

AYYA
6u Flag Football
Suggested Practice Outline

- Explain Basics (5 min)
 - Zero Contact, no diving.
 - Get in your position behind the line of scrimmage and stay still until the snap.
 - Know your position and what you have to do during each play.
 - Field and Game
 - Start of Game
 - No contact
 - 5 on 5
 - Start at 5 yd line
 - 4 plays to get a first down at mid field or to score after that.
 - No running zones just before mid field and the goal line
 - Offense
 - Center
 - Quarterback
 - Receiver
 - Running Back
 - 30 second clock
 - Ready Set Hike (or Go)
 - 7 second clock
 - Run play
 - Pass play
 - Keep going until flag pulled
 - Don't block flag
 - Stop after the ball runner goes over the line of scrimmage.
 - Defense
 - Zone: (better in 6u) Keep to your zone, "stay home" until the ball goes over the line of scrimmage, then yell "run" and everyone get to the ball

- D - Lineman
 - D - Defensive Back
 - D - Linebacker
 - Drop back a little during a pass play and yell “pass.”
 - Follow and find the ball and pull the flag.
 - If you play the outside, you MUST not let the ball carrier get outside of you, more important to force them inside than to pull the flag.
- Warm - Up (5 min)
 - Line Up
 - Stretch
 - Straight toe touch
 - Spread toe touch and lean each side
 - Pull Leg up behind
 - Ankle Rotate
 - Arms Rotate
 - Neck Rotate
 - Work out
 - Jumping Jacks
 - Push Ups
 - Run In Place, Hit Floor
 - 2 Laps
 - Run 40 2x
- Flag Pulling Drills (10 min)
 - 2 cones to make a narrow path, 1 defender against 1 runner, runner learns to make 1 or 2 moves and pick a side, defender learns to chop feet and pull flag
 - Run course in less than 25 seconds, keep time
 - Stand still, runner approaches you, picks a side, you pull flag
 - Do some other drill
- Passing Drill (10 min)
 - Pass Plays
 - Halfway add a defense
- Hand Off Drill (10 min)
 - Run Plays
 - Halfway add a defense