



GRADES 3-6

Practice Schedules, Skills, Routes & Drills



FLEX FOOTBALL PRACTICE OVERVIEW

0:00 - 0:10	0:10 - 0:25	0:30 - 0:50	0:55 - 1:15	1:15 - 1:30
	INDIVIDUAL PERIOD	GROUP PERIOD	TEAM PERIOD	EXTRA TIME
DYNAMIC WARM-UP	<ul style="list-style-type: none"> Individual skill / Technique based EDDs - Every day drills 	<p>WATER</p> <ul style="list-style-type: none"> Group work as a unit Or competition based Multiple positions working on concepts or situational play 	<p>WATER</p> <ul style="list-style-type: none"> Offensive or Defensive based Install / gameplan Can be competitive if numbers allow 	<ul style="list-style-type: none"> Conditioning Team period overflow Review, etc
INDIVIDUAL PERIOD		GROUP PERIOD		TEAM PERIOD
<p>Focuses on skills and technique that each specific position will use during the course of play. For example, a DB's individual period will include E.D.Ds (everyday drills) which include the following and more – back pedal, turn and go, angles, breaks, ball catching, etc.</p>		<p>Focuses on combining player positions to introduce an offensive or defensive concept. This period can be offensive unit or defensive unit specific or even allow for competition. For example, the receivers and QB can work on route combinations while the RB and OL work on pass protections. Competitive style of play can include “one on ones” receivers vs DBs or ½ line work.</p>		<p>Team Period is offensive and defensive based. This period can include O/D installs and/or 9v9 competition between units. Depending on numbers, specific days can focus on one side of the ball or even allow for a team offensive unit vs a team defensive unit if numbers allow.</p>

THE BREAKDOWN

Flex Football's practices are built by periods that best reflect a day to day progression of your choice. The periods can be modified or customized depending on your coaching style and goals. The practice schedule allows for a 10 minute overflow that can be added in where needed. For example, early in the season, it may be appropriate to add 10 minutes to the individual period as coaches evaluate where players should be positioned or the 10 minutes can be kept for coaches choice – conditioning, review or general overflow.

THE FIRST WEEK

The first week of Flex Football practice will be focused on standard basics of football while introducing the Flex style of play. Your practice progression will vary depending on your age group and level of football IQ. This general practice script is a great starting point to formulate your own Flex Football practice. Depending on the number of coaches and athletes, it may be appropriate to split up days to have a single offensive and single defensive focused practice.




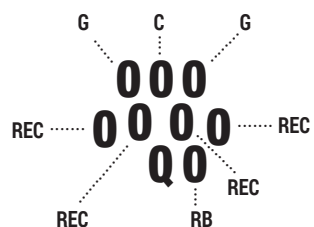
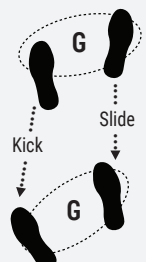
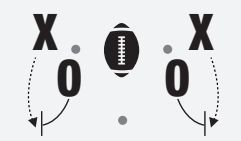
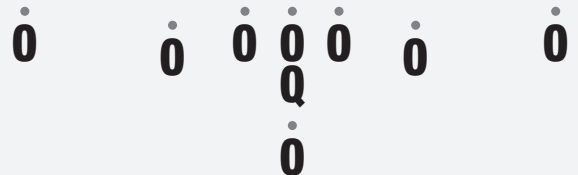
FLEX FOOTBALL PRACTICE I



SKILLS			OFFENSE		
0:00 - 0:10	0:10 - 0:25	0:30 - 0:50	0:55 - 1:15	1:15 - 1:30	
DYNAMIC WARM-UP	INDIVIDUAL PERIOD	GROUP PERIOD	TEAM PERIOD	EXTRA TIME	
<ul style="list-style-type: none"> • High knees • Butt kickers • Shuffle L/R • Cross overs • Straight leg kicks • Walking quad pull • Walking toe touch • Lunge and reach • Run forward • Backwards run • Static stretch 	<ul style="list-style-type: none"> • Receiver angle drill • Ball catching mechanics • Hand off drill • Reference drill database for more drills* 	<p style="text-align: center;">WATER</p> <ul style="list-style-type: none"> • Skill positions stalk and block <p style="text-align: center;">WATER</p>	<ul style="list-style-type: none"> • Offensive 9 man alignment • 1 to 2 formation installs 	<ul style="list-style-type: none"> • Conditioning • Team period overflow • Review, etc 	
INDIVIDUAL PERIOD		GROUP PERIOD		TEAM PERIOD	
Focus on skills and technique that each specific position will use during the course of play.		Coach how to engage in Flex contact appropriately. Feet first, hand strike and head out. Progress from approach, to hand engagement then competition.		Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.	
<p>Receiver Angle Drill</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Break down • Plant on o/s foot • Drive out • Hand movement 	<p>1.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Footwork • Breakdown • Mirror 				
<p>Ball Catching</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Hands in a diamond • Look it in • Catch and secure 	<p>2.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Hand placement 				
<p>Hand-Off Drill</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Arm up or open to the side the qb is on • 2 hand secure 	<p>3.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Feet-first • Hand-strike • Head-out • React 		<p>● = Cone</p> <p>O = Offensive Player</p> <p>X = Defensive Player</p>		

