

NFL YOUTH FLAG FOOTBALL COACHING RESOURCES

Skills to Teach

Proper "Ready" Stance (Defense)
How to Carry the Football
How to Properly Throw the Football
How to Properly Catch the Football
Flag Pulling and Basic Defensive Concepts
Rules of the game
Sportsmanship

Drills to Practice

QB target practice
Pocket Pressure
Running Routes
Cone running relays
Flag Sweep
Pass and Catch
Leading the receiver
Ultimate football
Swarm Defense
Scrimmages

Coaching Resources

<http://flagfootballacademy.com/youth-flag-football-drills/>
https://www.quickscores.com/downloads/erie_Flag_Football_Tips_and_Drills.pdf
http://www.y-coach.com/CD/Flag_Football_Drills.htm
<https://youthflagfootballhq.com/basic-skills/>
https://playflagfootball.com/pdf/week_1_practice.pdf