



## Guide to Coaching



# Hustle & Attitude

“Hustle and Attitude” is a youth recreational sports philosophy that focuses on two things all children can do in youth sports regardless of skill level or athletic ability—hustle and have a good attitude.

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**Hustle**—(verb) to proceed or work rapidly or energetically; to be aggressive

In flag football, hustle looks like:

- No walking inside the white lines
- Playing until the whistle is blown

**Attitude**—(noun) manner, feeling with regard to a person or thing; orientation of the mind

In Flag Football Fanatics, attitude looks like:

- Everyone flies to the ball on defense
- No flag guarding...ever

# GOALS

- 1.) Create an atmosphere where the children want to play again next season
- 2.) Create a fun environment
- 3.) Teach the players fundamentals of the game of football
- 4.)  

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- 5.)  

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# Practice Template

(5 minutes) Welcome

(5 minutes) Stretch and Warm Up

(10 minutes) Teach fundamentals

(10 minutes) Run Offense Drills (best to have two drills going on at same time)

Rotate/Switch/Water Break

(10 minutes) Run Defense Drills

(10 minutes) Run team drills (emphasize achieving team goals)

(5 minutes) Game play/situations

Drills can be made into contests for the children. They will be excited to see who can do the drill the best or fastest...you don't even need to have a prize to give them!

# Flag Football Drills

(There are a number of additional good practice drills described on the Flag Football Fanatics website:

<https://playfanatics.com/youth-sports/coaches/practice-tip/>)

