



**Litchfield Park**

***Flag Football***

**Volunteer Coach Skill Development Packet**

Created By  
City of Litchfield Park  
Community & Recreation Services Department  
Youth & Sports Programs  
Updated: 2014

# TABLE of CONTENTS



|                                                                                   |         |
|-----------------------------------------------------------------------------------|---------|
| DEFENSIVE Skill Development Coaching Points .....                                 | 3       |
| OFFENSIVE Skill Development Coaching Points, Center & Quarterback Positions ..... | 4       |
| OFFENSIVE Skill Development Coaching Points, Wide Receiver Position .....         | 5       |
| OFFENSIVE Skill Development Coaching Points, Pee Wee Running Back Position .....  | 6       |
| RUNNING BACK ROUTES: Pee Wee Division ONLY.....                                   | 7       |
| RUNNING BACK FORMATIONS: Pee Wee Division ONLY.....                               | 8       |
| PASSING ROUTE TREE.....                                                           | 9       |
| OFFENSIVE FORMATION: 2 Players within 2 Yards of the Ball ~ Diagram 1.....        | 10      |
| OFFENSIVE FORMATION: 2 Players within 2 Yards of the Ball ~ Diagram 2.....        | 11      |
| OFFENSIVE FORMATIONS .....                                                        | 12 - 14 |
| DEFENSIVE RUSHER DIAGRAM: Both Pee Wee & Junior Divisions.....                    | 15      |
| DEFENSIVE RUSHER DIAGRAM: Junior Division ONLY .....                              | 16      |

# DEFENSIVE Skill Development Coaching Points



Litchfield Park  
*Flag Football*

P. 3

## ***DEFENSIVE TWO POINT STANCE***

- Knees Flexed
- Feet Staggered
- Weight Evenly Distributed
- Arms in Ready Position
- Head Up
- Eyes on Intended Key

## ***FLAG PULLING***

### ***BACKPEDAL***

- Feet Staggered
- Push off Front Foot
- Stay Low
- Keep Feet Underneath Body
- Stay on the Balls of Feet
- Accelerate Forward to close the space between you and the Opponent

### ***BACKPEDAL AND TURN***

- Feet Staggered
- Push off Front Foot
- Stay Low
- Open Hips
- Snap Head & Shoulders Around
- Accelerate Up-Field to stay with Receiver

# OFFENSIVE Skill Development Coaching Points



Litchfield Park  
*Flag Football*

P. 4

## POSITION: CENTERS

- Snapping (or Hiking) the Football
- Small Hand = Place towards top of ball
- Large Hand = Place towards middle of ball
- Laces come into QB's hand
- Keep Head Up

## POSITION: QUARTERBACKS

### *TAKING A SNAP*

- Keep knees flexed / Eyes on Defense
- Top hand is throwing hand
- Heels of hands together
- Fingers Spread Apart
- Top Hand Applies Pressure
- Eyes downfield on Defense

### *3-STEP DROP*

- First step with foot of throwing arm
- Step sequence: Long, quick, quick
- Ball close to chest
- Plant on third step and throw
- Point foot at target when throwing
- Throwing elbow and wrist snap downward

### *THROWING*

- Fingertips on the ball, loose grip
- The ball should be 1 to 3 inches away from chest
- The 'off' hand should be on the ball to protect
- Feet shoulder width apart
- Opposite Shoulder pointed at target
- The throwing elbow should be at shoulder level
- Rotate Hips when throwing
- At end of throw, the thumb should be pointed down

# OFFENSIVE Skill Development Coaching Points

## POSITION: WIDE RECEIVERS

### *2-POINT STANCE*

- Knees Flexed
- Feet Staggered
- Weight over Front Foot
- Arms in Ready Position
- Head Up / Eyes on Target

### *RUNNING ROUTES*

- Fly Pattern
- Post Pattern
- Curl Pattern
- Flag Pattern
- Out Pattern
- Slant Pattern
- Up-Out-Up Pattern

### *RECEIVING the PASS*

- Pinky Fingers together for balls below the waist
- Thumbs together for balls above the waist
- Watch the ball ALL the WAY into the HANDS
- Use the hands to catch the ball, not the chest
- Tuck the ball away to protect it.

