

Flag Football Practice Plan

Team _____ Date _____ Age group _____ Minutes _____

Today's goal (one or two skills): _____

CLOCK	MIN	BLOCK	WHAT WE DO (DRILL OR PLAYS)	COACHING POINT
		Warm-up		
		Drill		
		Drill		
		Water		
		Drill		
		Team install		
		Scrimmage		
		Huddle		

60-minute split we use: Warm-up 5 · Drill 8 · Drill 8 · Water 4 · Drill 8 · Team install 12 · Scrimmage 12 · Huddle 3. **45 minutes:** Warm-up 5 · Drill 7 · Drill 7 · Water 3 · Team install 10 · Scrimmage 10 · Huddle 3. Check that your minutes add up to the practice length.

SAY THIS

One short phrase per drill the kids can repeat.

BRING

- ☐ Flag belts for everyone
- ☐ Cones
- ☐ Footballs (right size)
- ☐ Wristband cards
- ☐ Water
- ☐ _____

AFTER PRACTICE

What worked, and what to fix next time.

Ready-made plans for every age, with drill diagrams: flagcoachplays.com/flag-football-practice-plans/