

# Flag Football Skills

## Run and Catch

 = Athlete

### Equipment Needed:

- Footballs
- Measuring tape
- Cones
- Paint \*-if possible

### Run and Catch Set Up:

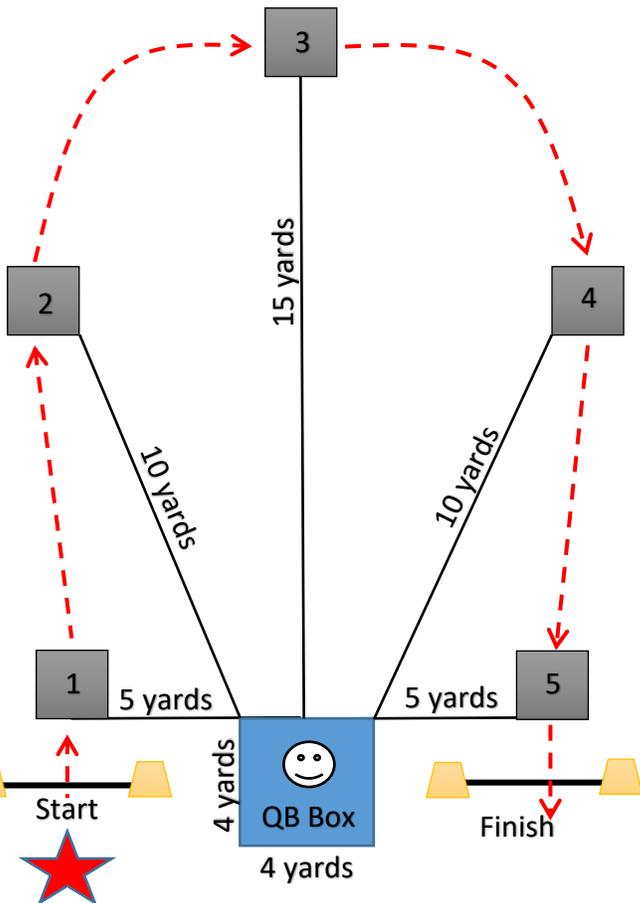
- Set up a 4 yard by 4 yard quarterback box.
- On the left of the QB box mark a Start Line on the right of the QB box mark a Finish Line.
- There will be 5 Catching Boxes; Each Catching Box is 1 yard by 1 yard.
- Boxes 1 & 2 will be measured from the top left corner of the QB Box.
- Boxes 4 & 5 will be measured from the top right corner of the QB box
- Box 3 will be measured from the top center of the QB box.
- Box 1 & 5 are 5 yards from the QB box.
- Box 2 & 4 are 10 yards from the QB box
- Box 3 is 15 yards from the QB box.

### Rules:

- Athletes will start at the start line.
- Once the QB give the signal the athlete will run to each catching box, in numerical order.
- The athlete will stop in each catching box, completely catch the ball and move to the next box.
- If the throw is deemed inaccurate the athlete will receive an additional throw in that catching box.

### Scoring:

- 2 points for complete/clear catch
- 0 points for no catch on a well-thrown pass

