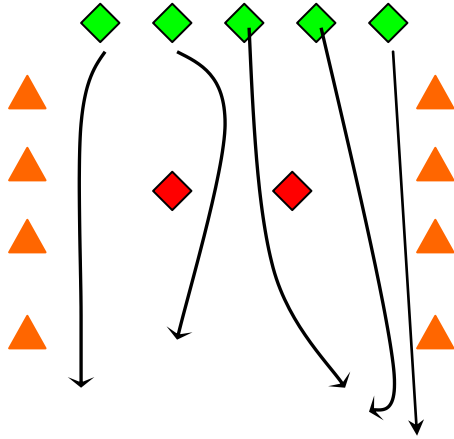
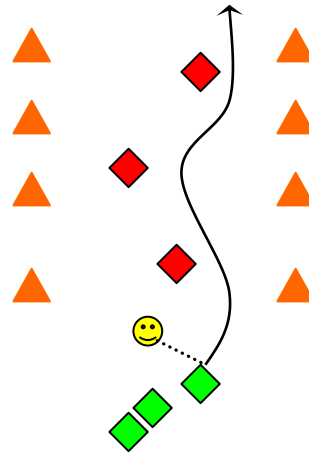


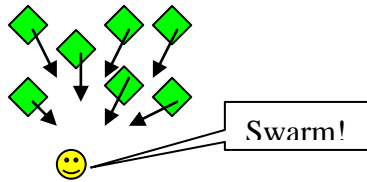
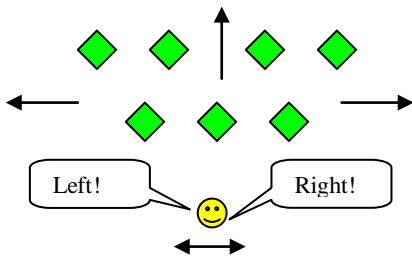
# DRILLS



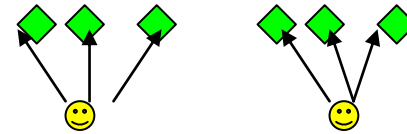
**Bulldogs.** Wider alleyway. 2 defenders to start, if flags are pulled, those players go to middle and help pull flags. When more players join, emphasize swarming on defense.



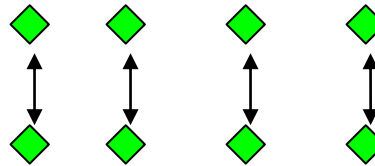
**Gauntlet drill.** Smaller alleyway. 3 defenders try and pull flags. Coach handsoff to kids. No looking down, run straight ahead and don't stop until you hear the whistle.



**Swarm Drill!** Coach points ball left, kids move left, points right they move right. Yells pass, they move back. Yells swam, they all swarm coach and everyone must touch with one hand.



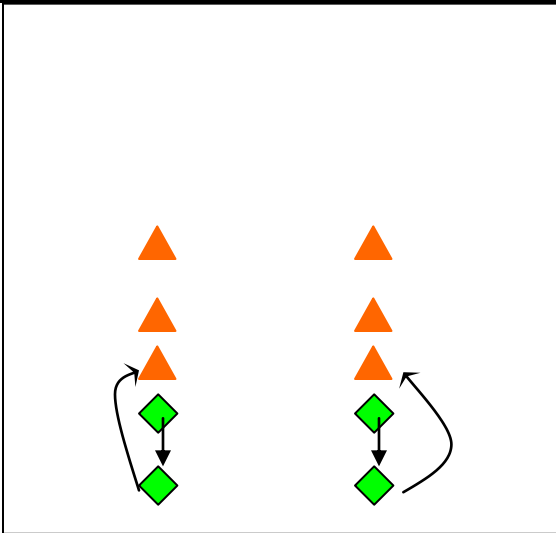
2 coaches throwing to kids. Emphasize looking ball into hands!



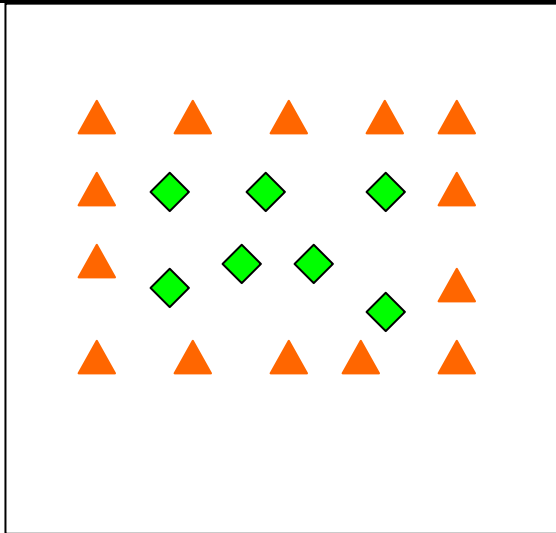
Pair up kids. How many passes/catches can they make in a row?