## OFFENSE

Spin Move

Shotgun Snap Relay

Proper Passing

Route Tree

## DEFENSE

Rush & Break Down

Backpedal & Break

Pursuit Drill

Zone Break

## TEAM OFFENSE

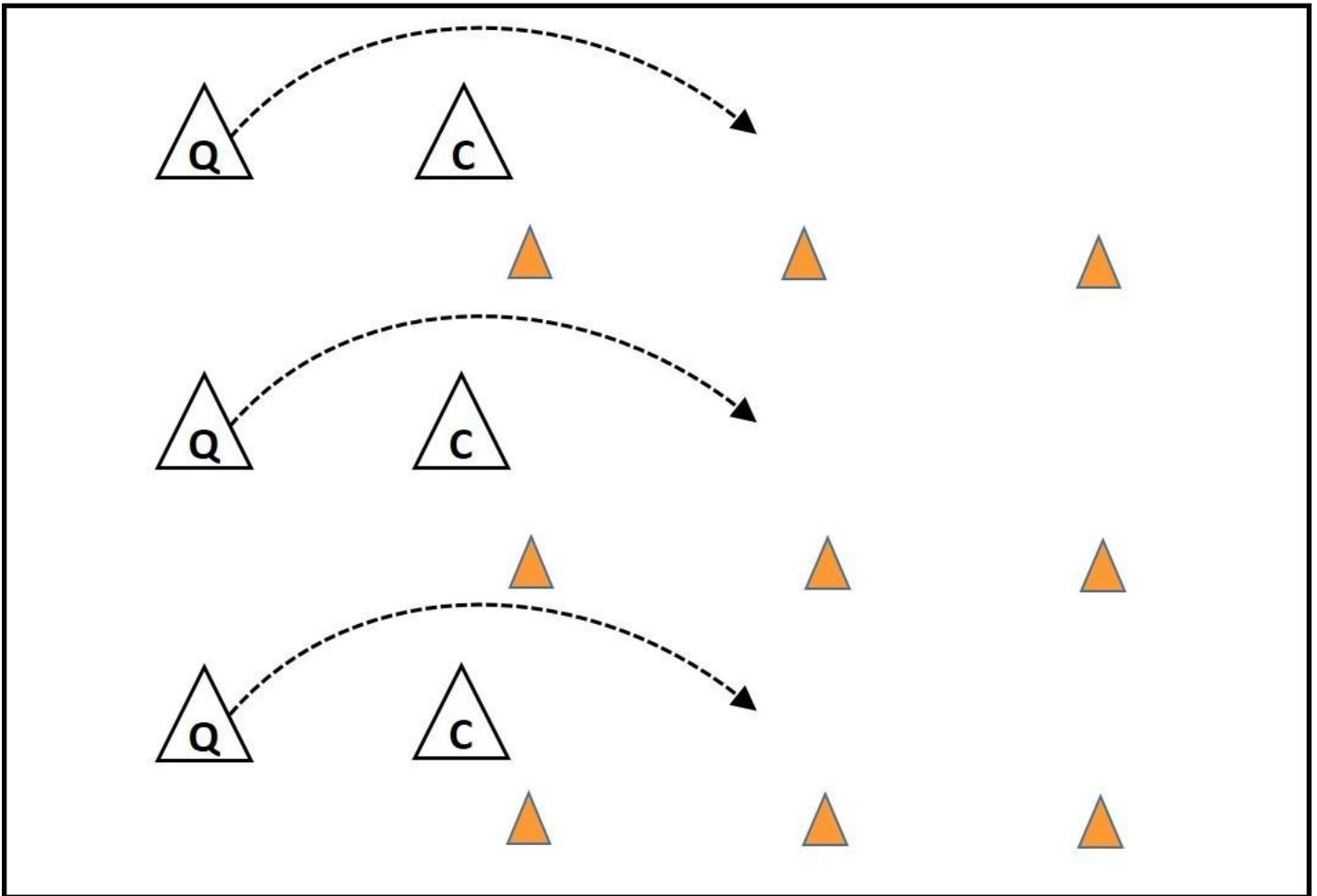
QB Read

## TEAM DEFENSE

Zone Defense



# Shotgun Snap Relay



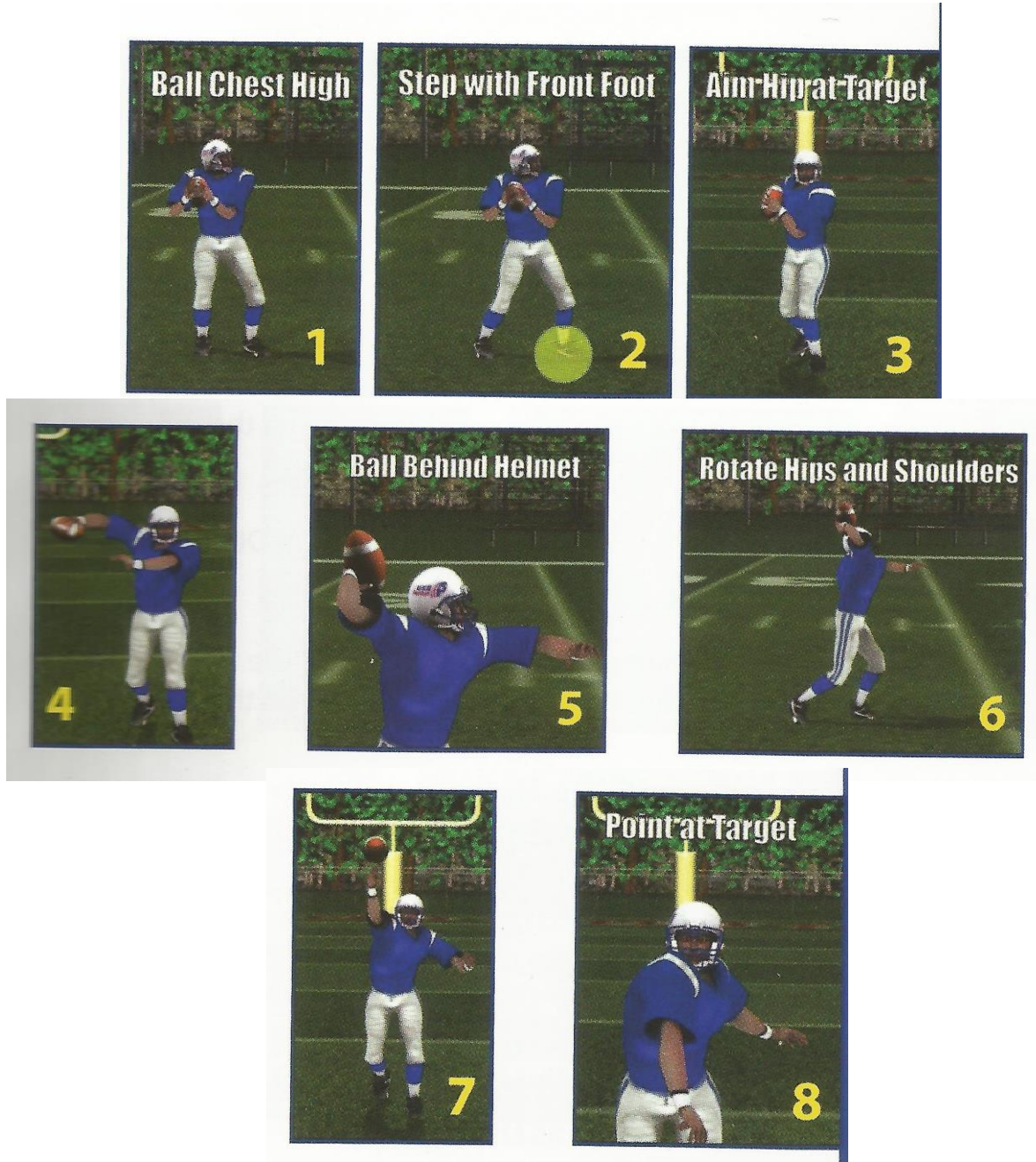
**Set Up:** Set cones at five yard intervals in sets of three as shown in the graphic above. Have players set up as a Center (C) and a Quarterback (Q).

**Procedure:** This is a relay race. When the coach blows the whistle, the centers snap the ball shotgun style between their legs to the quarterbacks. The quarterbacks then run past the centers to the next cone and become the new center. As the center, they snap the ball shotgun style between their legs to the new quarterback. Repeat until the last quarterback runs through the last cone.

Emphasize proper execution of the snap. If a snap isn't successful, the pair have to go back and do it again.