# OFFENSIVE Skill Development Coaching Points

## POSITION: RUNNING BACKS (*PEE WEE DIVISION ONLY*)

### ***2-POINT STANCE***

- Knees Flexed
- Feet Squared
- Weight Evenly Distributed on both Feet
- Hands on Thighs
- Head Up / Eyes on the Target

### ***RECEIVING A PITCH***

- Use the Hands to 'Cradle' the ball
- Watch the Ball ALL the WAY into the HANDS
- Tuck the ball away to protect it
- Eyes up to find the 'HOLE'

### ***RECEIVING the HAND-OFF***

- Ball placed in the Running Backs Belly
- Inside Arm = Up
- Outside Arm = Down
- Running Back should focus on 'Target HOLE'
- Quarterback lets go of the ball as the Running Back grasps the ball

# RUNNING BACK ROUTES: Pee Wee Division ONLY

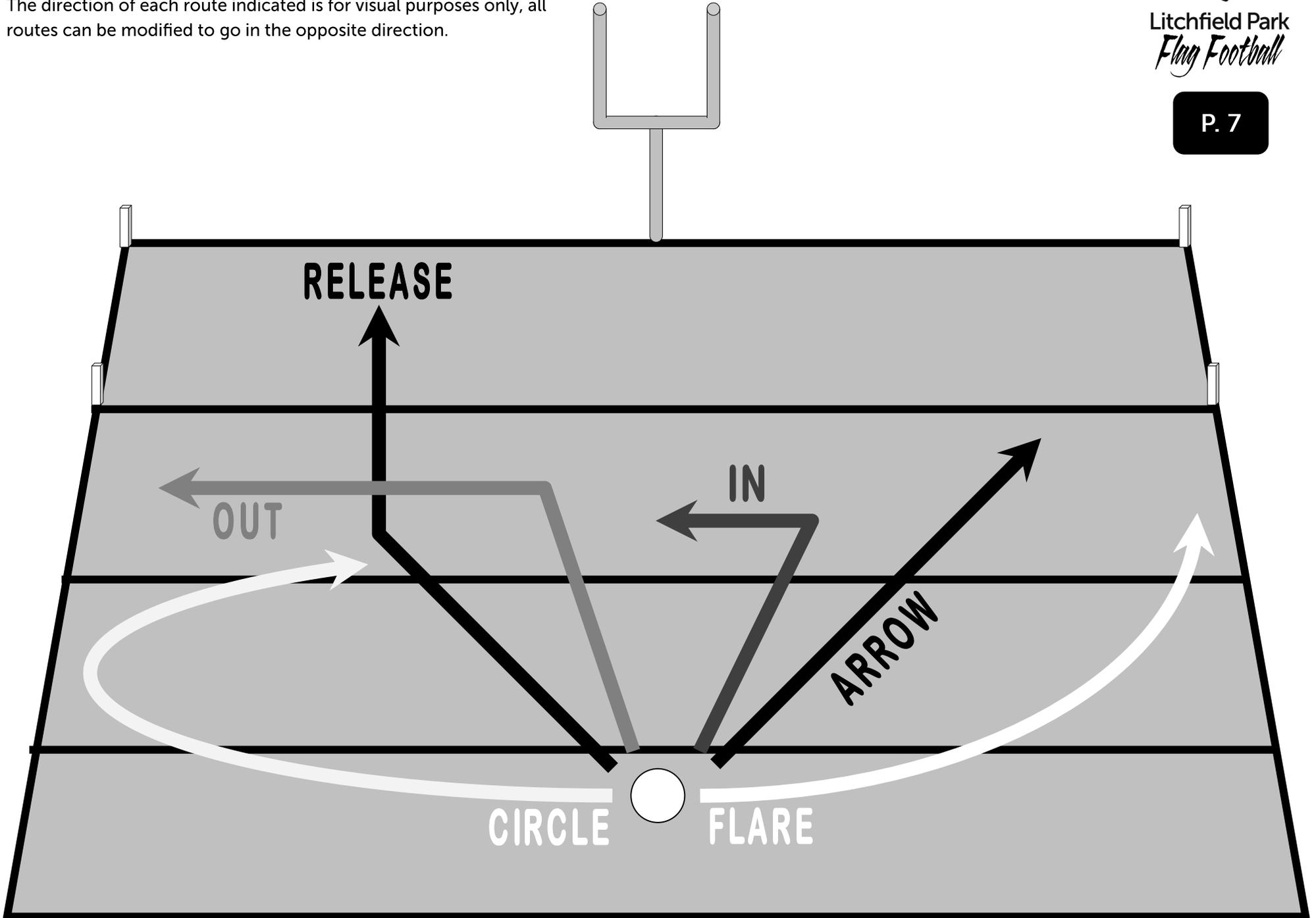
Below are some of the most common running back routes in football.

The direction of each route indicated is for visual purposes only, all routes can be modified to go in the opposite direction.

