



WARM UP & STRETCH

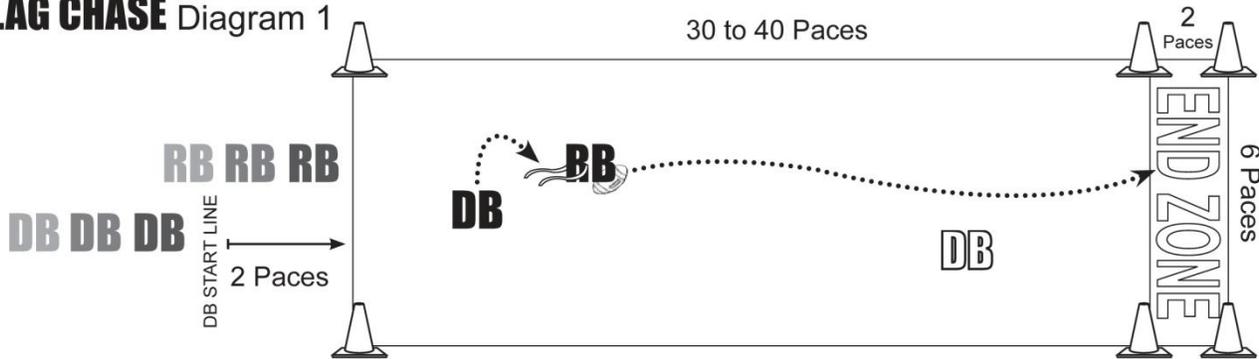
1. Stretch for about 10 minutes. Make sure to properly stretch, especially the arms.
2. Start with a light jog to warm up, followed by other exercises.
3. Begin throwing close to your partner and slowly move further apart until arms are loose.

SKILL TRAINING

FLAG CHASE RUNNING BACK / DEFENSIVE BACK EXERSIZE

- Pace out a 6 x 30 or 40 yard practice area. Create an End Zone about 2 yards deep.
- Pair players up as Running Backs and Defensive Backs. If available, have the Running Back hold a football.
- Line up the Defensive Backs about 5 yards behind the Running Back start line.
- One the coach's whistle, the Running Backs should attempt to cross the mini-end zone without getting their flags pulled off by the pursuing Defensive Backs.
- If one flag is pulled, the Running Backs can keep going. If both flags are pulled, the Running Back is out.
- Once both players are done with the drill, they switch positions and head back to the end of their line.
- For more advanced players, place another defensive player near the end zone.

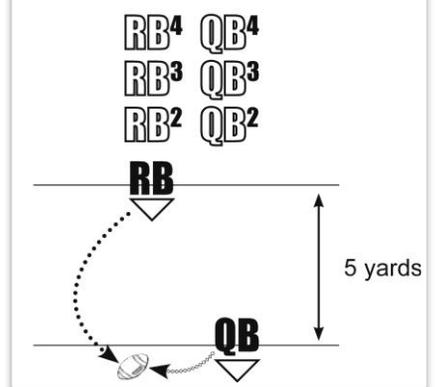
FLAG CHASE Diagram 1



QB TOSS QUARTERBACK / RUNNING BACK EXERSIZE

- Divide the team into Running Backs and Quarterbacks. Place each into a single file line.
- The Quarterback will need to be place 5 yards ahead of the Running Back. Both players will be facing forward.
- Start off running the drill in slow motion.
- The Quarterback needs to hold the football in front of them, with their knees bend and feet apart.
- Have the Quarterback call out "SET GO" when he's ready.
- The Running Back then moves to his right to take the pitch from the Quarterback.
- At the end of the drill, the players will switch positions and go to the end of their lines.

QB TOSS Diagram 1





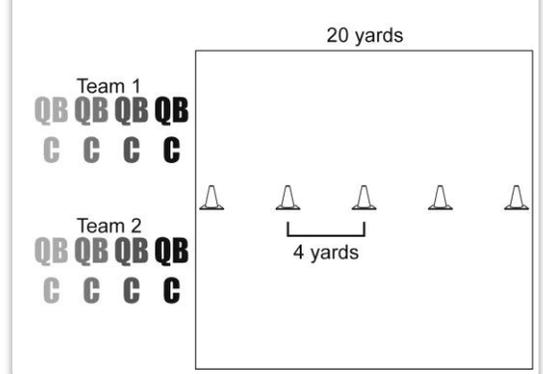
This packet serves as a handy reference for suggested skill-building activities. Practices listed are not required

