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Overview of YMCA Youth Sports Coaching

WELCOME

Dear Coaches,

Welcome to the YMCA of Greater Cincinnati Youth Sports Program. Whether you are a returning coach or brand new this year, we appreciate your commitment to your YMCA and hope you enjoy being a part of the largest youth sports program in Cincinnati.

This will be one of the most rewarding and fun experiences you will have! As a coach, you will have the opportunity to make a positive difference in a child's life and your community—a difference that will last a lifetime.

At the YMCA of Greater Cincinnati, we are committed to building healthy spirit, mind and body in all of our programs. As a Youth Sports Coach, we are entrusting this awesome responsibility to you. The YMCA is a volunteer-led organization dedicated to building relationships and enhancing the lives of our community members – you are at the heart of our organization.

Our goal is to provide you with all the resources you will need to effectively lead a team of young athletes through a successful sports season. A successful season, however, is not a winning season. Success for youth athletes consists of far more than having the highest score at the end of the game. At the end of a successful sports season, your team of athletes should have learned the following:

- The value of hard work
- The importance of teamwork
- New skills to enhance their game play
- Strong sportsmanship
- The importance of the YMCA's 5 Character Traits – Caring, Honesty, Respect, Responsibility and Faith.

YMCA Youth Sports is focused on developing OUR children and we will only be successful if we are focused more on their development than on winning or losing games.

Our Sports staff at the YMCA has the responsibility of making sure you have everything you need to have a successful season. Please communicate openly and frequently with our staff if you should need additional information or resources. We are committed to giving you the tools you need, but we can only do so if we know exactly how we can help.

Have a Great Season!



THE YMCA SPORTS PHILOSOPHY

Everyone Plays.

We do not use tryouts to select the best player, nor do we cut kids from YMCA Youth Sports. Everyone who registers to play is assigned to a team. Remember, we are more interested in developing children's character through sport than in developing a few highly skilled players.

*As a coach, you must ensure that all players receive equal playing time and every player plays at least half of every game.

Fair Play.

Fair play is about more than playing by the rules. It's about you, your players and players' parents showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players and their parents to do the same.

*As a coach, set the example of a good sportsmanship and reward players and parents for showing respect to all involved in YMCA Youth Sports. Do not tolerate disrespect by your players or parents.

Positive Competition.

We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective means adults make decisions that put the best interests of the children above winning the contest. Learning to compete is important for children and learning to cooperate in a competitive world is an essential lesson in life. Learning to win is just as important as learning to lose.

*As a coach, help your players set goals that are not about winning or losing. This way, no matter what the score of the game, your players learn that no matter what the score is, there is value in playing the game.

Family Involvement.

We encourage parents to be involved appropriately along with their child's participation in sports. In addition to parents being helpful as volunteer coaches, officials and timekeepers, we encourage them to be present at practices and games to support their player.

*As a coach, give parents responsibilities that will benefit the team – like reading devotions, making banners and signs for games or bringing healthy snacks and water.

Sports for All.

YMCA Youth Sports is an inclusive program, meaning that children who differ in various characteristics, including physical ability, race, gender, religion or ability are included in participation.

*As a coach, support and appreciate the diversity of children in your community and encourage your players and parents to do the same.

Sports for Fun.

YMCA Youth Sports is an inclusive program, meaning that children who differ in various characteristics, including physical ability, race, gender, religion or ability are including in participation.

*As a coach, emphasize the importance of having fun to both players and parents, reminding them that the benefits of physical activity in childhood are long-lasting.

Safety First.

Although some children may get hurt playing sports, we do all we can to prevent injuries. We have modified each sport to make it safer and more enjoyable to play.

*As a coach, teach the sports as we've prescribed so that skills are taught as appropriate for children's developmental levels; develop your players' fitness levels gradually so they are conditioned for the sport; constantly supervise your young players so that you can stop unsafe activities.

YOUR ROLE AS A COACH

Work with every player on the team.

The most highly skilled and least skilled player on the team deserve and should be given equal attention.

"Making shots counts, but not as much as the people who make them." – Coach Mike Krzyzewski

Work on basic skills and teach good physical fitness habits.

Demonstrate the importance of good fitness habits such as warm-up, conditioning and regular exercise. Talk to players about making healthy eating choices, drinking water, resting and exercise.

"Natural abilities are like natural plants; they need pruning by study..." – Coach Red Auerbach

Teach fair play.

Playing fair is an essential part of playing sports – it's a set of attitudes:

- Respect for one's self
- Respect for one's teammates
- Respect for the other team
- Respect for the rules and the officials who uphold them

"What you are as a person is far more important than what you are as a ... player" – Coach John Wooden

Help players set and evaluate individual goals.

Competing against one's self is perhaps the best way to improve skills. Help players measure their skills, set goals for the future and work to reach those goals.

"Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan." – Coach Tom Landry

Keep winning in perspective.

Winning games is only one of the many goals which are important in sports. Help players and parents become more aware of other goals sports help athletes to achieve: developing skills, being healthier, working as a team member, dealing with the emotions of a sport, having fun.

"What pleased me most probably was that we made decent steps with fundamentals and the foundation of the team." – Coach Bill Belichick

Work with the whole person: spirit, mind and body.

Physical fitness and skill development are important, but so are mental attitudes and spiritual growth.

"And if you see me, smile and maybe give me a hug. That's important to me too." – Coach Jim Valvano

BEHAVIOR POLICIES FOR COACHES, PLAYERS AND PARENTS

Coaches, players and parents are expected to exhibit at all times behaviors that uphold the YMCA Mission and set positive examples for all youth sports participants.

Coaches

All coaches are required to sign a Coach's Behavior Policy Prior to the start of the season. If you have not signed this policy, please immediately see YMCA Youth Sports Staff to review and sign these policies.