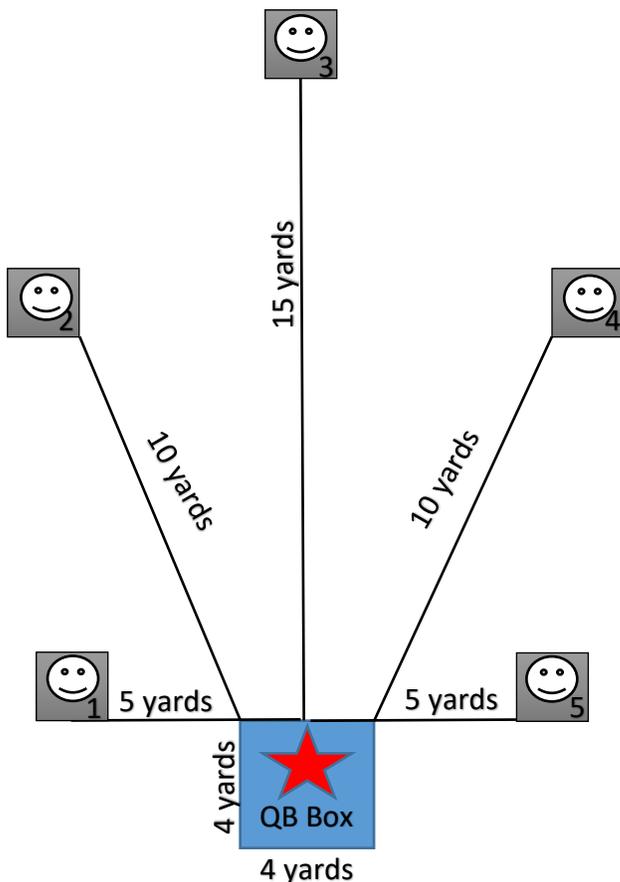


 = Catching Box: 1Yard x 1Yard



# Flag Football Skills

## Throwing for Accuracy



 = Catching Box: 1Yard x 1Yard

### Equipment Needed:

- Footballs
- Measuring tape
- Cones
- Paint \*-if possible

### Throwing for Accuracy Set Up:

- Set up a 4 yard by 4 yard quarterback box.
- There will be 5 Catching Boxes; Each Catching Box is 1 yard by 1 yard.
- Boxes 1 & 2 will be measured from the top left corner of the QB Box.
- Boxes 4 & 5 will be measured from the top right corner of the QB box
- Box 3 will be measured from the top center of the QB box.
- Box 1 & 5 are 5 yards from the QB box.
- Box 2 & 4 are 10 yards from the QB box
- Box 3 is 15 yards from the QB box.

### Rules:

- Athlete will stand in the Quarterback Box to throw to the volunteers/targets in the catching box.
- The athlete must throw to catching box 1 and go in numerical order.
- The athlete will gain points for completed passes the receiver catches or touches inside the catching box.

### Scoring:

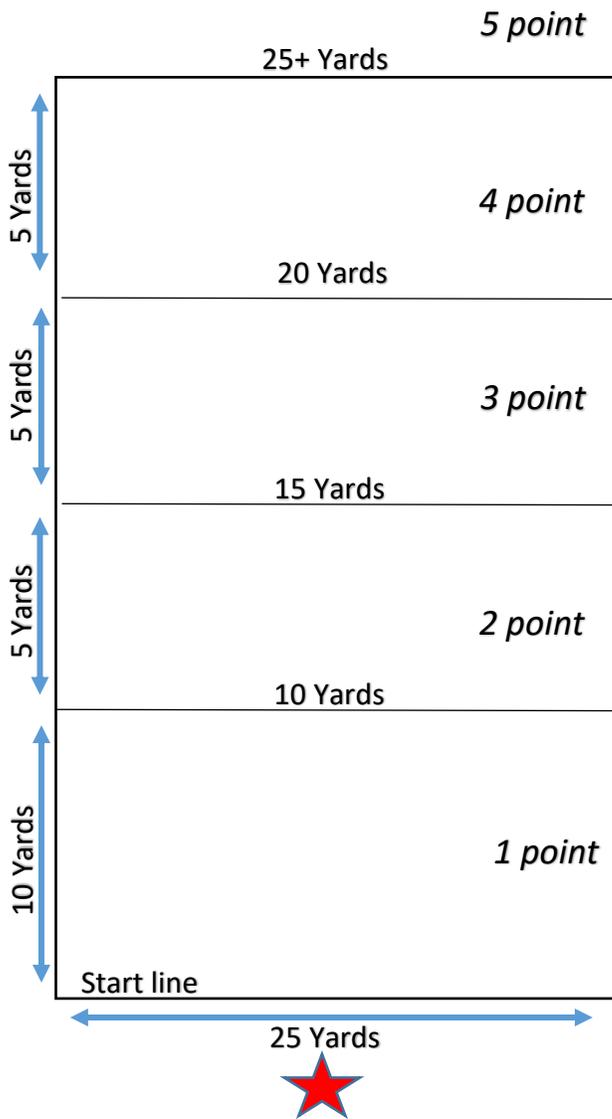
- Scoring is based on accuracy of the throw not on the volunteer catching the pass.
- 2 points for an accurate & completed throw
- 0 points is receiver is unable to catch or touch the thrown ball in the targeted area.