This is a variation of the Flag Football Fanatics Center QB Exchange Drill in the Coaching Strategies and Tips located at [https://ohioflagfootball.com/images/Practice\\_agendaDrills/Coaches\\_Packet\\_of\\_Drills\\_J.pdf](https://ohioflagfootball.com/images/Practice_agendaDrills/Coaches_Packet_of_Drills_J.pdf)

# Proper Passing



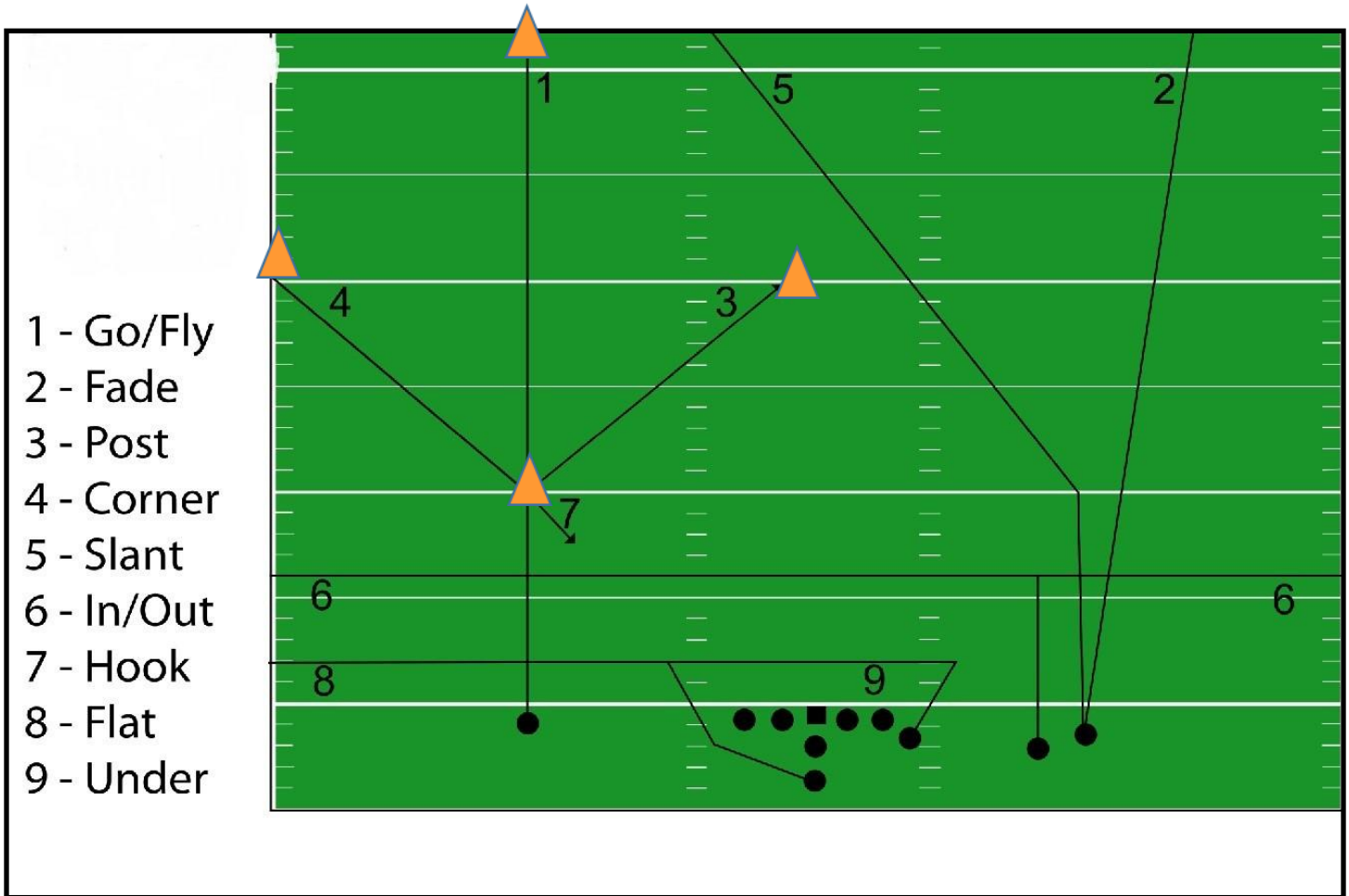
**Set Up:** Have the players line up in pairs.

**Procedure:** Demonstrate the proper technique for the players. Have them play catch emphasizing the proper technique. You can show them the steps by number and then can move through the motions by calling out the numbers. When finished, the players' thumb should be pointing down in order to get the proper spiral.