PRACTICE I



BIGS			OFFENSE									
0:00 - 0:10		0:10 - 0:25		0:30 - 0:50		0:55 - 1:15		1:15 - 1:30				
DYNAMIC WARM-UP		INDIVIDUAL PERIOD		GROUP PERIOD		TEAM PERIOD		EXTRA TIME				
<ul style="list-style-type: none"> • High knees • Butt kickers • Shuffle L/R • Cross overs • Straight leg kicks 		<ul style="list-style-type: none"> • Walking quad pull • Walking toe touch • Lunge and reach • Run forward • Backwards run • Static stretch 		WATER		<ul style="list-style-type: none"> • Group work as a unit with stand-in defenders • Flex Contact intro to blocking • Feet 1st - progress from stance and pass set coached in the individual period • Hand Strike - work on hand placement • Head out - eyes up • React - simple mirror with hand placement, not a true competition drill 		WATER		<ul style="list-style-type: none"> • Offensive or Defensive based • Install / gameplan • Can be competitive - if numbers allow 		<ul style="list-style-type: none"> • Conditioning • Team period overflow • Review, etc
INDIVIDUAL PERIOD			GROUP PERIOD			TEAM PERIOD						
<p>Focus on getting o-linemen in the proper stance individually at first (everyone get in a left guard stance etc). Eventually work individual pass sets. Finish with proper LOS alignment and spacing.</p>			<p>Coach the progression of Flex Contact to involve stance, start, hand placement then eventually a light mirror drill.</p>			<p>Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.</p>						
<p>Stance Drill</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • 2 point stance • Slightly staggered • Athletic stance • Well balanced • Big chest • Elbows tight, hands ready 			<p>Hands 1st Drill</p> <ul style="list-style-type: none"> • Stand in D player → X X X X • Offensive player → O O O O <p><i>This side works hand placement</i></p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Athletic stance • Hands ready • Aim for the chest piece • Big chest throughout contact 									
<p>Pass Protect Part I</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Work L/R guard • Slightly staggered • Push off of front foot, kick and slide the back foot • Back foot moves slightly outwards 			<p>Pass Protect Part II</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Build off of part 1 drill • Hands 1st, head out • Strike with the hands and continue to move feet • Balanced to absorb force and to redirect with DE moves 									

FLEX FOOTBALL PRACTICE 2



SKILLS			OFFENSE		
0:00 - 0:10	0:10 - 0:25	0:30 - 0:50	0:55 - 1:15	1:15 - 1:30	
DYNAMIC WARM-UP	INDIVIDUAL PERIOD	GROUP PERIOD	TEAM PERIOD	EXTRA TIME	
<ul style="list-style-type: none"> • High knees • Butt kickers • Shuffle L/R • Cross overs • Straight leg kicks • Walking quad pull • Walking toe touch • Lunge and reach • Run forward • Backwards run • Static stretch 	<ul style="list-style-type: none"> • Back peddle • Turn and go • Back peddle with various breaks for DB • W drill • Ball drills • Reference drill database* 	<ul style="list-style-type: none"> • Skill positions getting off stalk blocks, engaged blocks 	<ul style="list-style-type: none"> • Offensive 9 man alignment • 1 to 2 formation installs 	<ul style="list-style-type: none"> • Conditioning • Team period overflow • Review, etc 	
INDIVIDUAL PERIOD		GROUP PERIOD	TEAM PERIOD		
Focus on skills and technique that each specific position will use during the course of play.		Coach how to engage in Flex contact appropriately. Feet first, hand strike and head out. Progress from approach, to hand engagement then competition.	Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.		
<h3>DB & LB Individual</h3> <p>Coaching Points</p> <ul style="list-style-type: none"> • BP = Back Peddle • Stay low • Smooth arm movement • During turn, throw turn side elbow back • Knee up and over • Every angle is a rep • 90° L / R • Deep 45° L / R • Can work in coach throwing the ball <p>BP</p> <p>Break</p> <p>1. Quickly turn 180°</p> <p>2. Coach throw (<i>high, low, left, right</i>)</p> <p>3. Catch</p> <p>4. Run back to coach</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Stay low • Smooth arm movement • T- step outside plant foot 		<h3>Hands 1st Drill</h3> <p><i>This side works hand placement</i></p> <p>Defensive Player → X X X X</p> <p>Stand-in O player → O O O O</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Press and extend against blockers chest • Throw by • Knock hands down • Swim move <p>Coaching Points</p> <ul style="list-style-type: none"> • Players start engaged • O player wants to protect the cone right behind him • D player wants to use skills to get rid of blocker • 1/4 - 1/2 speed • O player gives slight advantage to D • Throw by • Knock hands down • Swim move • Evade 	<p>CB S S CB</p> <p>DE O O O O DE</p> <p>OLB MLB OLB</p> <p>S S</p> <p>CB OLB MLB OLB CB</p> <p>DE DE</p>		