Parents and Spectators

It is imperative that parents and spectators also set good examples for the children playing youth sports. Overzealous or inappropriate behavior from the sidelines can be just as distracting and damaging as from a coach. Parents and spectators are expected to do the following:

- Encourage children during games/practices
- Keep comments positive
- Leave the coaching to the coaches
- Not interrupt the follow of the game
- Take any concerns regarding the game to the program director
- Be examples of good sportsmanship for our children to model
- Help us make each practice and game a positive and fun experience for both teams
- Avoid negative behavior toward the opposing team
- Avoid saying or doing anything they wouldn't want their child to say or do

Players

Players are expected to treat their teammates and the opposing team with respect at all times and demonstrates the sportsmanship they are learning from their coaches and parents. Players are responsible for attending practices and games – every player on a team adds value and missing players inhibit a team's growth.

Policy Enforcement

Coaches, parents and players in our travel leagues are required to sign an agreement to abide by YMCA of Greater Cincinnati behavior policies. Failure to abide by these policies will result in the following actions:

- **First Offense-** Warning for Inappropriate Behavior
- **Second Offense-** Asked to leave the game or practice
- **Third Offense-** Removed from the team for the remainder of the season (if a parent has three offenses, both player and parent are removed from the team for the remainder of the season.

The 7 Components of a Practice

THE 7 COMPONENTS OF A PRACTICE

Take the time each week to plan out your practices !

Opening Circle

Take a few minutes to welcome your players to practice. Be sure to do the following:

- Devotion or Thought for the day
- Review of last game – what we learned and how we can grow
- Goal for today's practice – what skills will we be working on
- Overview of the flow of today's practice – roadmap of the next hour

Warm-up and Stretch

Spend at least 5 minutes exercising to raise your players' heart rates and warm their muscles. Warm-up can be anything from a quick game of tag to running a few laps to conditioning exercises. Never skip the warm-up and stretch section of practice!

Individual Skill Drills

This is a time for players to work on a skill and develop it as an individual player. You will find individual skill drills to incorporate into your practices in the next section. Allow your players adequate time in learning any new skill before asking them to apply it as a team.

Team Skill Games

This is the time for your team to come together and develop their skills as a functioning group of players. The team skill drills should build on the individual skill drills, providing natural progression from individually mastering a new skill to applying it as a team. You will find team skill drills to incorporate into your practices in the next section.

Scrimmage

There is no better way to prepare for a game and to apply the skills learned throughout practice than to put them to action in a game-type situation. Always include a scrimmage in every practice – it gives your players a chance to develop their teamwork and will enhance their comfort in game situations.

Closing Huddle

Take just a few minutes at the end of practice to review the skills you worked on and evaluate the goals set at the beginning of practice. Encourage your players to continue to practice throughout the week with their friends and parents. Review all the necessary information for the upcoming game, including:

- Location
- What time to arrive
- Who is bringing the snack

Water Breaks

Whether it is hot or cold where you are practicing, be sure to allow your layers to get water at any point during practice. Staying hydrated helps your players focus on the skills they're learning.

Blank Practice Plans

PRACTICE PLAN

Practice Date _____

Time	Activity	The Plan for Today
:00	Opening Circle -overview of practice - set goals for practice -devotion	
:05	Warm-Up and Stretch	
:10	Individual Skill Drill	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
:20	Water Break	
:25	Team Skill Games	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
:40	Water Break	
:45	Scrimmage	
:60	Closing Huddle - review of practice - prepare for game	Next Game Date: _____ Location: _____ Snack: _____

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Individual Skill Drill Activities

INDIVIDUAL SKILL DRILLS

On the following pages, you will find individual skill drills to help your players learn the key skills of the sport.

Here is your key to understanding how to read and use the individual skill drills in this section:

Skill	Ages
This box will tell you exactly which skill you will be working on	Age groups that are best for this drill

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

How much of practice do you need to set aside for this drill?

Materials Needed

What equipment will you need to run this drill?

Field Set-up

If there is a specific way the playing area needs to be set up in order to run this drill, you will find instructions and diagrams in this section

Instructions

Step-by-step how to run this drill

Modifications

Ideas for how to make this drill easier or harder or adjust it for different age groups or practice locations.

This activity emphasizes the following character value:

- Caring Honesty Respect Responsibility Faith Teamwork
 Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Tosses/pitches	6+
----------------	----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

15 minutes	1 football per pair
------------	---------------------

Field Set-up

Set out a 20x20-yard area. Divide teams into even groups and place players opposite each other across the line about 5 yards apart. Players on Team A are the quarterbacks. The players on the B team are running backs. They will switch positions after each turn. Footballs for each pair are recommended and the entire team can participate if space permits.

Instructions

The QBs will have their backs to the RBs.
The first several practices, the coach will call the cadence, "SET GO." The coach will then choose a QB to call out the cadence.
Each QB holds the football in front of them with their knees bent and their feet apart. On the QB's "SET GO" the RB Moves to the right to take the pitch from the QB at a distance of 3-5 yards.
The first time through the drill, have players move in slow motion to get the feel of the drill. Switch positions; the QBs are now RBs and vice versa. The players now run half speed through the drill to the left. The players switch positions again and run through the drill at full speed.
The QB will look at the stomach area of the RB when making the pitch to that area. The toss or pitch is similar to passing in Rugby.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

One Hand	10+
----------	-----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

