

Football

Get a head start on learning some basic football skills. Grab a football and find an open grassy area near you! Choose a few links and practice the drills a couple of days a week. Once you feel confident, find a few friends and play a fun game of football.

Football Rules:

<https://www.youtube.com/watch?v=OFiDged4Z2s>

Flag Football Rules:

<https://www.youtube.com/watch?v=thNIQV6Ze3k>

Flag Pulling and Shuffle Drill:

<https://www.youtube.com/watch?v=TX4CLSx79-Y>

Technique for throwing a football:

<https://www.youtube.com/watch?v=GUK0vEKVAXU>

Routes running and Catching techniques:

<https://www.youtube.com/watch?v=kpkIJ13sTJY>