This graphic is from the USA Football Coaches Handbook, 3rd Edition



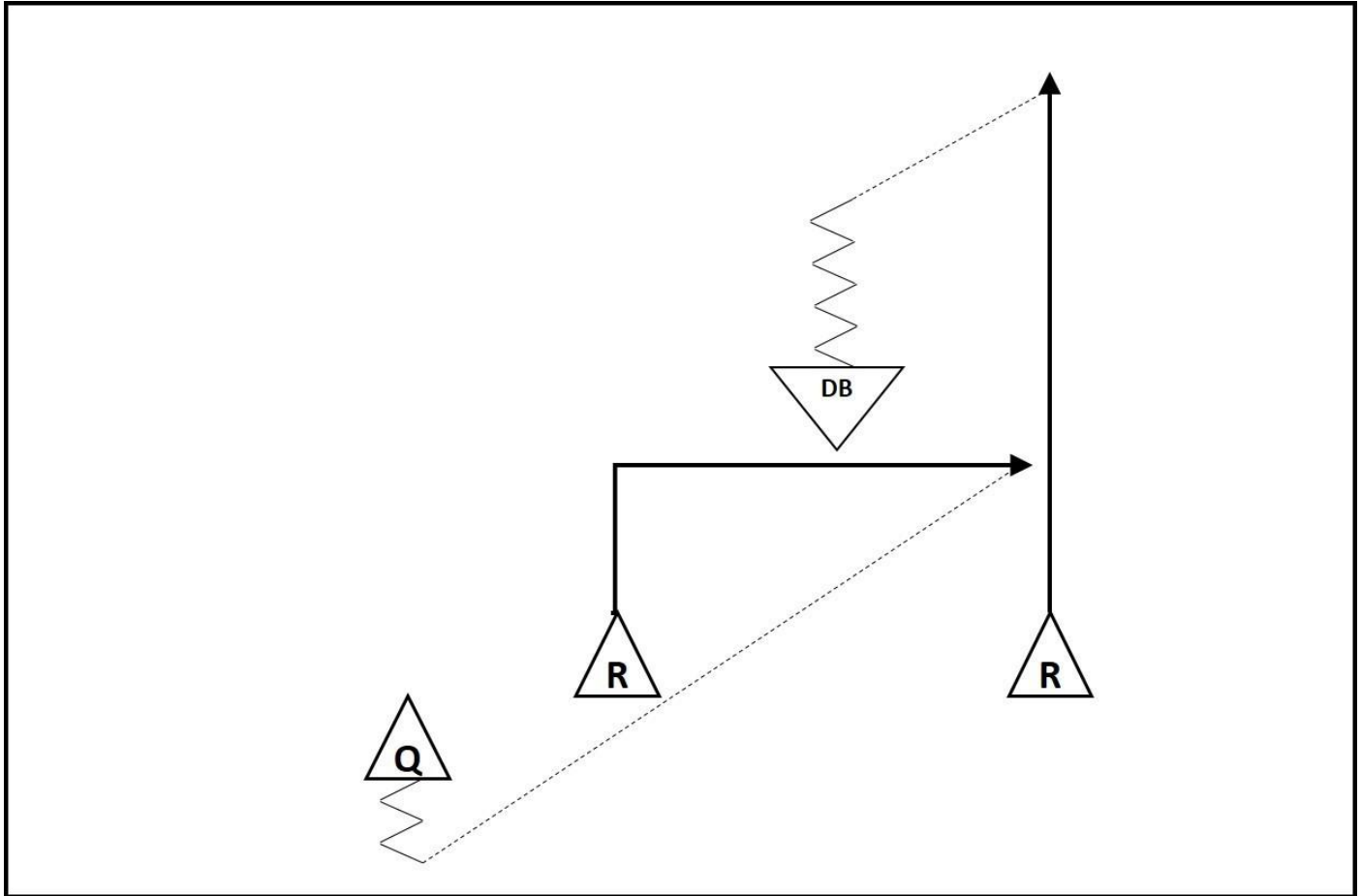
# Route Tree



**Set Up:** Set a cone up five yards in front of the line of players. Set another cone diagonally to the left and right, as shown in the graphic above. Set another cone 15 yards straight ahead.

**Procedure:** Demonstrate the routes and tell the players what the routes are called. The cone straight ahead helps the players know when to break for each of the routes. The cones offset diagonally are there to show the players where to break to on the Post and Corner routes. Have the players line up in front of the cone straight ahead. The QB (coach) has each player run the same route; starting with the hook pattern.