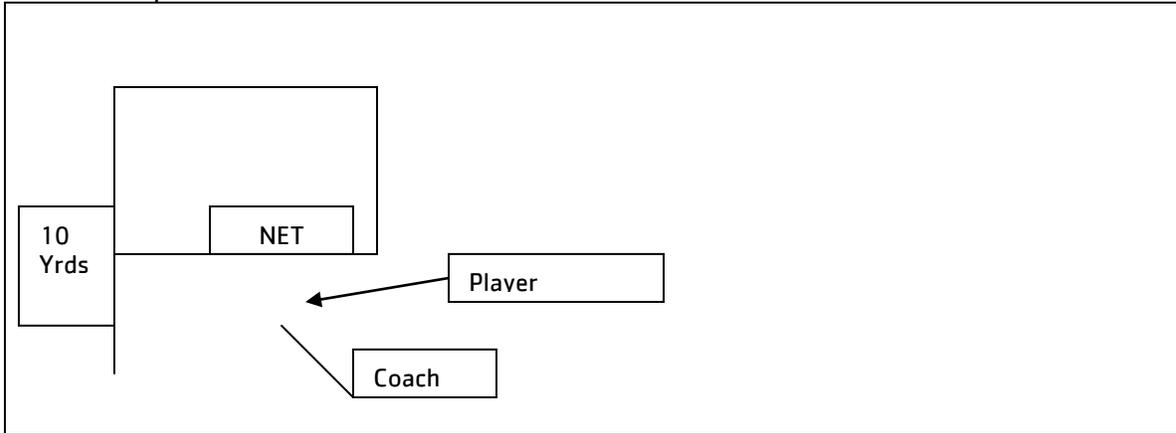
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Time Needed

Materials Needed

15 minutes	2-3 footballs
------------	---------------

Field Set-up



Instructions

- The purpose of this drill is to help concentrate on making difficult catches with one hand.
- Start the player about five yards from the first pole. The player starts to run about ½ speed and catch the ball with one hand. The ball should be thrown in a high arch. This drill is run from both sides.
- Emphasize looking the ball into head.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Catching	All
----------	-----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

15 minutes	Balls
------------	-------

Field Set-up

None

Instructions

Hot and Cold- Play 5v5, run your regular plays, but the offensive players will run Hot (full speed) and the defense will run cold (half speed). Defense will play zone or man, but allow the offense to catch the passes when routes are run correctly.
--

Modifications

None

This activity emphasizes the following character value:

- Caring Honesty Respect Responsibility Faith Teamwork
 Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Flag pulling, Dodging	All
------------------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

15 minutes	Cones, Ball
------------	-------------

Field Set-up

Mark a 15 by 15 yard area with cones or towels
--

Instructions

<p>Gauntlet- Assign half your players to offense, and half to defenses. Give each a ball to the first offensive player. They stand in line outside the zone; the defenders arrange themselves in random order within the zone, about 3 to 5 yards apart. Ball carriers try to run through the maze one at a time. The defenders can't swarm on the ball carrier; this is a multiple one-on-one exercise in which only the closest defender can attempt to pull the flag. The ball carrier continues through the maze until his or her flag is pulled. When that happens, the ball carrier becomes a defender in the zone and the player who pulled the flag takes the ball and goes to the offensive line. (If the flag isn't pulled, the offensive player remains an offense.)</p>
--

Modifications

<p>Solid is on offense Empties are on defense Defense does not lunge.</p>

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Charlotte Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Flag Pulling	All
---------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

5 minutes	Cones
-----------	-------

Field Set-up

Make a zone 3 yards wide by 3 yards long.

Instructions

Divide the players into two groups. Within each group, have a line of offensive players and a line of defensive players. Have an offensive player run through the zone while a defensive player attempts to pull his or her flag. Those two players then go to the ends of their lines.

Modifications

When each player has gone a few times, switch the offense and defense.
--

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Snapping	6+
-----------------	-----------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

15 minutes

Materials Needed

One football per team, cones

Field Set-up

Set out a 20x20-yard area. Divide teams into even groups and place in even lines. Place cones in middle of drill four yards apart. One football per team; the entire team can participate.

Instructions

- This is a relay race.
- The quarterback (A) and center (B) on each team start the race.
- The center (B) snaps directly to the QB (A). The center will stand still while the QB runs to the next cone.
- The previous (A) snaps to (B), then (B) snap to (A) and so on, until course is completed.
- The race is continued until each participant gets a turn.
- Center must place the ball on the ground before snapping.

Modifications

Shotgun snap.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Open vs. tight coverage	6+
--------------------------------	-----------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

10 minutes	3-4 footballs
------------	---------------

Field Set-up

None

Instructions

<p>The receiver stands between two other players. The two players are one foot from the receiver. On the command "GO" the receiver makes one fake and runs either left or right and tries to catch the ball. The other two players try to keep the receiver from catching the ball blocking his/her vision and pushing him/her.</p> <p>The drill is repeated with the same alignment. This time there is no command "GO". The ball is thrown in a jump ball area to the players. The receiver has to go up and catch the ball in his/her hands.</p> <p>This drill is used with two players. The receiver faces the instructor with a player facing him/her about* yards apart. On the command "GO" the receiver takes one fake and goes either left or right. The player facing him/her has to guess what direction the receiver is going.</p>
--

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Passing & Receiving

6+

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

10 minutes

Materials Needed

1 football per group

Field Set-up

None

Instructions

This drill helps players understand simple passing routes, from the perspective of both quarterback and receiver.

Development Goals

Passers: accuracy and how to lead receivers

Receiver: how to run pass routes

Defensive Backs: how to watch receivers and cut to the ball.

Coach's Notes

Divide your team into three groups. The first player in line is the first passer; the second goes out to play defensive back; the third is the receiver. The outside groups run simple 10-yard square-out patterns, while the middle group runs 10-yard turn-ins or buttonhooks.