**Passing/Catching Drills.** Emphasize looking ball in hands. Proper grip on football for throwing. Receiver show target with hands.

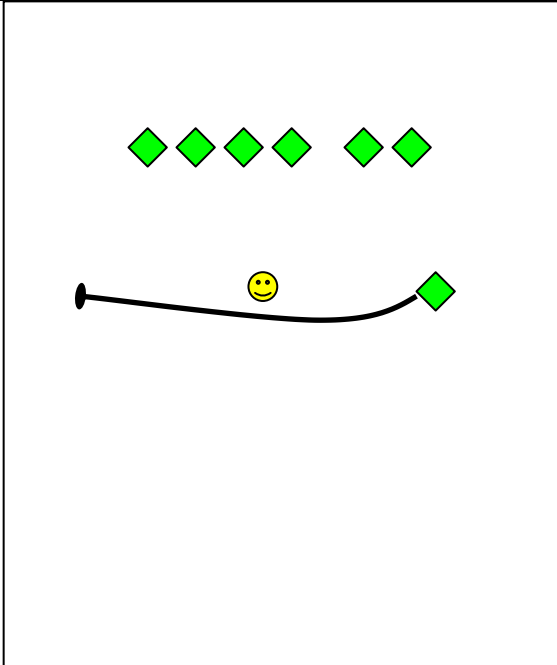
# DRILLS



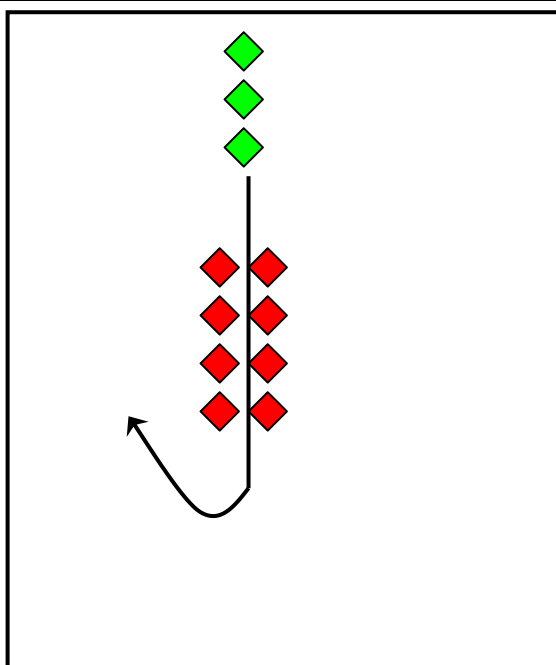
**Leapfrog.** Center & QB. Center snaps to QB, QB runs around center to next cone and snaps, repeat.



**Flag tag.** Every kid for themselves. Try to pull others flags and avoid having yours pulled. No flag guarding.

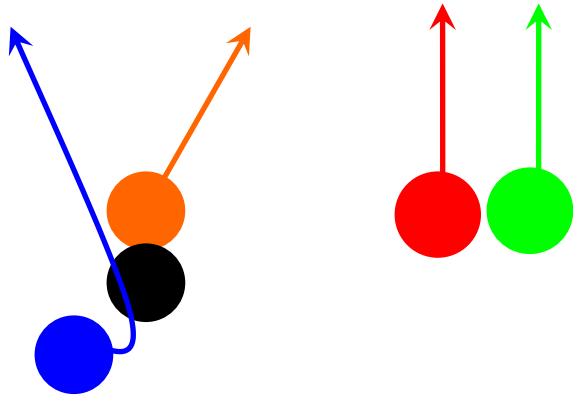


**Disney drill!** Kids line up facing coach and one player. Coach uses smaller ball (nerf b-ball works great). Use end around and have kids in line guess who has the ball. Emphasize being sneaky w/ ball.