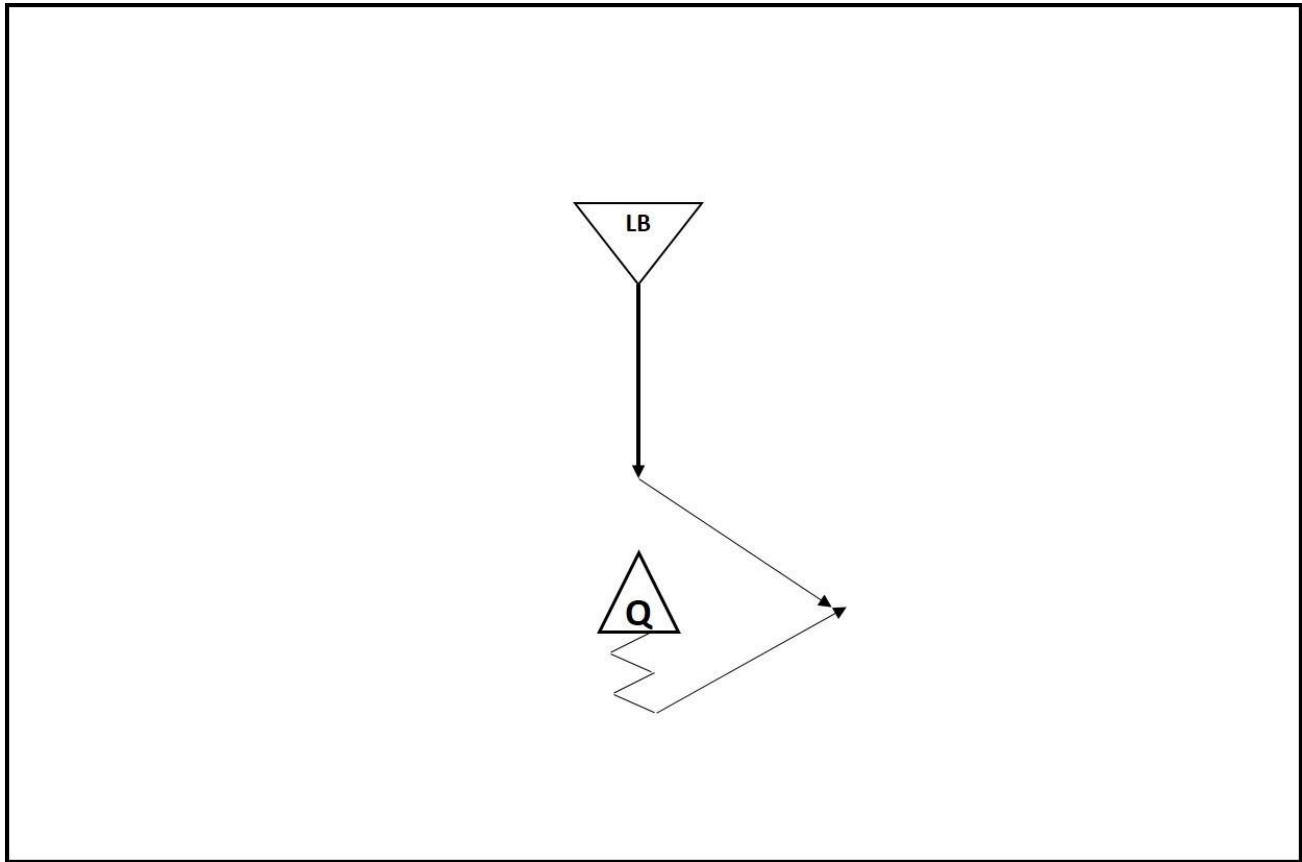
# QB Read



**Set Up:** Set up with one quarterback and two receivers on offense and one defensive back on defense.

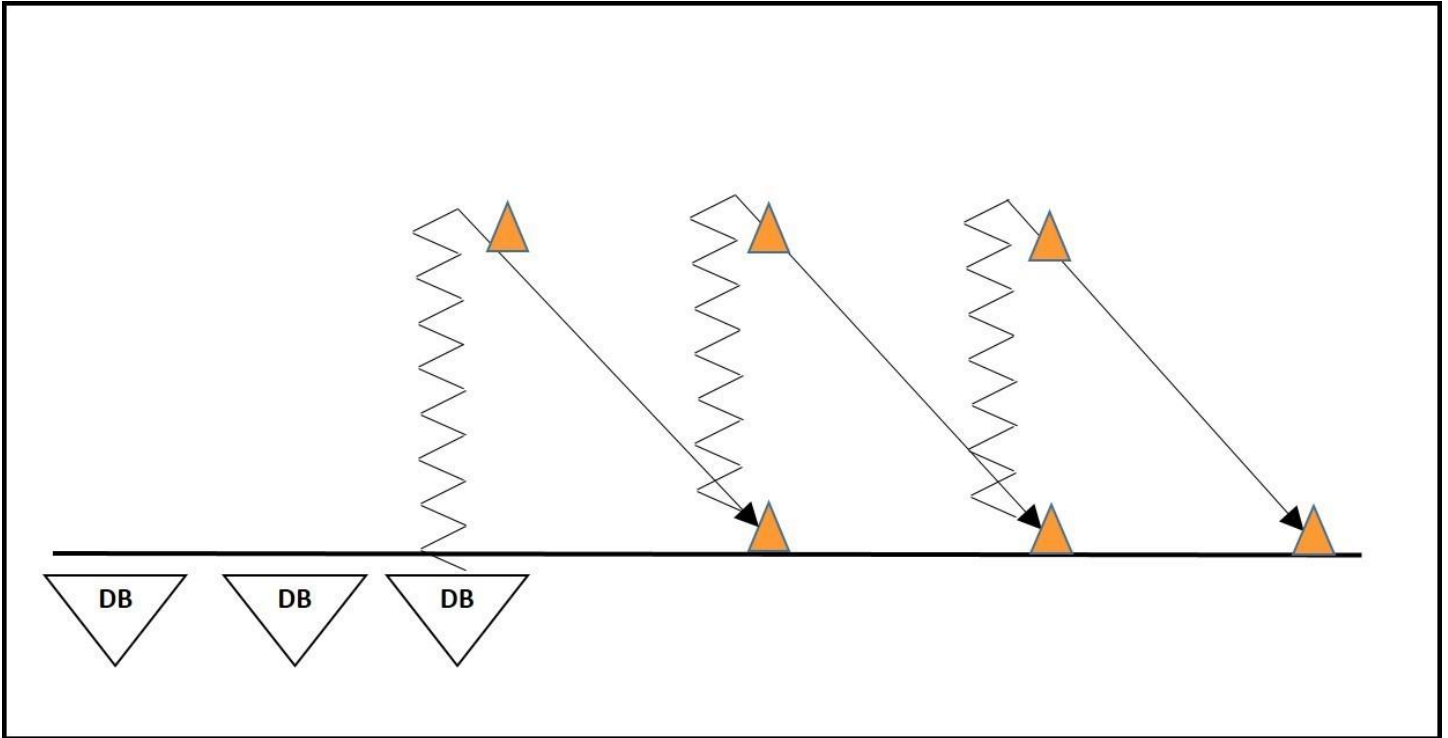
**Procedure:** Have the quarterback simulate taking the snap and drop back. Have the receivers run patterns as in the figure above and tell the defensive back to cover one of them. The quarterback is to read which receiver is being covered and throw the ball to the other receiver. Reset the drill and have the quarterback run the drill several times, then rotate quarterbacks.