Rotate each line this way: After passing, the quarterback becomes the next receiver; the next player in line becomes the passer; the first receiver becomes the defensive back; and the first defensive back moves on to the next group. Make sure players get chances at all three positions.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Defense	8+
----------------	-----------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

10 minutes	5-10 cones per group
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Field Set-up

The shape of your cones will eventually form an M. Numbers 1-5 represent the different turns in the M shape, with one and five being the starting and stopping points if you were actually writing this capital M. The distance between cones 1 and 2 should be roughly ten yards. The distance from cones 2 to 3, and cones 3 to 4 should be five yards. Finally, the distance from 4-5 should be ten yards.

Instructions

All cones are set at an angle to provide quick acceleration forward to quick hip turns in the back pedal. On a coach's whistle, a player will begin his movement around the cones. From cone 1, the athlete will back pedal to 2. Next, they are to run to 3 while turning their hips towards 4 (facing towards the coach). As the player reaches cone number 4, coach throws ball to player with player returning ball at full speed to cone 5.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Punting	8+
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

10 minutes

Materials Needed

1 Football per player

Field Set-up

None

Instructions

The punter should align themselves on one of the yard lines working across the football field. He/she should take their normal stride into the ball and drop the ball on the line without kicking it. The proper drop should have the nose of the football slightly in and down. This will cause the ball to bounce back and lightly outside of the line the punter is working on, indicating a good drop.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Passing and Receiving: Run & Shoot

All

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 minutes

Materials Needed

1 Football per group

Field Set-up

Divide your team into three groups. The first player in line is the first passer; the second goes out to play defensive back; the third is the receiver. The outside groups run simple 10-yard square-out patterns, while the middle group runs 10-yard turn-ins or buttonhooks. Rotate each line this way; After passing, the quarterback becomes the next receiver; the next player in line becomes the passer; the first receiver becomes the defensive back; and the first defensive back moves on to the next group. Make sure players get chances at all three positions.

Instructions

Development Goals

Passers: accuracy and how to lead receivers

Receivers: how to run pass routes

Defensive Backs: how to watch receivers and cut to the ball.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Open Receiver Drill	All
----------------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

5 minutes	Footballs
-----------	-----------

Field Set-up

None

Instructions

The QB sets up on the goal line with 10 or more receivers scattered from sideline to sideline at distances varying from 5 – 30 yards. The QB faces the receivers with the coach standing behind the QB. The coach points to one of the receivers making this player the live receiver. The QB stimulates their snap; drop using proper mechanics and sets to throw while continually scanning the field looking for the receiver with the raised hand, the live receiver. The live receivers wait until the QB is a couple of steps into their drop before raising their hand. This drill is repeated until all the receivers have had a chance to catch a pass.
--

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Center QB Exchange	All
---------------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

12 Minutes	Football, 10-20 Cones
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Field Set-up

Set out a 20 x 20-yard area. Divide teams into even groups and place in even lines. Place cones in middle of drill four yards apart. One football per team; the entire team can participate. Key Note: Center must place the ball on the ground before snapping.

Instructions

This is a relay race.

The quarterback (A) and center (B) on each team start the race.

The center (B) snaps directly to the QB (A). The center will stand still while the QB runs to the next cone.

The previous (A) snaps to (B), then (B) snaps to (A) and so on, until the course is completed.

The race is continued until each participant gets a turn.

Modifications

Shotgun snap.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Running Skills	All
-----------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

Cones

Field Set-up

Set up four sets of cones twenty yards apart

Instructions

Have players get into four groups and line up behind one set of cones. Run from one side of the cone, go touch the other cone and get in the back of the line. Vary the different types of running.

Examples: High knees/Quick feet, Long Stride, Form run, Backwards Running

Modifications

Shotgun snap.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Find the Quarterback	All
-----------------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

1 Football per 4 players

Field Set-up

None

Instructions

The QB's stand in a circle facing each other about 20 yards apart. The receiver stands in the middle and calls out of the QB's name, the QB then starts to throw the ball. At the same time the receiver turns and faces him/her. After the receiver catches the ball he/she tosses the ball back to the QB and gets ready for the next name.

Modifications

Emphasis is placed on quickness, turning to QB and catching the ball.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Pass Pattern Combinations	All
----------------------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

1 Football per group

Field Set-up

None

Instructions

Streak Out: #1 WR runs a 5-yard out toward the sideline and WR #2 runs a streak.

Streak Curl: #1 WR runs a streak and #2 WR runs a 5 yard-curl inside.

Post Out: WR #1 runs a post and WR #2 runs a 5-yard out.

Corner Smash: WR #1 runs a corner and WR #2 runs a post.

Curl Post Corner: WR #1 runs a 5-yard curl and WR #2 runs a post.

Twin Curl: WR #1 and WR #2 both run 5-yard curls. This play is used in short-yardage situations.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Running With the Ball	All
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

	15-20 Cones, 1 Football per group
--	-----------------------------------

Field Set-up

None

Instructions

Relay race between teams. Drill is completed when all RBs have run through the mini end zone once. There are 3 mini-end zones for the RB to run through. Offensive team has to play against the other team's defense. RB has to run through three mini-end zones and avoid the defenders in each. The DB attempts to pull the RB flag and stop him/her from scoring. DB's are awarded 3 points for each flag pulled. Points are counted after the race. The RB is awarded 6 points for each successful TD. The RB must run directly to the end of the line after handing off the football to a teammate on the other side of the drill. Offensive and defensive players are switched after each relay race is completed. If both RBs flags are removed before reaching the last DB, the RBs run back to the next RB in line and hands off the ball.

Modifications

RB plays with head up. DB watches the movement of RB's hips, not the head or shoulders.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Running the Cones	All
--------------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

15-20 Cones, 1 Football per group

Field Set-up

Set out a 20 x 20-yard area. Cones are set 8 yards apart to simulate a mini-end zone. One ball per team. The entire class can participate. If cones are limited, use t-shirts, shoes, or tape on the floor as markers.

