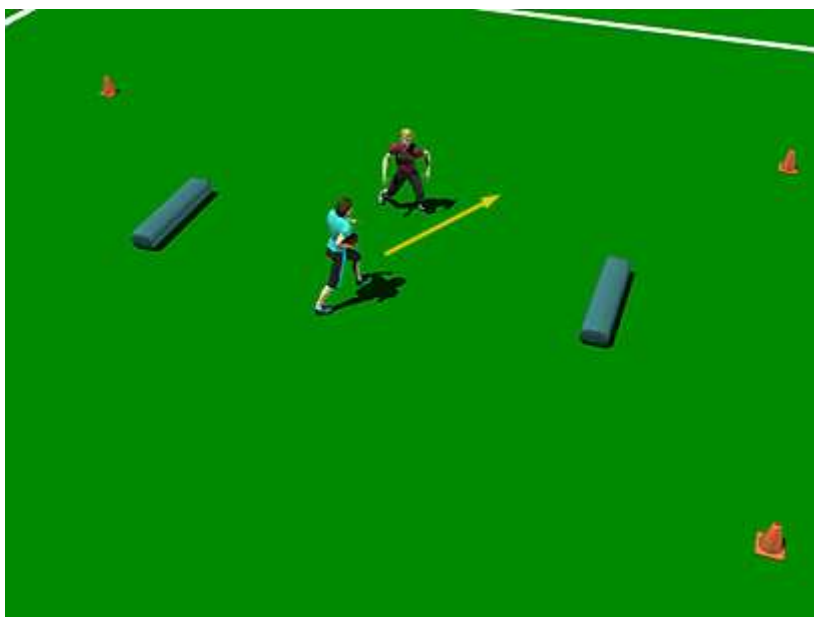




Defense

Flag Belt Drill



Organizational Set Up

Entire Team - work in pairs
Practice area approx
20 x 20 yards
Supply of cones
Supply of footballs



Coaching Points:

This drill takes minimal equipment and it is a great drill because it pits teammates against each other in a fun environment where you have a running back going against a line backer. One of the most difficult skills in flag football is grabbing the flag belt.

The running back takes the ball and runs around the obstacle, then back to beat the line backer. The line backer has to try and block the running back. After the exercise is completed the next pair repeat the drill.