# Rush & Break Down



- Set Up:** Have several players line up as linebackers (LB in the graphic above). Either have another player or a coach play the role of the quarterback. Have the LB line up in proper position; i.e. 7 or 9 yards from the line of scrimmage depending on the division rules.
- Procedure:** The quarterback calls 'hike' and starts a three-step drop. The linebacker rushes hard straight at the quarterback and breaks down two yards short of the quarterback. The quarterback then moves right or left and the linebacker reacts and goes after the quarterback. Repeat the drill to give linebackers a chance to react to the quarterback's moves.

# Backpedal & Break

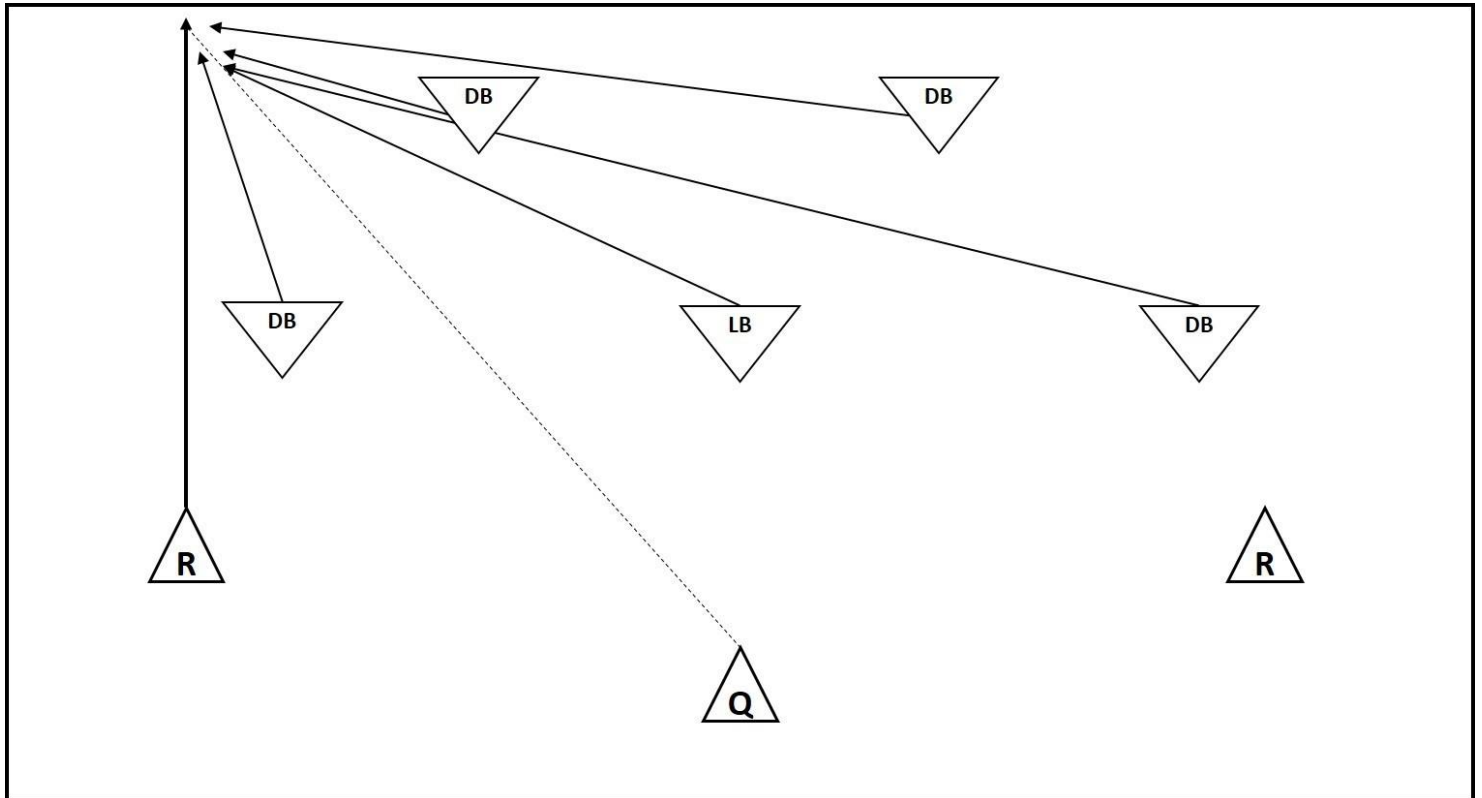


**Set Up:** Set cones up diagonally 5 yards apart as shown in the figure above. Have three players ready to execute the drill.

**Procedure:** When the coach blows the whistle, the first player in line backpedals just past the cone, then stops and breaks to wards the cone diagonally level with where they started. Just before the player gets to the cone, they stop and backpedal again to the second cone. When they pass the second cone, they break back to the cone diagonally level with where they started. They do one more backpedal and break. This time, they sprint through the cone and complete the drill.