Instructions

This is a relay race between teams. The first player in each line has a football and will run with the football around each cone and then come back to the beginning of his/her line. When the participant returns to the line, they will hand off to the next participant at the front of the line, and then go to the back of the team's line. The winning team will be the first team to have each participant completes the race.

Modifications

Have players backpedal or hop over the cones.

Key Coaching Points: Player switches arms carrying the football, with the football always carried in the arm nearest the sideline. Players cut on their outside foot, not crossing their legs over when they go around a cone.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Defense Drill # 4	All
--------------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

5 Minutes	1 Football per group
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Field Set-up

Set out a 20 x 20-yard area. Pair up 10-12 players or as many as space allows.

Instructions

Pair up players – one group is WRs, the other DBs. Each DB will backpedal and “mirror” the WR. All players will start in slow motion on the coach’s command. Switch, making WRs play as DBs. Progress to half speed. Switch positions again. Now go to full speed. On the coach’s whistle, the WRs will try to run past the DBs, who are backpedaling. During the drill, the coach calls out “GO”, the DB is now allowed to pull the flag of the WR who is still running for the end zone. The “GO” simulates the WR catching the football.
--

Modifications

The coach will pass a football to an open offensive player when “GO” is called. DB stays in front of the offensive player. DB watches WR’s waist and hips.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Grab Ball	All
------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

5 Minutes	1 Football
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Field Set-up

Set out a 20 x 20-yard area. Pair up 10-12 players or as many as space allows.
--

Instructions

The players line up parallel, facing each other about two yards apart. A receiver stands at each end and on the command "GO", the coach tosses the ball to him. The player runs between two lines covering the ball. Players on both sides try to pull the ball from the ball carrier.
--

Modifications

Emphasize holding on to the ball and use of good body control.
--

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Line Runs	All
------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

5 Minutes	None
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Field Set-up

None

Instructions

Depending on the size of your team, line the players up either in one or two straight lines. Begin jogging around the perimeter of the football field, or from goal post to goal post. Increase the difficulty of an otherwise ordinary jog, by having the player at the back line spring to the front at the coach's whistle. When that player reaches the front of the line, they slow down to a jogging pace, and another coach's whistle signals the next player to run from back to front.

Modifications

Emphasize holding on to the ball and use of good body control.
--

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

The Super Bowl	All
-----------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

1 Football for each four players, 4 cones for each four players

Field Set-up

None

Instructions

Mark a playing field about 7 by 15 yards

Build teams of 4

Offense: 3 Linemen, 1 RB

Defense: 2 or 3 Linemen, and 2 or 1 LB

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

NFL Ultimate	All
---------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

1 Football, 4 Cones

Field Set-up

Set out a 20 x 40-yard area. Pair up 10 players. Rotate players, or duplicate the drill if space permits.

Instructions

The concept is for the team with the football to pass the ball to teammates without dropping the ball, all the while moving the ball toward the end zone. The player with the football has 10 seconds to pass or pitch the ball to a teammate. The ball can be passed or pitched forward, sideways, or backwards. The player with the ball can only take 2 steps after catching the ball. The offensive players without the ball can move anywhere on the field. The ball always has to be passed toward the end zone – 6 points are awarded for a touchdown. After a touchdown, the team that was on defense switches to offense and takes possession of the ball on their own 5-yard line. If the ball is dropped or intercepted, play continues with the other team in possession of the ball from the point of the turnover. Each defensive player must stay at arms length from the player with the ball. The defensive play is similar to that of basketball.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

7 On 7 Passing

All

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

5 Minutes

1 Football per 2 players

Field Set-up

Line up offense without line (eventually with Center to give him/her and the QB some extra reps on snapping).

Defense lines up without DL.

On Offense run all your pass plays.

On Defense run all coverage's including blitzes.

Instructions

Make sure the QB doesn't hold the ball longer than he/she could in full scrimmage or game. RB should pick up blitzing LB; if the LB is assigned to another player he/she should run by the QB, so that you can see if the coverage is appropriate.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Defense Drill #3

All

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

1 Flag per player, 4 Cones (Mark End Zone)

Field Set-up

Set out a 20 x 20-yard area. Pair up 10-12 players. The coach gives each team a name. The entire team can play, or duplicate drill if space permits.

Instructions

This is a mirror drill. Players must "mirror" and stay with the player lined up across from them. When the coach calls out a team name, that team becomes the offense and tries to score in the defensive team's end zone. A score is worth 6 points. If a player has his/her flag pulled they are out for that one drill. Defensive players can go after other offensive players if they have pulled the flag of their partner. Offensive players have 45 seconds to score. Each score is worth 6 points.

Modifications

Coach will lower the time limit to 30 seconds. Instructor keeps track of offensive player scores and subtracts 3 points for players who had their flags pulled.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Defense Drill # 2

All

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

1 Football per player, 4 Cones (Mark End Zones)

Field Set-up

Set out a 20 x 20-yard area. 10 players start at one end zone, each with a football (if available). Two DBs are stationed in the middle of the field.

Instructions

The object is for the RBs to run past the DBs to the opposite end zone without getting their flags pulled. If a RB has his/her flag pulled, he/she sits out. Stop the drill after RBs reach the opposite end zone. Identify players with pulled flags and allow players to catch their breath. The drill continues then by changing direction until there is one RB remaining.

Modifications

Instead a RB sitting out after his/her flag is pulled, have him/her switch to a DB and assist in pulling other RB's flags.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Defense Drill #1	All
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

5 Minutes	5-10 Cones per group, 1 Football per group
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Field Set-up

Set out a 10 x 20-yard area. Place the cones five yards apart. One football is needed. The Entire team can participate in this drill, which can be duplicated for more players if space permits.