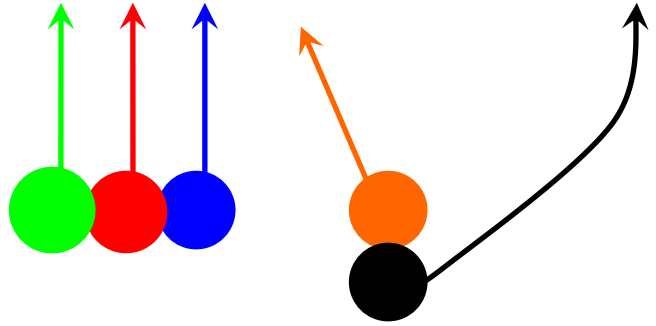


**Gauntlet II.** Red is other players, siblings, parents, coaches who hold their hands out. It gets the kids used to someone touching their flag belt. Green runs through, no looking down to see if flag is still on.

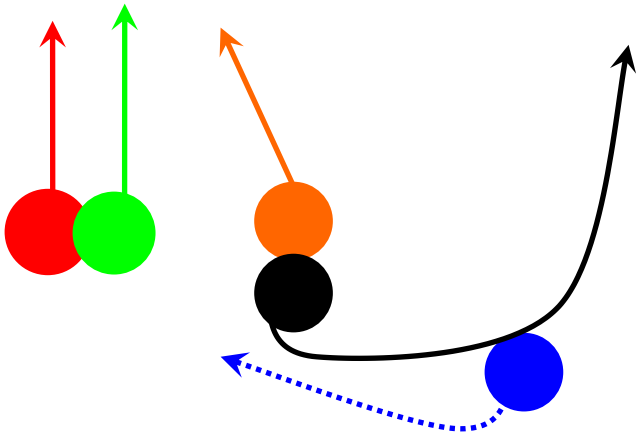
# BIG BLUE DOG



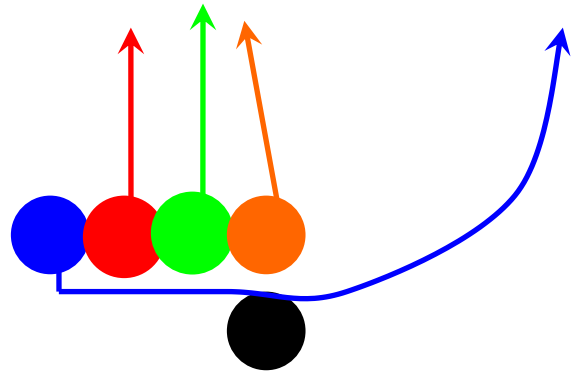
# Black Jet



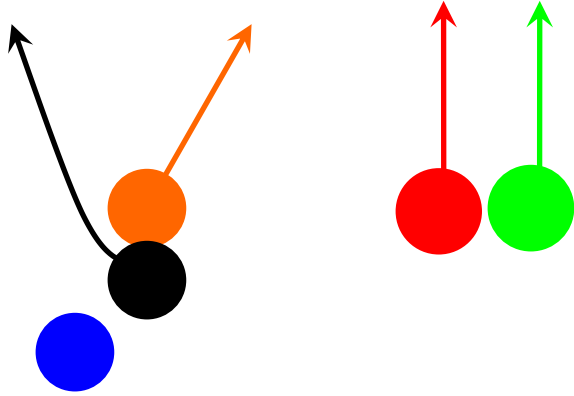
# We tricked you!



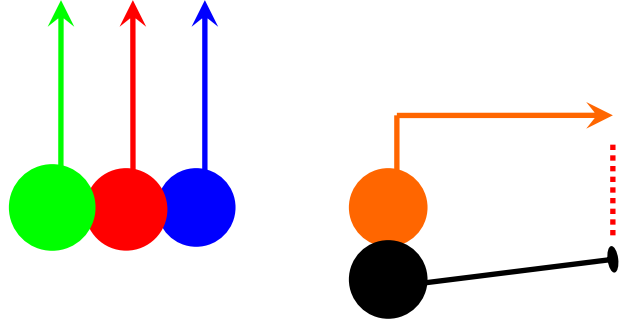
# BLUE STREAK



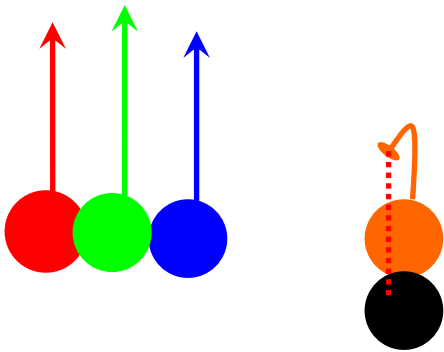
# Sneaky Dog



# Orange Juice



# Orange Popsicle



# BLUEBERRY

