

FLAG FOOTBALL

WHAT IS FLAG FOOTBALL?

Flag football is a no-contact version of American football. The goal remains the same: crossing the end zone with the ball in your hands, but tackles are replaced by **flag pulls**. The **RSEQ** organized the first school league in the early 1990s, for **both boys and girls**. In Quebec, the game uses a **7-on-7** format, although **5-on-5** is more popular in the rest of Canada.

Video created by **Damian & Deion in Motion** on their YouTube channel:

▶ <https://www.youtube.com/watch?v=UKG8LSJVYIU>

EQUIPMENT

 1 oval ball for every 2 players (junior size)

 2 flags per player

 Numbered jerseys (or t-shirts in the same colour)

 Cones

HOW TO MAKE THIS ACTIVITY A SUCCESS



Keep your **eyes on** other players to avoid colliding with them.



Remove the flag only when the ball is in the **ball carrier's** hands (not before).



Make sure every player gets to try out every **position**: wide receivers are just as important as the quarterback!



Do not allow the defensive back to **protect his flags** with his free hand.

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:

 Elementary school level

 High school level

 Outdoors

 No equipment

 Distancing

 Solo

WARM-UP

BALL TAG DRILL

EQUIPMENT: 2 to 3  and some 

OBJECTIVES: Moving without colliding with other players and running without fumbling the ball.

Designate 2 to 3 chasers (taggers), each with a ball. In the playing area, try to tag the other players with the ball (without throwing). **Tagged players** must go OUTSIDE the field to do jumping jacks until the end of the game. If a chaser **fumbles the ball**, he is eliminated (jumping jack) and must choose a replacement. The game ends when there are no longer any players to tag. Watch out for collisions!

 When running, you're much less likely to fumble the ball if you keep it **close to you** rather than if you carry it out in front. It's the same with contact football.

TECHNICAL ACTIVITY

THE PASS



EQUIPMENT: 1  per pair

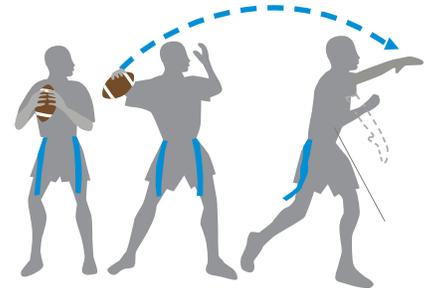
OBJECTIVE: Throwing the oval ball using the right technique.

In **pairs**, stand 3m away from your partner to pass the ball. Complete **10 consecutive passes**, then take one step back. Move forward one step if you cannot pass the ball and reset the number of passes to 0.

VARIATION:

- Throw with **one knee on the ground** (with the opposite knee of your throwing arm to make your body pivot).

 To spin the ball, slide it between your fingers, with your palm down when you release it. When the ball leaves your hands, aim at the target and continue this motion toward your opposite knee.



TECHNICAL ACTIVITY

THE 3 BASKET DRILL



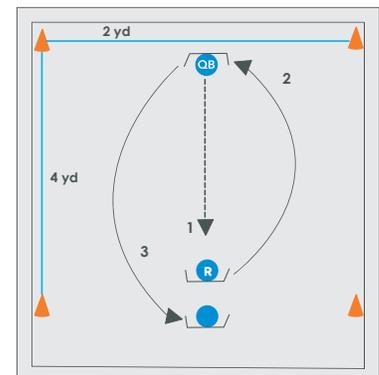
EQUIPMENT: 1  and 4  per trio

OBJECTIVE: Hitting targets formed by the receiver's hands.

In **teams of 3**, the **receiver (R)** sets up a target that the **quarterback (QA)** tries to hit with the right trajectory. When the ball is caught (1), R replaces the QB (2), who moves behind the third player (3), and so on.

VARIATIONS:

- Pass and receive with 1 **knee on the ground** (without moving to pass and receive).
- Make side passes to practice the **reverse basket**.



HIGH BASKET



When the ball reaches above your hips, form an upward basket by linking the tip of your thumbs and bringing your index fingers together.

LOW BASKET



When the ball comes near you, form a basket on the side of the ball with your palms slightly facing each other.

REVERSE BASKET



When the ball is below your hips, form a downward basket by bringing your little fingers together.

TECHNICAL ACTIVITY

THE MIRROR



EQUIPMENT: 2 per player, 1 per pair and some

OBJECTIVE: Reacting quickly according to your position (scoring a touchdown or removing an opponent's flag).