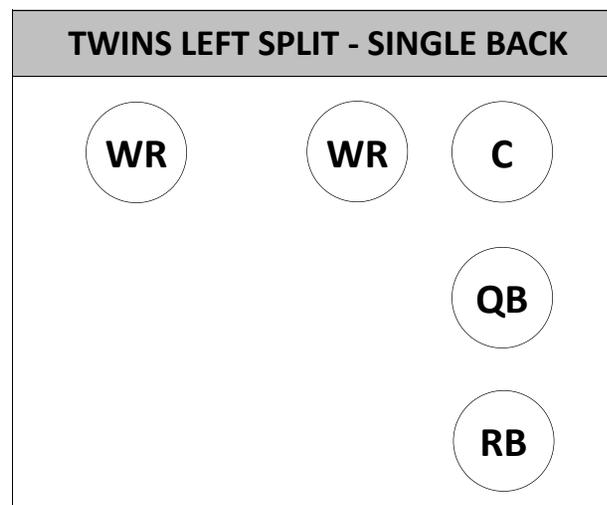
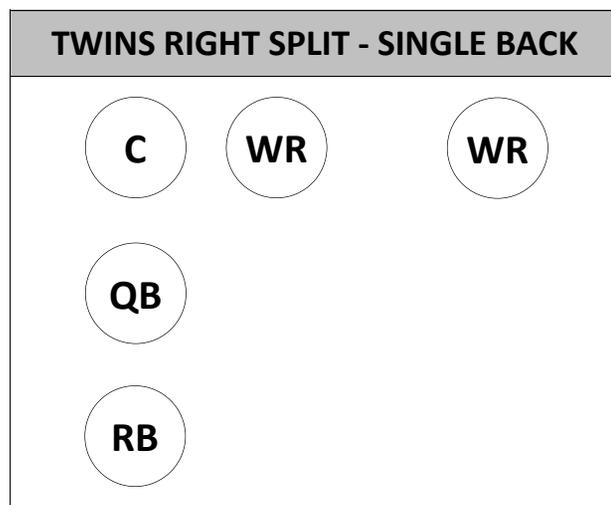
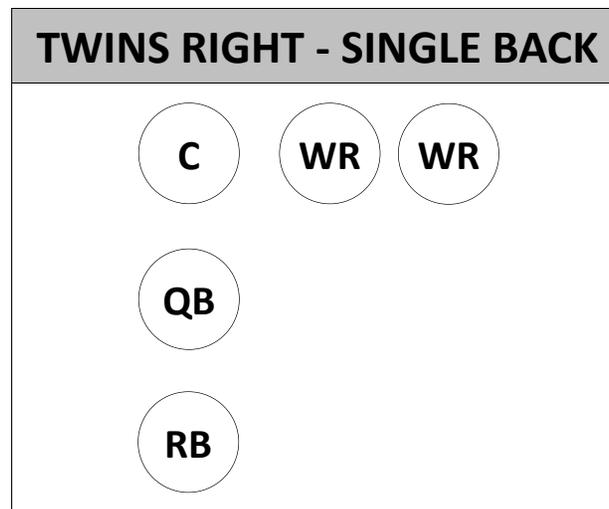
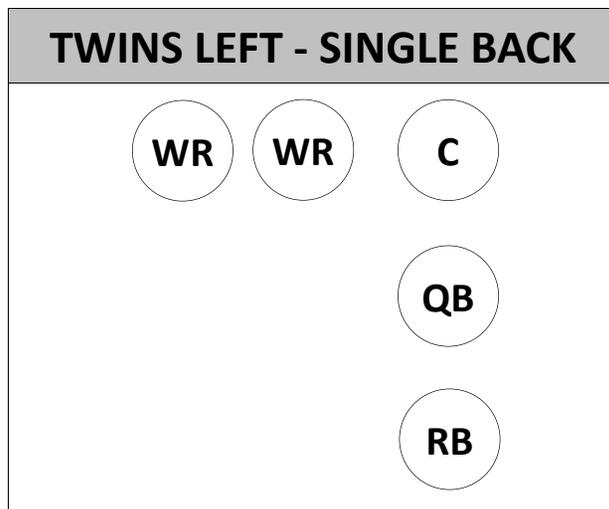
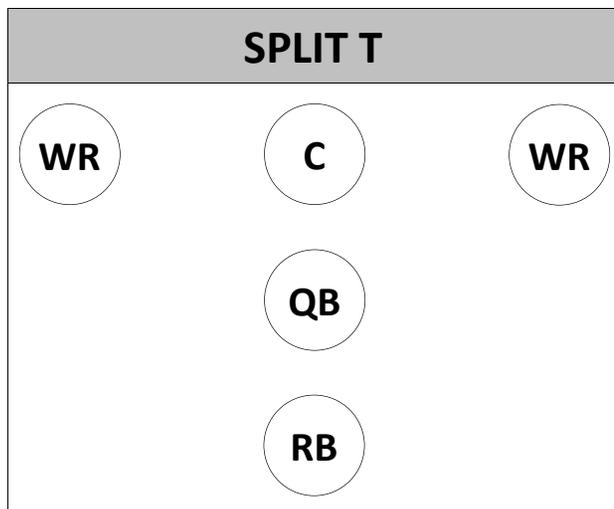