# Flag Football Skills

## Throw for Distance

 = Athlete



### Equipment Needed:

- Football
- Measuring tape
- Cones
- Paint \*-if possible

### Throw for Distance Set Up:

- Mark a start line that is 25 yards wide
- Mark off 10 yards from the start line and then every 5 yards until 25 yards.

### Rules:

- The athlete will stay behind the start line
- Throw the football as far as possible.
- Distance will be measured where the ball hits the ground initially.

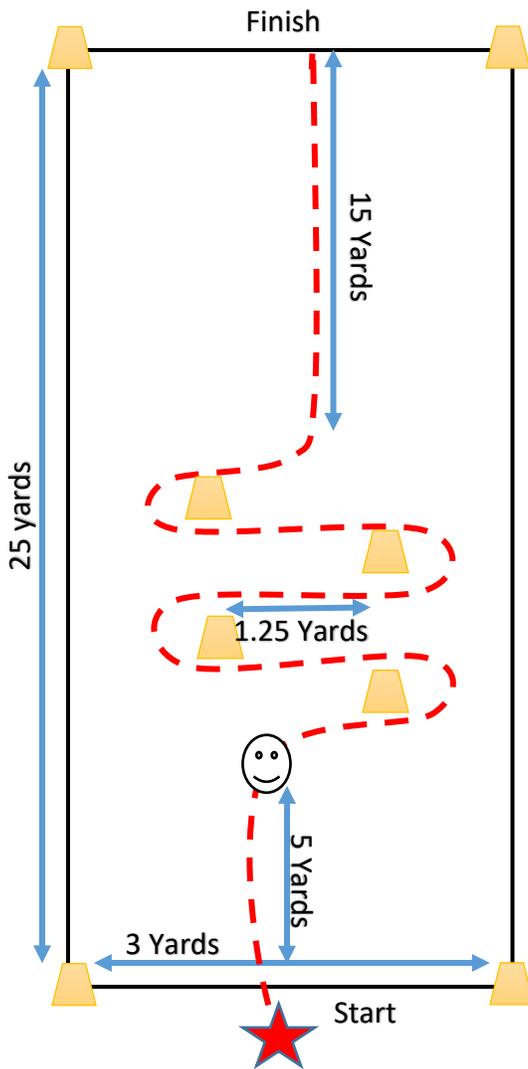
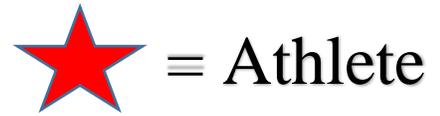
### Scoring:

- 1 point if the ball lands between 0 – 10 yards
- 2 points if the ball lands between 10 – 15 yards
- 3 points if the ball lands between 15 – 20 yards
- 4 points if the ball lands between 20 – 25 yards
- 5 points if the ball lands past 25 yards
- The athlete will have 2 attempts that are added together.



# Flag Football Skills

## Agility & Speed Handoff



### Equipment Needed:

- Football
- Stopwatch
- Cones
- Measuring tape
- Paint \*-if possible

### Agility & Speed Handoff Set Up:

- Mark a Start Line 3 yards wide and a finish line 25 yards from the start line.
- 5 yards from the start line will be the QB.
- At yards 6, 7, 8 and 9 from the start line place cones.
- Cones will be 1.25 yards apart.

### Rules:

- Athlete will start behind the start line.
- The QB says “hike” and hands the ball off to the athlete.
- Time starts once the QB hands the ball off.
- The athlete must maneuver around the four cones and print the remaining 15 yards to the finish line.
- Time stops once the athlete crosses the finish line with position of the football.
- If there is a fumble with the QB it is a redo.
- If the athlete losses control while running the clock runs while the athlete recovers the ball.

### Scoring:

- Total time + missed cones = total points
- Athlete will receive two attempts.
- One second is added for every missed cone
- Time conversion chart on scorecard.