Instructions

The object is for the RB to run along the line of scrimmage and select an area between the cones to run through. RB starts with the football. On coach's signal, RB begins running. The DB must mirror the RB and attempt to capture the RB's flag before the RB selects a hole between the cones. This drill simulates making a one-on-one flag capture. Progression: Progress to two defensive players.

Modifications

RB must keep head up and the football firmly tucked away.
DB must keep shoulders square and head and eyes looking up field.
DB watches the RB's hips.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Chasing with the Ball	All
------------------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

5 Minutes	10-20 Cones, 1 Flag per Player
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Field Set-up

Set out a 40 x 40-yard area. Place cones 2 yards apart to simulate a mini-end zone. Recommended for six pairs of players, the maximum number of players is 20. If cones are not available, marks on the ground or floor, t-shirts, or tape can be used. Balls are optional.

Instructions

Pair players up – one as a RB and one as a DB. The DB is in back of the RB and chasing the RB from behind. RB's should carry a football (if available). Each RB starts off on the end line at either side of the playing area. The DB's start 5 yards behind the RBs. On the coach's whistle, the RBs attempt to cross through the mini-end zones without getting their flags pulled by the pursuing DBs. The DB must chase the RB. If both flags are pulled, RB is out. If one flag is pulled, the RB keeps going. Any end zone can be crossed and there is no order in which the end zones have to be crossed. The drill lasts 45 seconds and then you switch RBs to DB and DBs to RB.

Modifications

Shorten time to 30 seconds

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Razzle A

All

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

Footballs

Field Set-up

None

Instructions

Four receivers from a circle about five yards apart. There are two balls used. The drill starts with two of the receivers who are facing each other tossing the ball to the receiver on the right, who in turn tosses the ball to his/her right, etc. After the balls have gone around several times the command "reverse" by the coach, changes the balls to the left. Two groups can be used at the same time.

Modifications

Emphasis is placed on quickness of turning and catching ball in hands.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Jingle-Jangle	All
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

5 Minutes	Footballs
-----------	-----------

Field Set-up

Place cones at corners of 15-yard square. Line up players at one corner of square.

Instructions

Players then:
Sprint to first cone
Side-step to second cone
Backpedal to third cone
Sprint back to beginning of line.
Throw a football to each player as he or she finishes the drill. Repeat drill to other side after everyone has had a turn

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Firing Squad

All

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

2-3 Footballs

Field Set-up

None

Instructions

Receiver stands in front of net facing QB. The coach stands behind the net and the receiver. The coach starts the drill by saying "ready" which alerts the QB to cock their arms. He then points to one QB, which alerts him/her, he/she is the one to throw to the receiver. On the command "GO", each QB starts his/her throwing motion, but only the QB that was designated by the coach lets the ball go. The receiver catches the ball, tosses it back to the QB, and the drill starts over. (Receiver should catch about six balls.)

Modifications

Emphasizes concentration, and looking ball into hands.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Center Cut	All
-------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

2-3 Footballs

Field Set-up

None

Instructions

5 Yard Curl: The WR runs up the field 5 yards, stops, and returns back towards the QB.

5 Yard Out: The WR runs up the field 5 yards and cuts to the sideline.

8 Yard Post: A WR runs up field 8 yards and cuts toward the center of the field on a 45-degree angle.

Streak: The WR runs straight up the field as fast as possible.

Post Corner: The WR runs up the field. At 8 yards he cuts toward the center of the field and after 2 yards runs towards the corner of the end zone.

5 Yard Smash: The WR runs up the field 5 yards and then turns towards the QB and side shuffles with body facing the QB.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Push Up

All

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

2-3 Footballs

Field Set-up

None

Instructions

Player lies down on the ground in a push up position. The coach stands to one side of the player. On the command "GO" the player has to push up and go to the opposite side of the coach. The coach makes it hard for the receiver to get up by holding him/her down. The ball should be thrown to the receiver after his/her second or third step.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Back of the End Zone	All
-----------------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

1 Football

4-8 Cones (To Mark End Zone)

Field Set-up

None

Instructions

Players line up near the end line and run across at half speed. The coach throws the ball high and in front of the players who have to stay as close to the end line as possible and catch the ball.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Warm Up Drill #2

All

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

5 Minutes

Footballs

Field Set-up

None

Instructions

Divide receivers into two groups with a coach on both sides of the field to throw balls. Receivers start in a two-point stance and run across the field at half speed. The coach waits until receiver runs ten yards before throwing the ball. The ball should be thrown with a high arch. The receiver catches the ball mid-way across the field and strides across to the sideline. After each player has gone one time in both lines, the drill is repeated using one hand and over the head.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Zig-Zag	All
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

5 Minutes	Footballs
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Field Set-up

Set out a 20 x 20-yard area. Divide teams into even groups and place players opposite from each other about 3 yards apart. The entire team can participate if there are enough footballs. With a limited amount of footballs, place players behind each other and have them wait for a turn or pass the footballs available in a zigzag pattern.

Instructions

Begin with the participants on both knees facing each other. Players throwing from their knees will focus on the throwing motion without the use of their legs. Progress to right knee up and then switch to left knee up. Next, have players stand straight up and pass with feet apart.