Litchfield Park  
*Flag Football*

P. 7

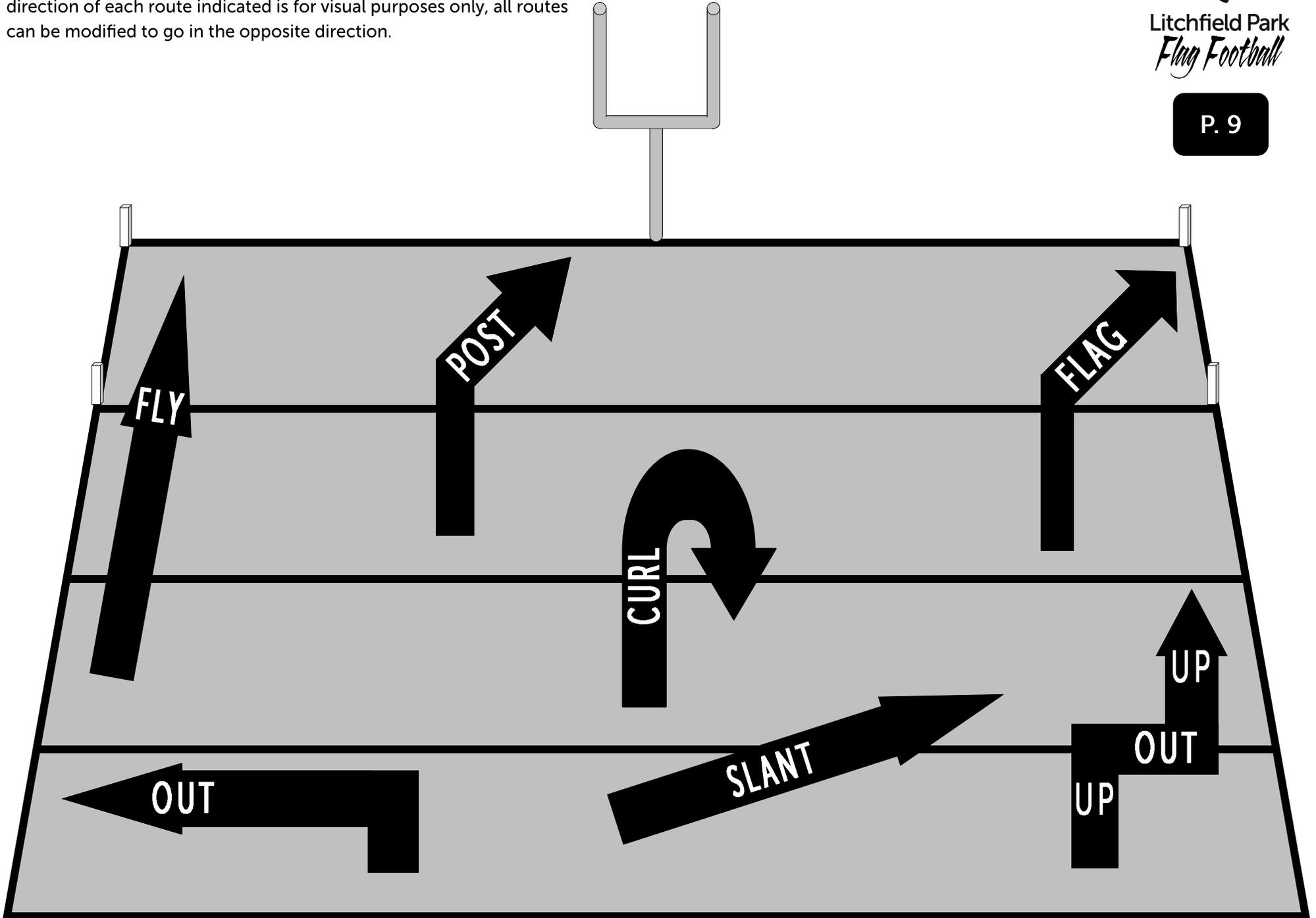


# RUNNING BACK FORMATIONS: Pee Wee Division ONLY

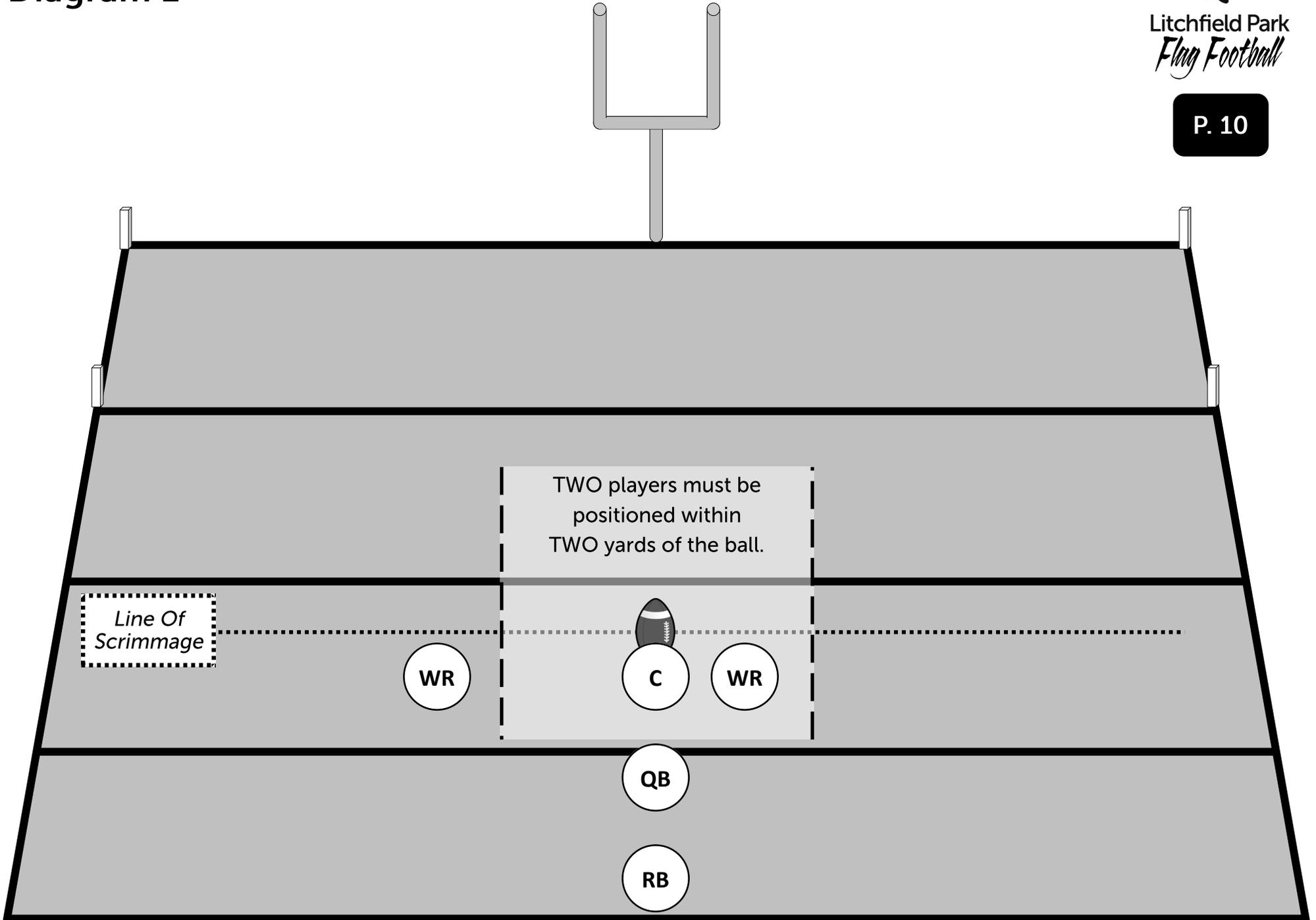


# PASSING ROUTE TREE

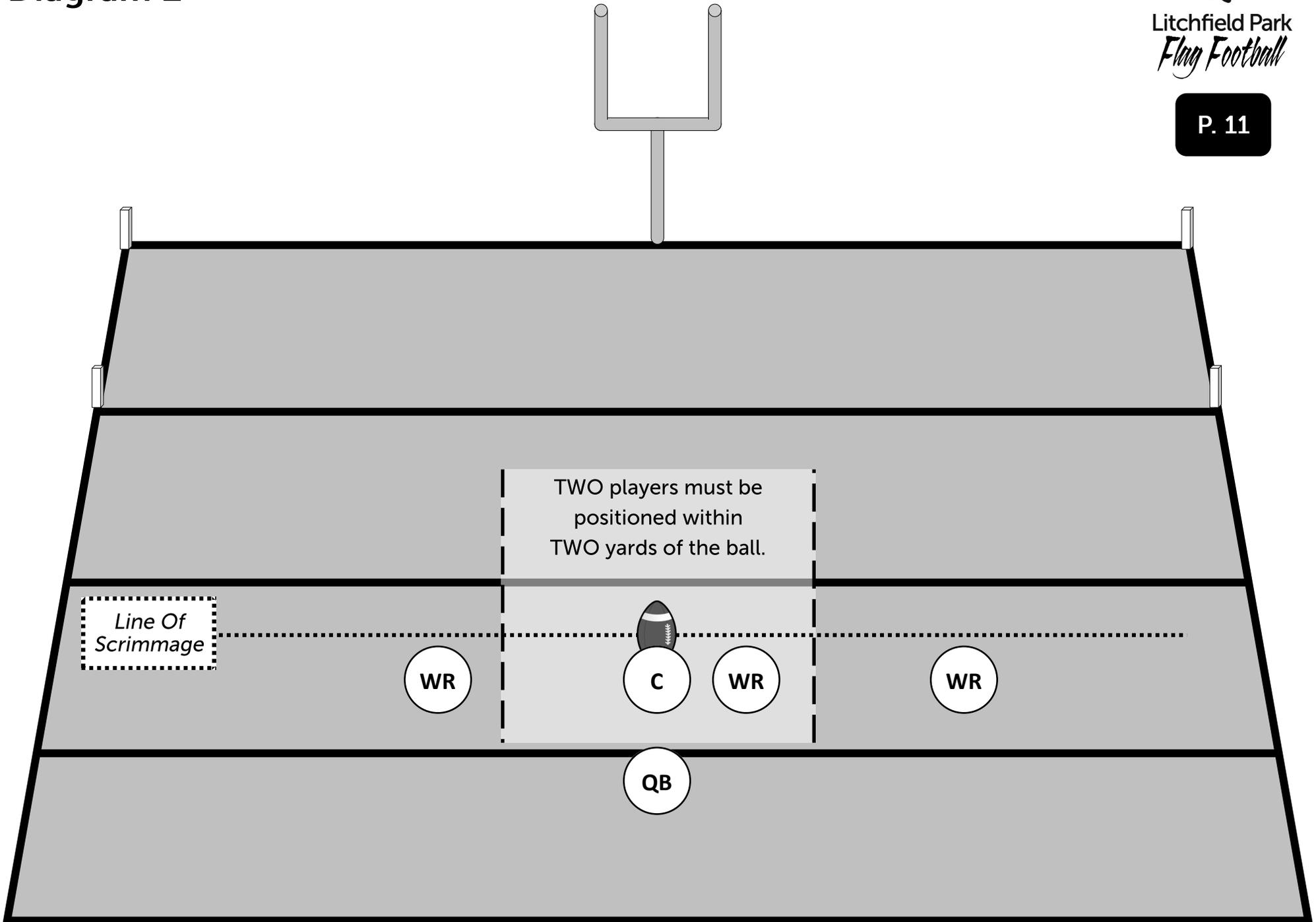
Below are some of the most common passing routes in football. The direction of each route indicated is for visual purposes only, all routes can be modified to go in the opposite direction.



