

NFL Youth Flag Football Practice Plan

Practice # _____				
Time required	Start	End	Activity	Notes / Points of emphasis
10	6:00	6:10	Warm Up	Stretch Out, Flags on
5	6:10	6:15	Team Meeting	Review Sunday's game, areas of focus
8	6:15	6:23	Flag Pulling	Pull Tag, 1 on 1 (Chop feet, stay low, eyes on waist)
7	6:23	6:30	Defensive positioning	Player positioning, Contain runner (force middle),
5	6:30	6:35	5 on 5 handoffs	Run to ball, come off man and stop runner, don't let runner get outside
10	6:35	6:40	5 on 5 passing	Stay on inside of receiver, come off man and stop ball, footwork
15	6:40	6:55	5 on 5 scrimmage	Rotate positions,
5	6:55	7:00	Announcements/Wrap up	Pictures @1:30 Sunday, Mouthguards, Be 15 minutes early