Modifications

Coaching Points: Passing motion is the same as throwing a baseball, javelin, or handball. The hand without the football points to the target or the receiver. Make sure players follow through on their throws. Point – step – throw. The receiver forms a target with both hands, palms facing out with thumbs and pointing fingers touching. The receiver's fingers should form a triangle.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

40, 60, 80, 100

All

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

7 Minutes

None

Field Set-up

None

Instructions

Place your team in 2 groups at one goal line. Place 1 or more coaches 40 yards away. On the goal line the coach signals or gives movement, the first group sprints 40 yards. While they rest and 2nd group sprints 40 yards. Repeat this 6 times. Coaches on the 40-yard line back up 20 yards. Repeat same drill 4 times as each group sprints 4-60 yard sprints. Coaches on 60-yard line back up 20 more yards. Groups sprint 2-80 yard sprints. Coaches back up to other goal line. Groups sprint 1-100 yard sprint.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

2 Step Football	All
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

15 Minutes

Materials Needed

15-20 Cones, RED/BLUE Pennies (Divide into teams), 2 Footballs

Field Set-up

Set out a 40 x 40-yard area. Divide teams into even groups and place players opposite each other across the field. The entire team can participate.

Instructions

8-10 participants start on the field, the remaining players stand on the sidelines. This game concept and playing area is similar to basketball, but without the baskets or dribbling. The ball starts with one player at the center of the field. The object is to throw the football to a teammate in the circle or goal. The player with the ball has to pass to his/her teammates inside the game or can get assistance from teammates on the sidelines. The player with the ball can only take two steps, similar to basketball. The players in the playing area without the ball are free to move around. The ball must be passed within 10 seconds or the other team gets possession of the ball. The idea is to try to knock down or intercept a pass. If the ball is dropped or intercepted, the team on defense is awarded possession of the football. 6 points are awarded each time the ball is passed to a player in the goal area. The player in the goal cannot leave that area.

Modifications

Add players to the field, one per team

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Open Receiver Drill

All

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

10 Minutes

Materials Needed

Baseballs

Field Set-up

None

Instructions

The QB sets up on the goal line with 10 or more receivers scattered from sideline to sideline at distances varying from 5- 30 yards. The QB faces the receivers with the instructor standing behind the QB. The coach points to one of the receivers making this player and live receiver. The QB simulates their snap; drop using proper mechanics and sets to throw while continually scanning the field looking for the receiver with the raised hand, the live receiver. The live receivers wait until the QB is a couple of steps into their drop before raising their hand. This drill is repeated until all the receivers have had a chance to catch a pass.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Elimination

All

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

5 Minutes

Football

Field Set-up

None

Instructions

This drill is designed to improve the player's quickness and reaction to the ball.

This drill is somewhat like musical chairs. The coach lines up four or more players. The coach has them keel on one knee and face him. The drill starts when the coach flips the ball to any player, using a basketball chest pass. When a player drops a ball, he/she must leave the drill. The drill ends when there is only one player left.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Passing Drill #2

Older

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

7 Minutes

Football

Field Set-up

Pair off participants into two parallel lines. Players start on both knees, throwing to their partners five yards away. Show players how to follow through with their arm, so that their thumbs end up pointing down. Have each player begin with football held above his or her waist. Demonstrate how to throw from no higher than their ear.

Instructions

After several throws have players switch to kneeling on right knee. Then after several throws that way, have them switch to left knee. Next, have them throw standing up with feet together. Finally, have them practice a three-step drop, then a five-step drop before throwing.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity

Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Passing Skills	All
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

10 Minutes	Footballs
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Field Set-up

None

Instructions

Two Knee Drill: (20 passes)

The purpose is to warm up the arm and teach concentration on target and ball release. Pair off about ten yards apart directly in line with each other, kneeling on both knees. Receiver will hold both hands up, giving the QB a target. Throw should not be hard but controlled and QB should concentrate on target.

One Knee Drill: (20 passes)

Put your knee on the throwing side down. Place the ball on the ground, grip it with the throwing hand only, lift it up with one hand, cock it high with two hands, and throw it to partner. Exaggerate follow through, pick up grass. Use the arm only and lead with elbow. Helps to develop stronger arm and wrist snap. Switch the down knee for variation.

Feet Parallel Drill: (20 passes)

Purpose is to warm up the arm, and at the same time, teach concentration on target and passing technique. Pair off about 12 yards apart directly in line with each other. Increase the distance as you warm up. Don't exceed 20 yards and do not take a step with your foot. Helps to develop stronger arm.

Opposite Foot Drill: (20 passes)

Right handier with right foot forward in heel to toe relationship. Basic warm up and to teach how to throw off the wrong foot. Simulates throwing off wrong foot while scrambling or sprinting out. Point the toe in the direction of the throw. To throw with body, must rotate hips. If thrown with correct motion, you will be forced forward on the ball of your right foot and weight will follow through.

Normal Foot Follow Through Drill: (20 passes)

Same as above except step with correct foot. Right handier step with left foot. Point the toe in the direction of the throw. Throw and follow through. When throwing at release of ball, turn hand to outside and palm down. This motion assures tip of ball will be up for soft pass. Over-emphasize the follow through until it becomes an automatic part of throwing motion.

Circle Toss: (3 minutes)

Run in a circle playing catch and reverse the action. Release the ball quickly. Square the shoulders and hips to target. As a variation, one man can stand still and the others run around him. Change direction and switch positions.

Down the Line: (200 yards)

Run the length of the field and back playing catch. Keep 10 yards apart. Release the ball quickly. Square the shoulders and hips to the target. Work to increase speed.

Sprint Out Drill: (20 passes)

Sprint right and left. Throw to other QB or target. Release the ball quickly. Square the shoulders and hips to target. Practice throwback pass also. Get a depth of 6-7 yards.

Set Up Drill: (20 passes)

Concentrate on speed on getting back. Get depth, step up and throw to a target. Start at 20 yards and work to 40 with lowest possible trajectory. Throw hard and soft. Use centers if possible. May time drops.

Individual Pass Routes Drill:

In addition to working on the passing drills that have been mentioned, it would obviously be to your advantage to throw to an end or a back running any of our individual pass routes. You should work the most on the routes that are the most difficult for you to hit constantly.