# OFFENSIVE FORMATION: 2 Players within 2 Yards of the Ball Diagram 1

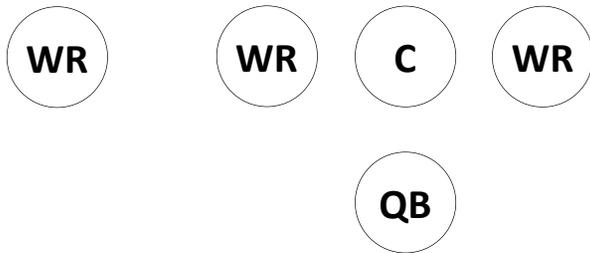


# OFFENSIVE FORMATION: 2 Players within 2 Yards of the Ball Diagram 2

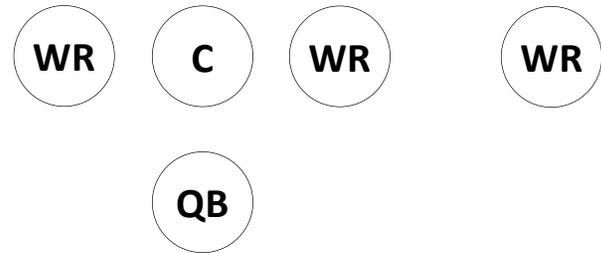


# OFFENSIVE FORMATIONS

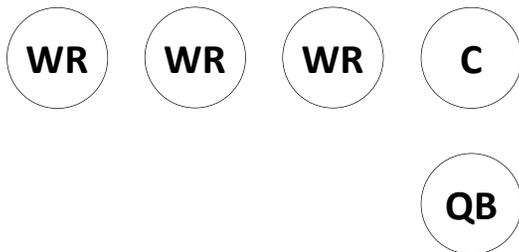
