

Coaching Tips

Primary objective: Teach basics of flag football and have fun!

Basics to Teach:

- Handoff : proper position of hands to receive. Proper delivery of ball
- Passing: proper placement of hands on ball, how to spiral ball when throwing
- Passing Routes/Passing Tree (see next page)
- Catching: proper triangle/diamond position, away from body
- Running: go forward, limit cuts
- Coverage: cushion, keep in front
- Flagging: Get in front of , two hands, watch belt/hips
- Advanced: Spinning, Reverses, Fake Handoffs

Defense: Two basic defenses are Man to Man and Zone. The Zone defense is more popular and effective with younger divisions who usually run more often.

Tips to give to Players

Defense

Cushion – always keep a 2 body cushion between you and receiver.

Keep the receiver in front of you (between you and the QB).

NEVER let the receiver get by you (closer to goal line than you). Better to have too big a cushion than get beat for easy touchdown.

Flagging:

Get in front of receiver to slow down before flagging

Watch his belt / hips

Use two hands

Beat the ball carrier to the sidelines and get in front and **force to the middle**

Match up with receiver on scrimmage line.

Offense

Catch with hands forming triangle/diamond (thumbs touching and index finger touching)

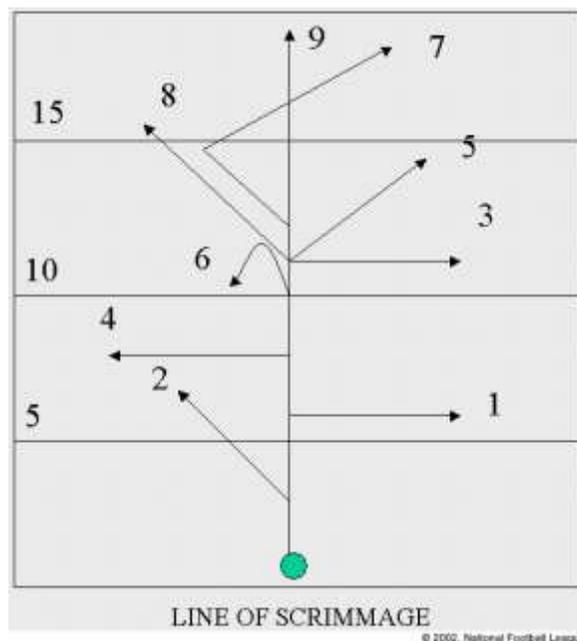
Crisp patterns, In's and Out's are right angles

Look back for the ball, use hand to ask for the ball

Broken Plays – run ACROSS the field and/or comeback to QB

After catch, run to outside sidelines and up the sidelines, if defender there, cut back

No more than 2 cuts, don't waste time back and forth, always go forward toward goal line



Passing Tree Receiver Route Definitions

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- Quick Out (1):** This is a 5-8 yard route forward then the receiver cuts out towards the sideline then looks for the ball.
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- Slant (2):** This is a 3-5 yard route forward then the receiver breaks towards the middle of the field on a 45 degree angle and looks for the ball.
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- Deep Out (3):** This is a 10-15 yard route. It should be run exactly like the quick out only deeper.
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- Drag/In (4):** This is a 5-8 yard route forward then the receiver breaks into the middle of the field on a 90 degree angle and looks for the ball.
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- Flag (5):** This is a 10-15 yard route forward then the receiver breaks at a 45 degree angle towards the sideline and looks for the ball.
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- Curl (6):** This is a 5-8 yard route forward then the receiver stops and turns to the ball.
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- Post Corner (7):** This is a 12-20 yard route forward then the receiver cuts on a 45 degree angle to the middle of the field for a few steps then the receiver cuts on a 45 degree angle towards the sideline and then looks for the ball.
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- Post (8):** This is a 12-20 yard route forward then the receiver breaks on a 45 degree angle towards the middle of the field and looks for the ball.
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- Fly (9):** This route is run straight up the field with the receiver looking for the ball after he gets past about 15 yards.