In **pairs**, face to face, form two **long lines**. Designate an end zone for each side (cones or lines). Pass the ball to each other based on these instructions: **UP** (overhead passes), **MIDDLE** (waist-level passes) and **DOWN** (below knee-level passes). At the signal, the player with the ball in his hands runs to the end zone and the other player tries to remove 1 flag.

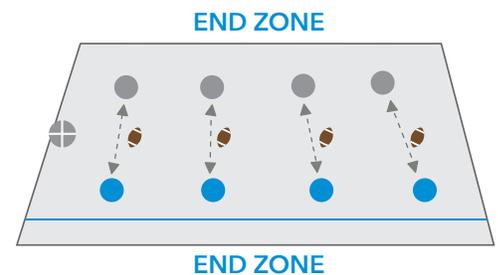
VARIATION:

- **BACK TO BACK. UP**, pass the ball over your head and between your legs. **RIGHT**, pass the ball to the right. **LEFT**, pass the ball to the left. Same procedure at the signal.



RECEIVER (R): The player who attempts to run with the ball into the end zone to score 1 touchdown.

DEFENSIVE BACK (DB): Any opposing player who tries to remove the flag from the ball carrier.



TECHNICAL ACTIVITY

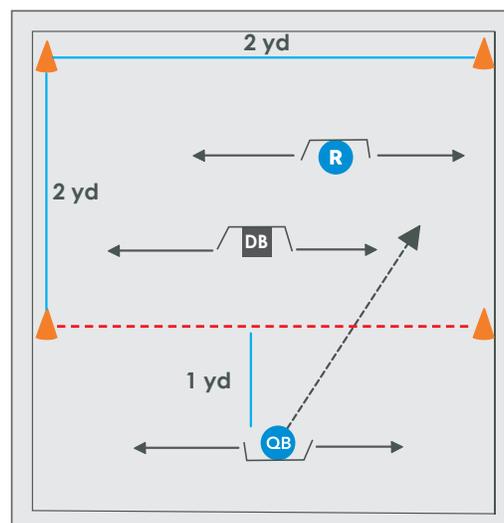
THE SLIDES



EQUIPMENT: 2 per player, 1 + for every three players

OBJECTIVE: Learning other defensive back moves when the receiver has not yet received the ball.

Place the **defensive back (DB)** in front of the **receiver (R)** in a 2 m by 2 m square. At the DB's signal, the **quarterback (QB)** has 5 seconds to throw the ball to the R without the DB intercepting or knocking it down. Move sideways only and play each position.



VARIATIONS:

- Place the **DB behind the R**: after the throw, the DB can run in front of the R to intercept the ball.
- Allow players to **move freely** on the field (except for the QB).

TECHNICAL ACTIVITY

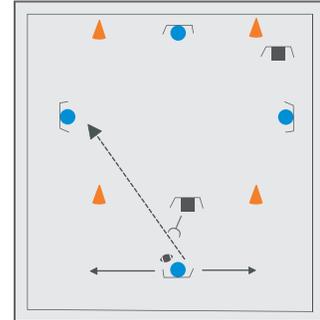
PASSING SQUARE DRILL PASSES



EQUIPMENT: 2  per player, 1  and 4  per team

OBJECTIVE: Tagging the wide receiver properly with different moves.

In **teams of 6 players**, **4 attackers** pass the ball inside the square without getting intercepted by the **2 defenders** in the middle. The attackers can only move **sideways** between the cones. If the ball is **fumbled or intercepted**, the thrower and receiver change positions with the defenders.



VARIATION:

- Allow the defenders to leave the square to **remove one flag** from the ball carrier before he passes the ball.

TECHNICAL ACTIVITY

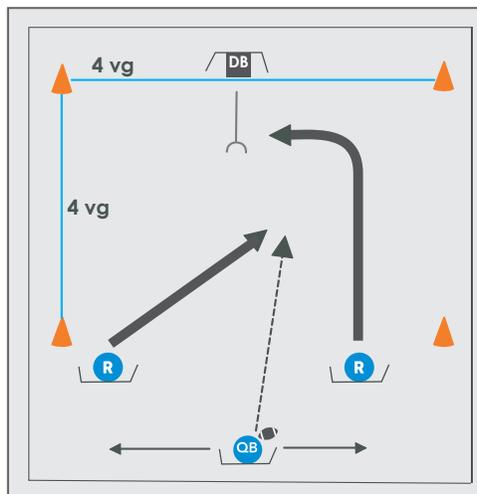
PLAYING THE GAME



EQUIPMENT: 2  per player, 1  and 4  per team

OBJECTIVE: Throwing the football properly in accordance with the receiver's route.