**T - SPREAD LEFT**



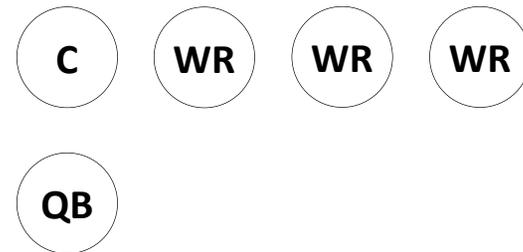
**T - SPREAD RIGHT**



**TRIPS LEFT**



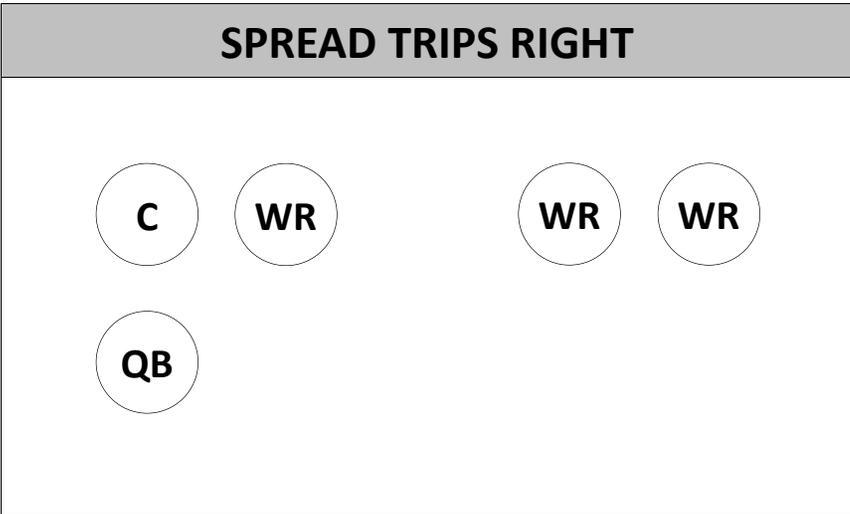
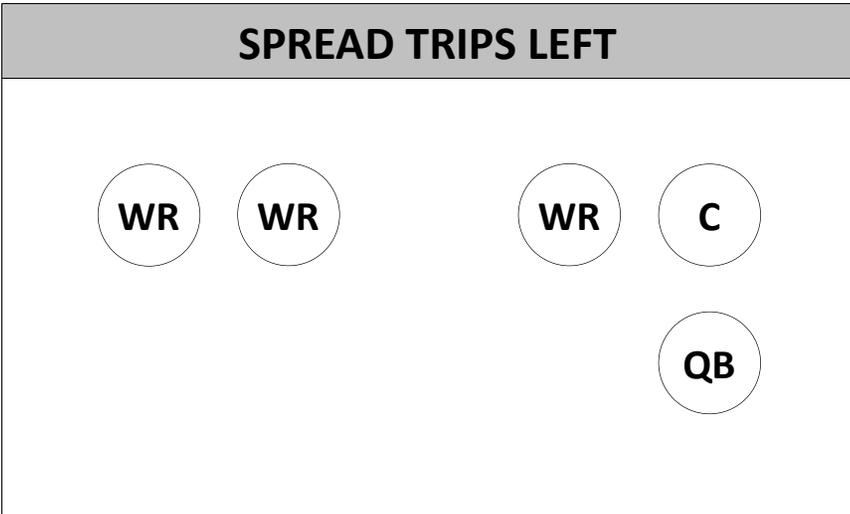
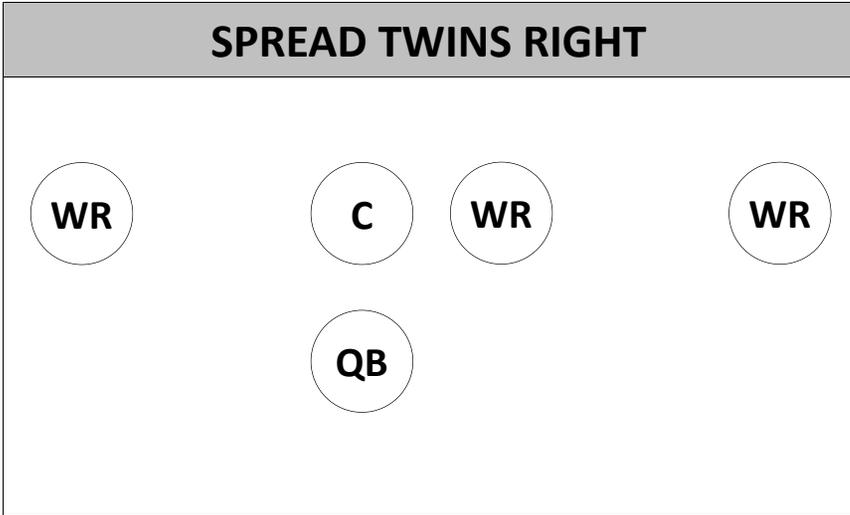
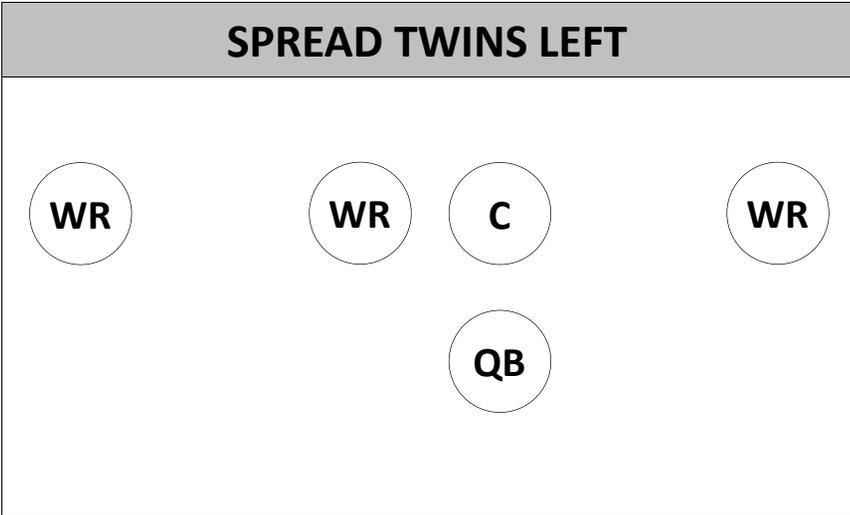
**TRIPS RIGHT**



