

SYSA Flag Football
Grades 1-2
Practice schedule and drills

Coaching Code of conduct:

- No coaches yelling or cussing at players, parents, or other coaches
- Options for discipline, no hitting or yelling at players for making a mistake, educate them on how to do it correctly encourage them to get better.
- If kids are misbehaving or not focused and you want to discipline them take away their reps, up-downs, or running, core workouts, sit-ups, pushups.
- Game day:
 - Be respectful of other teams, set an example for the kids on how to be respectful to your opponent.

Each practice should include all of the following in different variations (up to coaches' discretion):

- 5-10 mins of warm up
- at least 5 mins of ice breakers
- 2-3 water breaks of 5 mins max
- Offensive focused drill 1 or 2
- Defensive focused drill 1 or 2
- Competitive focused drill offence and defense

Warm up options

Dynamic:

1. Easy jog 100 yds
2. Frankenstein's 10 yds
3. Toe touches 10 yds
4. Knee hugs 10 yds
5. Legs pulls 10 yds
6. High knees 10 yds
7. Striders 80-90% speed 20 yds

Static:

1. Touch your toes 30 sec
2. Leg pulls/ reach hand 15-20 sec each leg
3. Knee hugs 15-20 sec each leg
4. Cherry pickers 30 sec
5. Sitting toe touches 30 sec
6. Butterfly's 30 sec

Ice breaker options:

1. Get to know your players
 - a. Favorite food/ dessert
 - b. Favorite vacation spot
 - c. Favorite NFL team/player

2. Name games
 - a. First letter animal game
 - b. Speed naming
 - c. One person does all names
3. Other options on website

Offensive Drill Options (1= easier 4= more advanced)

1. Line up- where/how 10-15 mins
 - a. Start in huddle then have players line up in one formation (coaches' choice), if they mess it up same group restarts in huddle until they get it right. After successful line up start in huddle with new kids until everyone has done 2-3 reps.
 - i. What is LOS (line of scrimmage)
 - ii. Emphasize players in line or just off of center
 - iii. Quarter back is in shotgun or under center
 - iv. Is there a running back -next to or behind QB
 - v. How many players are on vs off the LOS
2. Catching and Throwing and carrying 10-15 mins
 - a. Start by showing kids how to properly hold a football. Fingers should be on the laces. Then move to a throwing motion, hips sideways non-throwing arm extended at target, throwing arm bent up. Should be making a big L with your arms. When you throw rotate whole body. Make sure kids know how to catch, hand in diamond shape, look the ball in and don't catch with your body. Have players pair off and practice throwing and catching at 10 yds, 15yds, 20yds, 25yds if they continue to progress. 3 points of contact when carrying the ball. Hand, forearm, bicep
3. Fly Drill 10-15 mins
 - a. 2 Quarter backs 30-40 yds apart with WR lines on QBs right side 10 yds out. Run simple routes they can learn easy that the QB can throw (slant, out, curl, hitch, under, in, etc.) both lines go at the same time, after receivers catch from one QB run it out to the next line and give the ball to the QB, once everyone get 2-3 routes switch to QBs left side.
 - i. Emphasize speed, and running to the next line
 - ii. Encourage perseverance when balls are dropped
 - iii. Celebrate caught balls
 - iv. As many reps as possible
4. ½ Field route/route combos
 - a. 2 or 3 receivers max on one side of the QB running routes, QB has options. If they start to get the routes down add route combos, a hitch inside, slant outside. Stay with same routes until they show they can run them effectively
 - i. Emphasize leading receivers
 - ii. Route timing
 - iii. Cutting hard

Defensive Drill Options:

1. Line up- where/how

- a. Start with defenders facing away from offensive formation, then have them turn round and find a man to line up with. Repeat with same group if there is confusion with who they are guarding, players should know what side they are on, ex. Right CB or Left LB.
 - i. See rules for how close defenders can be to offense
 - ii. Inside shade
2. Tackle Drill
 - a. Set up cones 5-10 yds apart with an offensive and defensive player. Set up an endzone 10ish yds away. Have players try and get past defender. Add players for complexity 1 on 1s, 2 on 1s, 2 on 2s
3. Chase Drill
 - a. Line up defenders 3-4 yds behind offensive player. Have offensive player run towards endzone forcing defender to chase. Set up endzone 20 yds apart to give defender time to catch up.
 - i. Teach angles of pursuit
 - b. Laying down chase variation
 - i. Players line up in defensive positions laying down, blow whistle for offense to go then defense stands up locates offense then chases
4. Mirror Drill
 - a. Have a offensive player run a route of some sort, the defenders job is to stay mirrored and glued to the offense without worry of the ball coming
 - i. Emphasize staying low and keeping eyes on hips
5. 1-1
 - a. Simple one on one, variations for skill level needed, slower with less experience and skill. Now with a QB and WR have a DB defend a route
 - b. Variations will include more players 2-2, 3-3

6 week practice schedule

Week 1	<ul style="list-style-type: none"> • Ice breaker, name game- 5 mins • Warm up- Dynamic- 10 mins • Lineup Drill Both Offense and Defense- 20 mins • Fly drill – 10 mins • “Tackle Drill” Pulling Flags-10 mins
Week 2	<ul style="list-style-type: none"> • Ice breaker- name game- 5 mins • Warmup-dynamic -10 mins • Lineup both offense add route running- 15mins • Mirror drill 1-1, 15 mins
Week 3	<ul style="list-style-type: none"> • Ice breaker, get to know your players 5mins • Warm up-dynamic 10 mins • Half field passing, 2 WRs- 10 mins • Half speed 1 on 1 defense drill 10 mins • 1-1 flag pulling

Week 4	<ul style="list-style-type: none"> • Ice breaker, get to know your players 5mins • Warm up-static 10 mins • Fly drill 10 mins • Mirror drill 10 mins • Chase drill 10mins
Week 5	<ul style="list-style-type: none"> • Ice breaker, get to know your players 5mins • Warm up-static 10 mins • Fly drill 10 mins • Half field passing, 2 Wrs- 10 mins • Laying down angle drill
Week 6	<ul style="list-style-type: none"> • Fly drill -10 mins • 2-2 Flag pulling drill- 10 mins • Rest pf practice play football