The next player in line starts the drill when the first player passes the first cone and breaks back to the line. Each player takes their turn in the same manner.

# Pursuit Drill

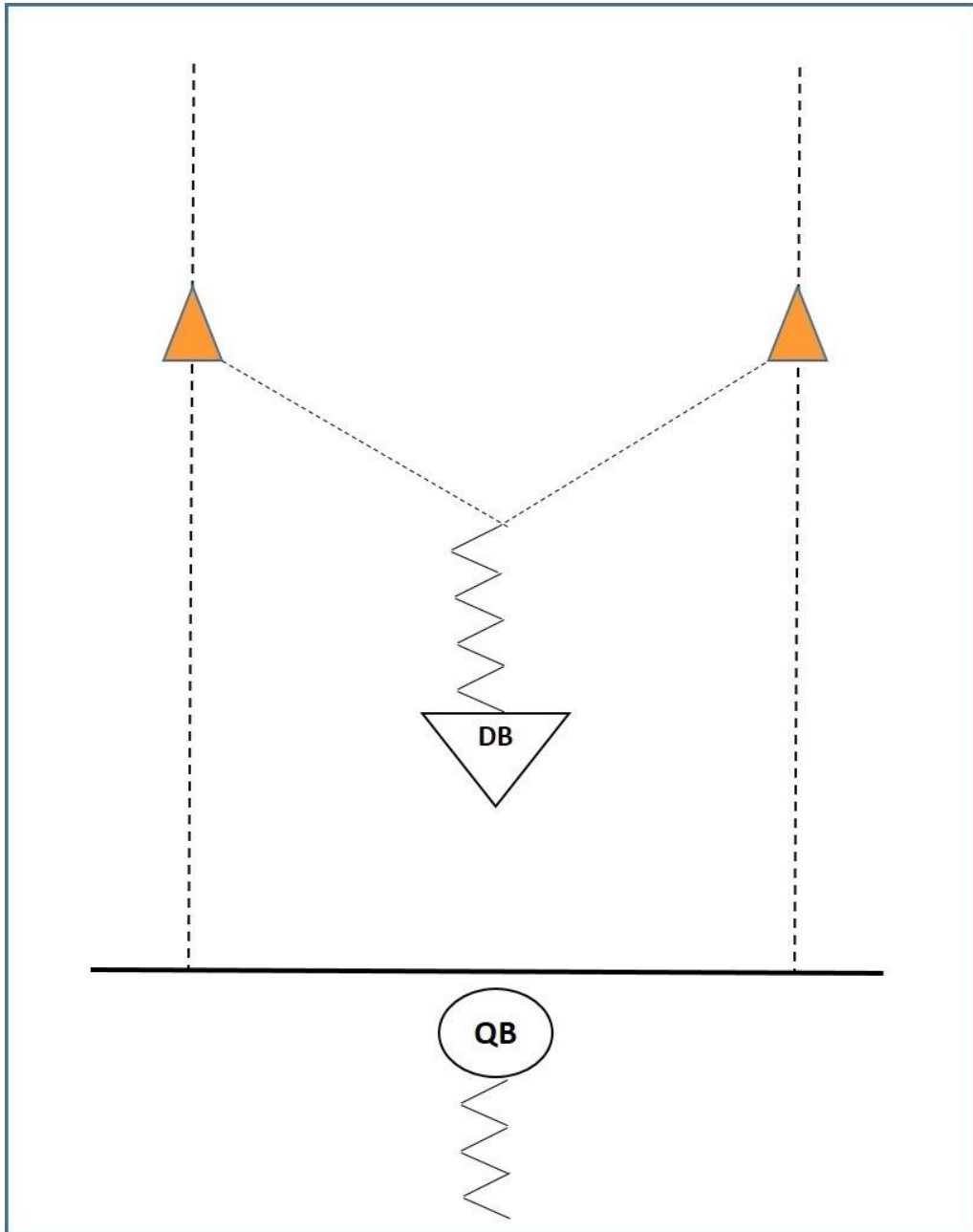


**Set Up:** This can either be a sub-unit or a full team drill. Have a quarterback and two receivers on offense set up as in the graphic above.

**Procedure:** The purpose of this drill is to have the defense practice pursuing to the ball. At the snap, have the receivers run go patterns. The quarterback picks a side and lofts the ball to one of the receivers. ALL the defenders should break on the ball and sprint to the receiver. The drill isn't over until all of the defenders reach the receiver.

A variation of this drill is to have an offensive player line up as a running back in the backfield and, on the snap, a handoff for the running back to run a sweep to one side or the other. The defenders pursue to the ball and the drill doesn't end until all the defenders have caught the running back.