Have one **center** (C), one **quarterback** (QB) and two **receivers** (R). The ball is held on the ground by C, who hands the ball to QB, who throws to the R1 or R2. As soon as the ball leaves the ground, both R move to the end zone. Switch positions with each down.



VARIATIONS:

- Play **3 on 1 (1 opponent)**: 1 QB, 1 C and 1 R vs. 1 DB. The C can become a R.
- Play **2 on 2 (2 opponents)**: 1 QB and 1 R vs. 2 DB. The QB starts with the ball.
- Learn basic patterns: **SHORT**, 2 to 3 steps ahead and change direction. **LONG**, 4 to 5 steps ahead and change direction, pass the QB and run to the outside of the field.



Use a **round ball** to avoid the problems associated with oval balls. The DB should **keep his eyes on the R's waist** until the change in direction to anticipate his route.

THE 3 DOWNS

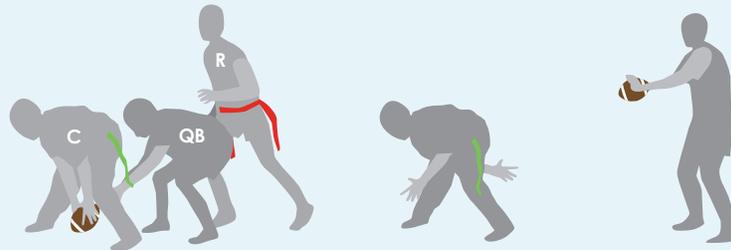


EQUIPMENT: 2  and 1  per player, 1  and a few  per field

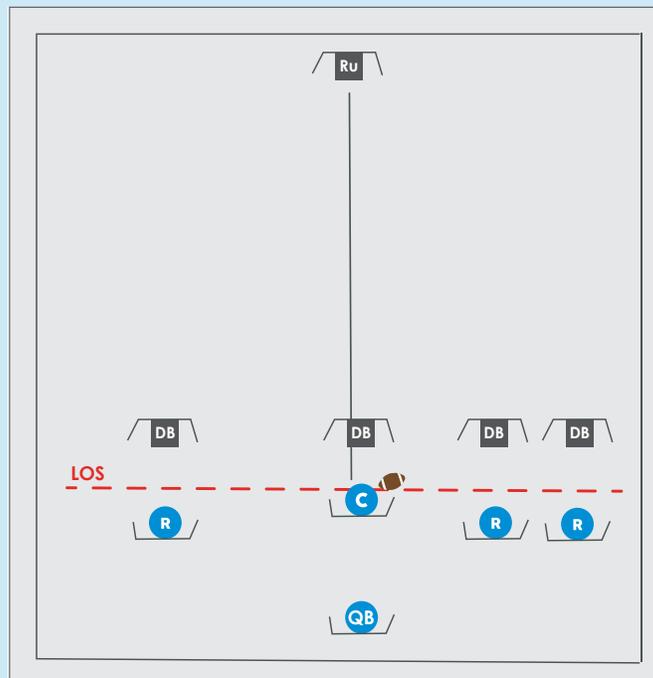
OBJECTIVES: Getting to the end zone with the ball (offense) and removing one 1 flag from the ball carrier (defense).

On a **5 yard by 5 yard** square field, have **2 teams** of **4 or 5 players** play against each other. Provide each team with **3 tries** to score as many touchdowns as possible in the end zone. Change the QB each down and always start at the line of scrimmage (LOS). Award **1 point to the offense** for each touchdown and **1 point to the defense** for each incomplete touchdown (**fumbled or intercepted ball** and **removed flag**).

OFFENSE: Have **1 center (C)** hand the ball off to the **quarterback (QB)** to pass to 1 of the **3 receivers (R)** based on the pattern that the QB chooses.



DEFENSE: Have **4 defensive backs (DB)** and **one rusher (Ru)**. All DB start moving when the receivers (R) start running. The Ru moves forward slowly at the same time. Ru must be **7 yards away from the QB**. Do a "man-on-man" or zone defense. Your choice!



For more details on the **flag football** and **contact football** leagues in your area, visit the RSEQ website.

RSEQ.CA

*The RSEQ is not responsible for the content shown on any of the linked sites.