

Readington Flag Football Clinic/Evaluations All Divisions

STATIONS:

1. 40 yard dash
2. Passing Offense
3. Rushing Offense
4. Receiving
5. Flag Tackling

1. 40 yard Dash

- Let kids warm up a little with a slow short run 50 yards and jog back
- 2 groups each coach with a group and a watch.
- Set up cones at start and end of 40 yards
- Coach holds watch up to ready player, and then starts it when they start to run.
- Kids get 2 runs each, circle best time on evaluation sheet.

If time remains let kids play catch with a football, to warm up for next station (passing). Instruct proper grip and throwing technique, set-up and follow through, then let kids warm up throwing to each other, helping with technique. Kids should not be running patterns just throw straight ahead to each other.

Can also work on center snap.

Readington Flag Football Clinic/Evaluations
All Divisions

STATIONS:

1. 40 yard dash
2. Passing Offense
3. Rushing Offense
4. Receiving
5. Flag Tackling

**2. Passing Offense:
(Focus: Quarterback position)**

- Instruct proper grip and throwing technique, set-up and follow through, then let kids warm up throwing to each other, helping with technique. Kids may have done this in 40 yard dash after first station.
- Teach basic QB drop-back
- Each coach takes a group and rotate players throwing to 2-3 basic patterns, down in, fly, slant.
- Call cadence to start play
- Have kids throw to coaches or any older siblings that are there. Older kids can throw to each other.

Readington Flag Football Clinic/Evaluations
All Divisions

STATIONS:

1. 40 yard dash
2. Passing Offense
3. Rushing Offense
4. Receiving
5. Flag Tackling

**3. Rushing Offense Station: same area as flag tackling (2 groups)
(Focus: Running back & Quarterback positions)**

- Setup line of scrimmage w/ 3 cones (center, L-WR, R-WR),
QB starts with ball at cone (no snap)
RB's behind QB, run towards WR cones outside (sweep)
Alternate QB/RB
Handoffs left and right
- Teach basic stances, QB's hand on top of ball laces up,
2-point upright for RB's, hands on thighs
- Instruct on proper positioning of arms in taking hand-off (top hand points in
direction player is running)
- RB looks where he is going, not at QB
- Instruct QB on footwork, drop step towards backfield, and where to put the ball for RB
(look ball into their chest).
- Younger divisions coaches can be the QB and hand off to the kids (the running back).

Readington Flag Football Clinic/Evaluations
All Divisions

STATIONS:

1. 40 yard dash
2. Passing Offense
3. Rushing Offense
4. Receiving
5. Flag Tackling

4. Flag Tackling: same area as flag tackling (2 groups)

(Focus: Defensive positions)

- Teach flag tackling from 2 point stance, read and react to ball flow.
- Teach to pursuit angles and following play down field (don't give up)
- Practice grabbing flags using a running back, 2 cones for RB to run through, he starts a few yards behind cones and then 2 cones downfield wider for him to stay inbounds.
Use 2 defensive players, cannot pursuit until ball carrier clears cones (line of scrimmage).
- Motivate players to 'want' to get the flag, and the runner to try and get by them.
- Add defensive players, and widen field if time permits.

5. Receiving: (Focus: Receiver positions)

- Instruct stance (one foot in front of other) and lining up on line of scrimmage accurately.
- With 5 on 5 play, let them know all players are eligible receivers.
- Coaches should do all throwing.
- Instruct on catching the ball with hands away from their body, and bring the ball into their body after they catch it.
- Evaluate kids on down in pattern (let them go through twice), and then try and cover as many of the following patterns from different positions.
(see attached pattern info from NFL site)
WR- Down and In, Post, Curl
Center - Quick out, Slant
RB – Flare
Younger players can run shorter patterns

Passing Tree Receiver Route Definitions

Quick Out (1): This is a 5-8 yard route forward then the receiver cuts out towards the sideline then looks for the ball.

Slant (2): This is a 3-5 yard route forward then the receiver breaks towards the middle of the field on a 45 [degree](#) angle and looks for the ball.

Deep Out (3): This is a 10-15 yard route. It should be run exactly like the quick out only deeper.

Drag/In (4): This is a 5-8 yard route forward then the receiver breaks into the middle of the field on a 90 degree angle and looks for the ball.

Flag (5): This is a 10-15 yard route forward then the receiver breaks at a 45 degree angle towards the sideline and looks for the ball.

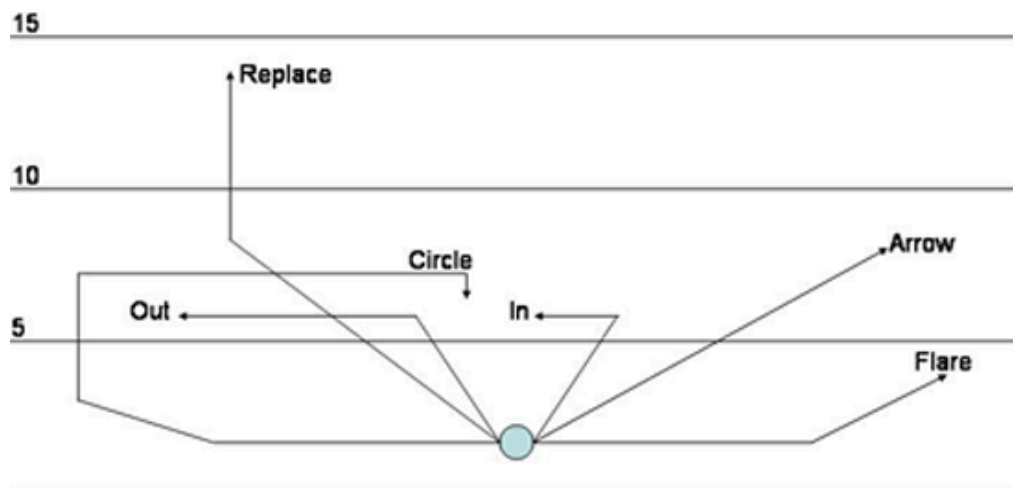
Curl (6): This is a 5-8 yard route forward then the receiver stops and turns to the ball.

Post Corner (7): This is a 12-20 yard route forward then the receiver cuts on a 45 degree angle to the middle of the field for a few steps then the receiver cuts on a 45 degree angle towards the sideline and then looks for the ball.

Post (8): This is a 12-20 yard route forward then the receiver breaks on a 45 degree angle towards the middle of the field and looks for the ball.

Fly (9): This route is run straight up the field with the receiver looking for the ball after he gets past about 15 yards.

Running Back Routes



© 2003 National Football League