SKILL TRAINING

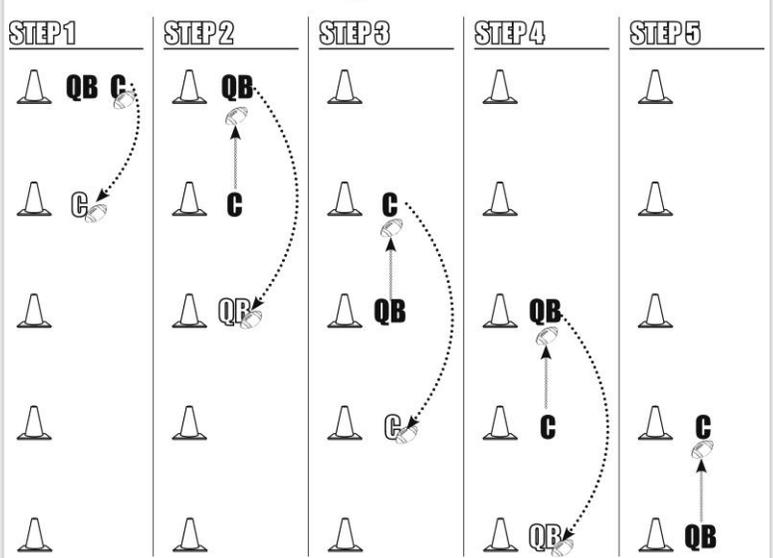
RELAY SNAP RACE QUARTERBACK / CENTER EXERSIZE

- Pace out a length of 20 yards. Place cones or field markers every 4 yards in a straight line.
- Split your team up into 2 even teams.
- Each team will need to form 2 parallel lines. One line is for Quarterbacks, the other for Centers.
- Centers will be holding the ball.
- At the start of the race, the Center runs out to the first cone. The Quarterback stays at the start line.
- The Center then shotgun snaps the ball back to the Quarterback. The ball will need to be placed on the ground before each snap.
- Once the ball is received, the Quarterback runs out to the next empty cone. He then snaps the ball back to the Center.
- The Center will then run to the next empty cone, and snap the ball to the Quarterback.
- The players on each team need to continue snapping the ball back to their teammate until the course is completed and each participant get a turn.

RELAY SNAP RACE Diagram 1



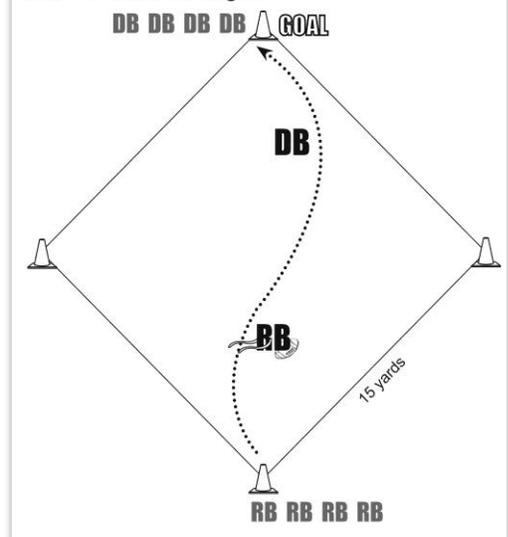
RELAY SNAP RACE Diagram 2



JINGLE JANGLE RUNNING BACK / DEFENSIVE BACK EXERSIZE

- Pace out a 15 x 15 yard square. Place cones or field markers on each corner.
- Assign Running Backs and Defensive Backs.
- Line up Running Backs at one cone, then line up Defensive Backs at the at the opposite cone.
- The goal is for the Running Back to run to the opposing corner with the ball, without getting flag pulled by the Defensive Back.
- Have Running Backs practice spin and juke moves against the defender.
- At the end of the drill, the players will switch positions and go to the end of their lines.

JINGLE JANGLE Diagram 1





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BASIC ROUTE TREE

QUARTERBACK / RECEIVER EXERSIZE

- Pace out a 5, 10, and 15 yard lines down the field.
- Place 2 Quarterbacks in the center.
- Form 2 lines of Wide Receivers on either side of the Quarterbacks.
- On the snap, the Receivers run the designated route as the Quarterback passes to them.
- Have players progress through the route tree, the Wide Receivers switching sides after each turn.

BASIC ROUTE TREE Diagram 1

