



# Coaches Training Guide to Sports Camp

## Equipment Needed:

- Football or a pillow
- Table or stool
- Cones or something like water bottles, shoes or bags
- Target or something like a hula hoop

## Flag Football – All skills are to be done outside

- Skill 1 – Holding the football
  - Fingers on the laces
  - Ball should fit snug to the hand
- Skill 2 – Throwing the football – Hello, Go, throw
  - Hello
    - Fingers on the laces
    - Ball should fit snug to the hand
    - Bring the football to your ear
    - Stand with one leg forward
  - Go
    - Non-throwing hand should be forward pointing where you want to throw the ball
  - Throw
    - Elbow is bent and pointing to your side
    - Extend your arm forward as you throw the football
- Drill – Bring it all together
  - Practice Hello, Go and Throw 10 times
- Drill – Passing the Football
  - Use 2 cones as a start line
  - Standing at the line use Hello, Go, Throw procedure to throw the football as far as possible
  - Try this 5 times
- Drill – Passing to a target
  - Use 2 cones for the start line
  - Place a target 7 yards from the start line
  - Use the Hello, Go, Throw procedure and aim for the target – 7 tries
  - Move the target to 10 yards from the start line – 7 tries
  - Move the target to the 12 yards from the start line – 7 tries

## Flag Football – Continued

- Skill 4 – Hiking the football – 2 hands between the legs
  - With a partner
    - Ball is on the ground
    - Athlete spreads their legs and bends at the knees
    - Reaching for the football
    - The quarterback calls, “Hut, Hut, Hike”
    - The athlete hands the ball back to the quarterback between their legs.
- Skill 5 – Hiking the football – 2 hand pass between the legs
  - With a partner
    - Ball is on the ground
    - Athlete spreads their legs and bends at the knees
    - Reaching for the football
    - The quarterback calls, “Hut, Hut, Hike”
    - Instead of hand the quarterback the ball, the quarterback stand 2 to 3 feet behind the athlete and the athlete tosses the quarterback the ball
- Drill – Hike
  - Using a wall, place a piece of tape at 6 feet from the ground
  - Athlete gets into the position for hiking the football
  - The athlete attempts to hike the ball and hit the mark on the wall by passing the ball through the legs
  - The athlete should be 5 feet from the wall – 5 tries
  - Move the athlete 8 feet from the wall – 5 tries
  - Then move 10 feet from the wall – 5 tries
- Drill – Agility
  - Use 2 cones for the start line
  - 3 yards from the cones place a table with the football on it
  - Place 4 more cones 1 ½ yards apart
  - After the last cone, go an additional 3 yards and place 2 cones for the finish line
  - The athlete runs from the start line, picks up the football, weaves through the cones and runs through the finish line.
  - The goal is not to lose the football!
  - Practice the drill 5 times