Modifications

None

This activity emphasizes the following character value:

- Caring Honesty Respect Responsibility Faith Teamwork
 Sportsmanship Fair Play Healthy Habits Hard Work

Team Skill Drill Activities

TEAM SKILL GAMES

On the following pages, you will find team skill games to help your players apply the skills they worked on during the individual skill as a team.

Here is your key to understanding how to read and use the team skill games in this section:

Skill	Ages
This box will tell you exactly which skill you will be working on	Age groups that are best for this game.

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

How much of practice do you need to set aside for this game?

Materials Needed

What equipment will you need to run this game?

Field Set-up

If there is a specific way the playing area needs to be set up in order to run this game, you will find instructions and diagrams in this section

Instructions

Step-by-step how to run this game.

Modifications

Ideas for how to make this game easier or harder or adjust it for different age groups or practice locations.

This activity emphasizes the following character value:

- Caring Honesty Respect Responsibility Faith Teamwork
 Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Play Calling/ Offense	12+
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

Materials Needed

10 Minutes	Ball
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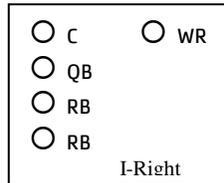
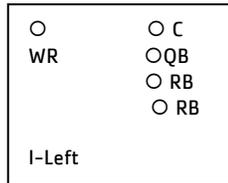
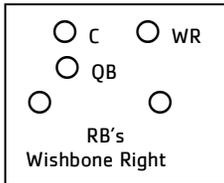
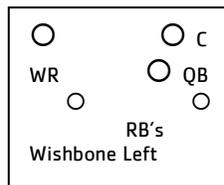
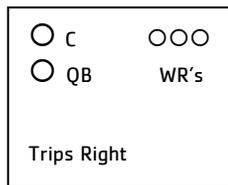
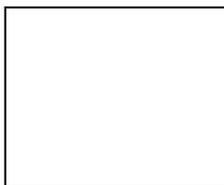
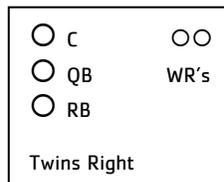
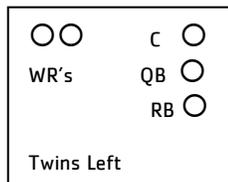
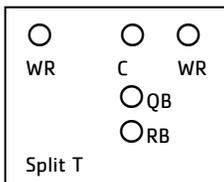
Field Set-up

None

Instructions

Play calling, see if they can remember the route numbers.

Some Possible Formations



Modifications

Then you call pass plays by formation followed by routes from left to right.

Example – “Twins Right 234”

Running plays – Give each position a number, then the first number in a play call is the player the ball goes to, and the second number would be right or left (odd for left, and even for right).

For example if the running back was number 2, you could call:

Twins Right 24, Twins Right would be the formation, and then “2” back would go to the right because “4” is an even number.

This activity emphasizes the following character value:

- Caring
- Honesty
- Respect
- Responsibility
- Faith
- Teamwork
- Sportsmanship
- Fair Play
- Healthy Habits
- Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Defense, Movement	All
--------------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

20 Minutes	Ball
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Field Set-up

None

Instructions

Wolfpack Ball- Divide the players up into two teams, the players will play man to man. One team has the ball and they throw to each other in any direction, ball is down wherever it is caught. The goal is to your perspective end zone. An interception or dropped pass will result in the other team getting the ball. This teaches how to keep moving, throwing and catching, and man to man defense.
--

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Defense, Covering receiver	All
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

10 Minutes	Ball
------------	------

Field Set-up

None

Instructions

1v1- Divide the players up into two lines, one of receivers, and the other of defensive backs. Call out a pattern, and have the defensive backs try to cover the receiver while you throw. Teach the defenders the proper distance, how to break on the ball, and how to never turn their backs on the offense. You can also teach the defenders what holding is.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Passing and Receiving

All

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5 Minutes

Materials Needed

8 Cones, 1 football per team

Field Set-up

Set out a 20 x 20-yard area and place two sets of cones on either end of the area, 5 yards off the end line. Divide into two equal teams. One half of each team starts on offense; the other half starts on defense. Each team has a football. Use the entire team in one drill.

Instructions

The WR snaps the football to the QB and the WR runs a 5-yard "out" pattern. The cones are set out to indicate direction. When the ball is snapped, the DB runs to the area where the WR will try to catch the football. If a catch is made, the WR must then try to run past the DB and score without having his/her flag pulled. The WR then goes to the end of the DB line and the DB goes to end of the offensive line on their own team. The WR will give the football to the DB after the drill. The DB will hand the football to the QB in the DB's new line. 6 points are awarded for each TD. The coach keeps score.

Modifications

QB passes to where the WR will be at end of his/her pattern.

WR looks back for football when he/she makes the turn to the second cone.

DB watches WR's hips for any fakes, not the shoulders or head.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Cincinnati Practice Plan Activity
Flag Football

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Passing and Receiving	All
------------------------------	------------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

5 Minutes	5-10 Cones per group, one football per group
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Field Set-up

Set out a 20 x 20-yard area and divide the team into even groups. Set cones 5 yards from each end line and 10 yards apart. Each team requires one football so the entire team can participate. Make sure that WR must stop and completely turn around giving the QB a bit target. WR must give a solid handoff to the QB when returning to line. After each relay race, a WR becomes the new QB.

Instructions

This is a relay race.
 The object is for QB 1 to pass to WR 1, who has run to cone (A) to catch the ball.
 The second player in line is WR 2.
 WR 2 runs to cone (B) and repeats the drill.
 The drill is repeated until every player has a turn.
 If the ball is dropped, the WR picks it up and continues with the drill.

Modifications

None

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

