

Flag Football Drills

Initial warm up drills, on ball movement

Team Sprints as a whole
Dual Team sprint w/handoff
Dual Team sprint w/pitch
Four corner jog/sprint

Flag Pulling Drills, two hands

1 on 1 on back
2 on 1, on the clock
Sideline drill
Z drill, can also be done with a blocker

Blocking Drills

1 on 1 w/RB
1 on 1, get the QB, 4 seconds
3 on 3, w/RB
Sweep blocking

Defensive Rush Drill

Bull
Swim
Spin

Passing Drills

On the cone

In/Out	Fly/Streak
Flag/Post	Stop-n-go
Button hook	Slant
Flare	Chair

Offense Formations

Standard	Double Tight
Slot right/left	Stacked or Split backfield
Spread	Shotgun
Trips right/left	

Defense Formations

3-2 Defense

5-2 Defense

Cover 2, 3, 4