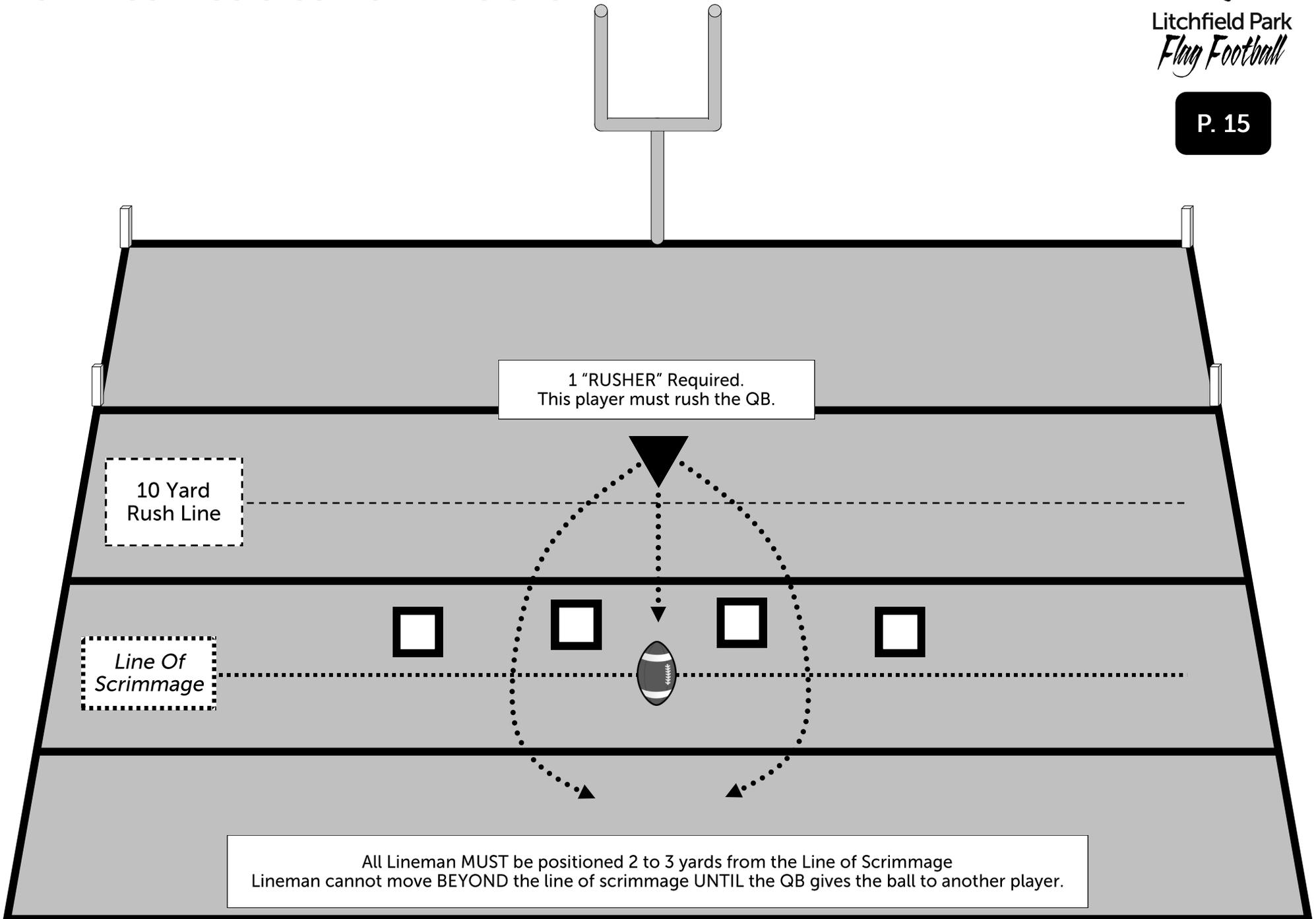
# OFFENSIVE FORMATIONS



# OFFENSIVE FORMATIONS



# DEFENSIVE RUSHER DIAGRAM: Both Pee Wee & Junior Divisions



# DEFENSIVE RUSHER DIAGRAM: Junior Division ONLY

