

Task 4

- Progression 1: 1 v. 0 with no defense.

Receiver will stand 12 yards away from the quarterback while their back is facing the quarterback. When the quarterback says go the receiver will spin around (now facing the quarterback) and locate the football which will be in the air. Locate the ball and bring it in using both hands.

Task 5

- Progression 2: 1 v. 0 with 2 defenders to act as a shield on the receiver.

The receivers will run across the field or court in which there will be two defenders standing about 5 yards away from each other. The quarterback will throw the football in the window created by the two defenders and the receiver will have to use his/her concentration to catch the ball in this window created by the two defenders. After the receiver catches the football he/she will tuck the football in and run up field.

Task 6

- Progression 3: 2 v. 1 with one defender.

The receiver and quarterback will work together as the receiver will tell the quarterback what kind of route he/she will be running. The receiver will have to run his/she route against the defender and get open then catch the football that is thrown by the quarterback. Communication and timing are important in this drill.

Throwing a football to a receiver on a short route (within 5 yards).

Task 7

- Progression 1: 1 v. 0 with no defender.

The quarterback will have a receiver to his left and to his right about 5 yards off the line of scrimmage. Since this will be a short throw the quarterback will use a 3 step drop which is used to get rid of the ball in a quick motion. The quarterback will throw to the receiver to his/her left 5 times and then throw to the receiver to his/her right 5 times. Have receivers run these three routes for this drill (slant, out, and hitch).

Task 8

- Progression 2: 1 v. 1 with one defender.

The quarterback will have a receiver to his left and to his right about 5 yards off the line of scrimmage. The quarterback again will use his 3 step drop but now he will have a defender standing on the line of scrimmage acting as a defensive lineman. This will help the quarterback keep the ball up so in a game or scrimmage his/her throws will not be knocked down.

Task 9

- Progression 3: 1 v. 1 with one defender.

The quarterback will have a receiver and with this receiver he/she will have to communicate with the receiver as the receiver can either run a hitch, slant, or out which

all these routes are less than 5 yards. The receiver will be defended by a defensive back so the quarterback will have to throw the ball while using his three step drop and be very accurate with his throws.

Throwing a football to a receiver on a mid to deep route. (farther than 10 yards).

Task 10

- Progression 1: 1 v. 0 with no defender.

The quarterback will have a receiver to his/her left and another receiver to his/her right standing about 12 yards off of the line of scrimmage. The quarterback will use a 5 step drop to throw to receivers this deep. The quarterback will throw 5 footballs to the receiver to his right and then 5 throws to the receiver to his left. Have the receivers run routes like (post, 12-15 yard out, and flag route).

Task 11

- Progression 2: 1 v. 1 with one defender acting as cold defense.

The quarterback will have a receiver run a route that is at least 12 yards past the line of scrimmage (post or 15 yard out). Place a defender 2 yards on the same side of the line of scrimmage so the quarterback will have to get back on his/her 5 step drop and also throw over this defender that is applying pressure.

Task 12

- Progression 3: 1 v. 1 with one defender using warm defense.

The quarterback will be teamed up with a receiver as they will be going against a defensive back. The receiver will run a deeper route against a defender as the quarterback does his 5 step drop and delivers the ball on time to his/her receiver. This will help build timing between the quarterbacks and their receivers.

Being a defensive back and covering a receiver.

Task 13

- Progression 1: 1 v. 0 with no offensive player.

The defensive back will work on back-peddling for 10 yards while keeping his/her body facing the line of scrimmage. Then after getting to 10 yards the defensive back will break either too their right, left, or forward.

Task 14

- Progression 2: 1 v. 1 with one offensive player.

The defensive back will work on his back-peddle while guarding the receiver that he/she is matched up with. Once the receiver picks which way he/she will cut the defensive back will open his/her hips and run with the receiver. Just use cold defense as we just want to shadow the receiver.

Task 15

- Progression 3: 1 v. 2 using two offensive players.

The defensive back will be matched up against a receiver and one quarterback. As the receiver runs his/her route the defensive back will use his back-peddle and then cover the receiver using hot defense.

Carrying the football in open field.

Task 16

- Progression 1: 1 v. 0 using no defensive players.

The ball carrier will run a full sprint with the football for about 20 yards. It is important that the ball is secured at all times while keeping the 3 points of pressure on the ball at all times.

Task 17

- Progression 2: 1 v. 0 using no defensive players.

The ball carrier will run diagonally to the end-zone as he/she will change which side of the body he/she is carrying the ball on. You always want to carry the ball on the opposite side of the defense or towards the sideline.

Carrying the football in a closed field.

Task 18

- Progression 1: 1 v. 0 using no defensive players.

The ball carrier will run as fast as he/she can for 10 yards while tucking the ball away with both arms. This helps secure the football so no defensive players can punch it out.

Task 19

- Progression 2: 1 v.4 using 4 defensive players.

Have the ball carrier carry the ball through four defenders that are trying to knock the ball out. Remember to secure the ball with both arms.

Task 20

- Progressive 3: 1 v. 4 using 4 defensive players.

Have the ball carrier carry the ball through four defenders that are trying to knock the ball out. Once the ball carrier gets through the line of defenders he/she should tuck the ball away with the side that is closest to the sideline and sprint another 10 yards. This drill will help the ball carrier with how to control the ball when running.