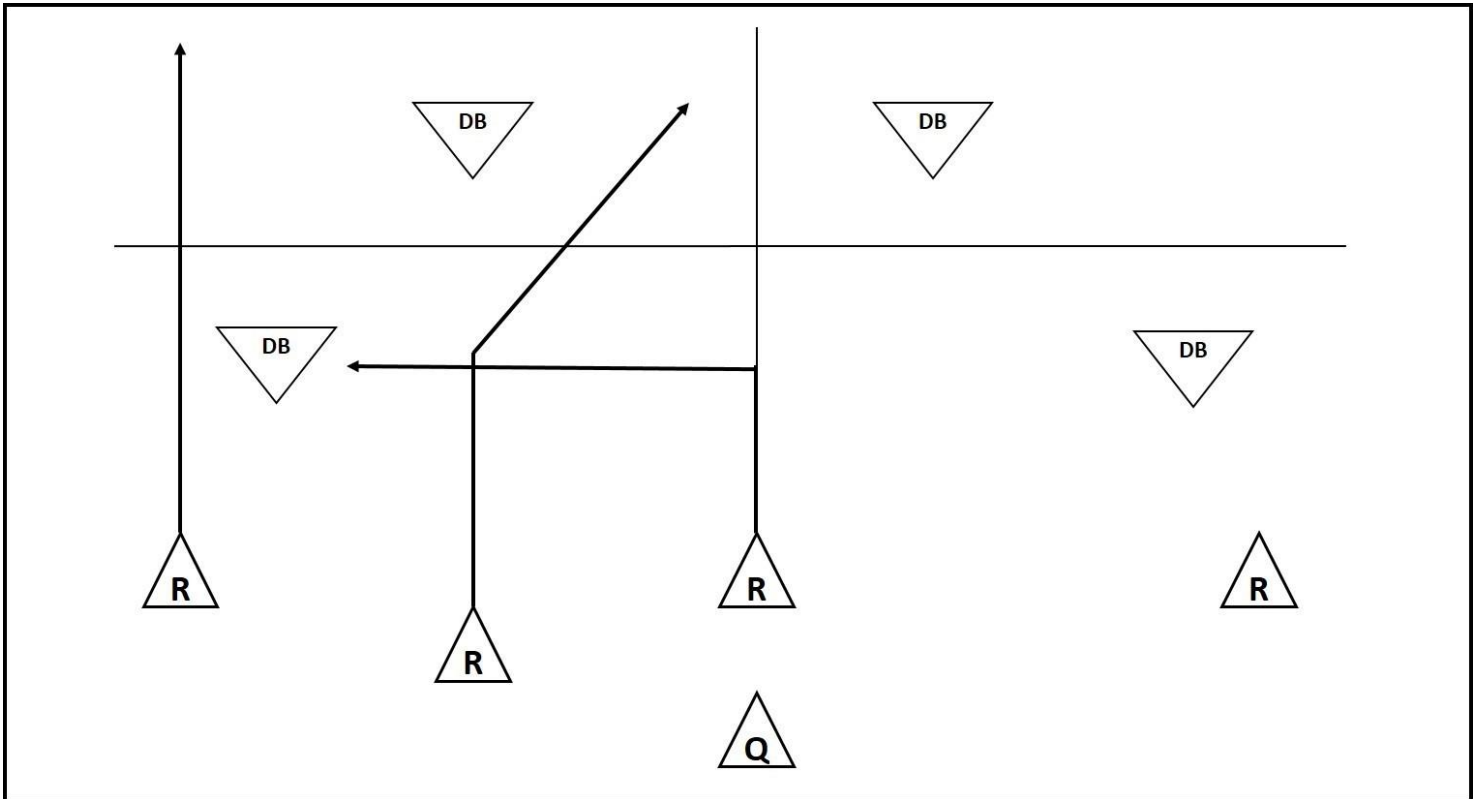
# Zone Break



**Set Up:** A coach sets up as the QB. Set two cones about 7 yards away from the coach. Have player line up 5 yards from the coach.

**Procedure:** The QB (coach) lifts ball and does 3-step drop back. The player starts backpedaling straight back. The coach turns their shoulders and looks to one side and lobs the ball towards the cone. The player should break towards the cone as soon as the QB (coach) turns towards the cone and tries to intercept the pass.

# Zone Defense



**Set Up:** This is a team drill. Have a full offense line up against the full defense minus the rusher.

**Procedure:** The purpose of this drill is to show the defensive backs the benefit of staying home in their zone. Set up receiver routes as in the graphic above. The DB with the short left (on this sheet) zone responsibility may have a tendency to run with the receiver on the go route down the sideline. Emphasize to that DB that, by staying home in their zone, they will be there to cover the Center. At the same time, the DB with deep left (on this sheet) zone responsibility should cover from inside to outside with the two players in their zone. Then continue to run routes that have receivers enter and exit zones so that DBs get in the habit of letting the receiver go and staying home.





# **Initial Phone Call Script**

Good evening, my name is (your name) and I will be (child's name) coach this season in the Flag Football Fanatics league. I wanted to call you and touch base, give you my contact information, and provide some initial information.

I have (their phone number and e-mail address) as your contact information. Are these the best way to contact you? I will create a distribution list and send a welcome letter soon.

You can reach me at (phone number) or via e-mail at (e-mail address).

We will be having our first practice... At the first practice, I will have additional information to hand out and we can discuss the plan for the season. In addition, I will send you a welcome letter within the week.

I look forward to a great season with (child's name). Do you have any questions for me?

It was nice talking to you. I look forward to meeting you.

# Welcome Letter/E-mail Template

Hello (Insert Team Name) Parents,

My name is... I am (insert profession). I have coached X years / am coaching my first year. I am excited to have your son or daughter on our team.

Your philosophy...

Rules changes at this age...

Initial schedule information

Your contact information

Thanks,

Your Name

Phone Number