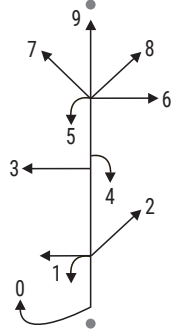

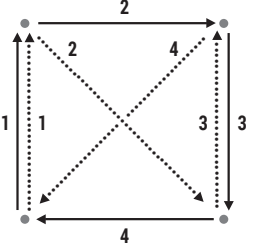



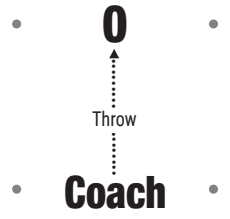

FLEX FOOTBALL PRACTICE 2



BIGS			DEFENSE		
0:00 - 0:10	0:10 - 0:25	0:30 - 0:50	0:55 - 1:15	1:15 - 1:30	
DYNAMIC WARM-UP	INDIVIDUAL PERIOD	GROUP PERIOD	TEAM PERIOD	EXTRA TIME	
<ul style="list-style-type: none"> • High knees • Butt kickers • Shuffle L/R • Cross overs • Straight leg kicks • Walking quad pull • Walking toe touch • Lunge and reach • Run forward • Backwards run • Static stretch 	<ul style="list-style-type: none"> • Stance drill • Get-off 	<ul style="list-style-type: none"> • Engagement drill • Light competition - defeating blocks 	<ul style="list-style-type: none"> • Defensive 9 man alignment • 1 to 2 formation installs • Single high safety man to man 	<ul style="list-style-type: none"> • Conditioning • Team period overflow • Review, etc 	
INDIVIDUAL PERIOD		GROUP PERIOD		TEAM PERIOD	
Focus on skills and technique that each specific position will use during the course of play.		Coach how to engage in Flex contact appropriately. Feet first, hand strike and head out. Progress from approach, to hand engagement then competition.		Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.	
<h3>DE Stance & Get-Off Drill</h3> <p>Coaching Points</p> <ul style="list-style-type: none"> • Staggered 2 point sprinter stance • Eyes on the ball • Outside shade of guard • Work on fast get off to ball movement L & R • hard count cadence 		<h3>Hands 1st Drill</h3> <p>Coaching Points</p> <ul style="list-style-type: none"> • Athletic stance • Hands ready • Aim for the chest piece • Big chest throughout contact 			
<h3>Defeating Blocks</h3> <p>Coaching Points</p> <ul style="list-style-type: none"> • One side goes per rep • Fast get off • Work move on air at cone. • Hands, spin, inside move • Work on fast get off to ball movement L & R • Coach or player actively moves the ball 		<h3>Defeating Blocks</h3> <p>Coaching Points</p> <ul style="list-style-type: none"> • Build off of part 1 drill • Hands 1st, head out • Strike with the hands and continue to move feet • Balanced to absorb force and to redirect with DE moves 			

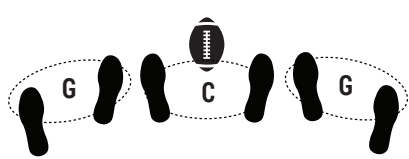
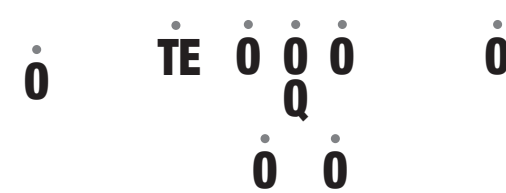
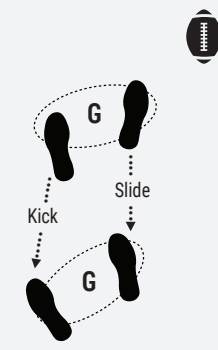

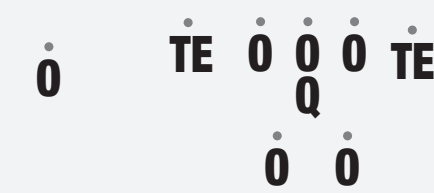
FLEX FOOTBALL PRACTICE 3



BIGS			DEFENSE				
0:00 - 0:10	0:10 - 0:25	0:30 - 0:50	0:55 - 1:15	1:15 - 1:30			
DYNAMIC WARM-UP <ul style="list-style-type: none"> • High knees • Butt kickers • Shuffle L/R • Cross overs • Straight leg kicks • Walking quad pull • Walking toe touch • Lunge and reach • Run forward • Backwards run • Static stretch 	INDIVIDUAL PERIOD <ul style="list-style-type: none"> • Reference drill database* for more drills 	GROUP PERIOD <ul style="list-style-type: none"> • Introduce the route tree • Run 0, 2 & 4 while working on pass catching mechanics 	TEAM PERIOD <ul style="list-style-type: none"> • Offensive 9 man alignment • 1 to 2 formation install <p>Huddle Quick View:</p> <pre> G C G Rec Rec Rec QB RB Rec </pre>	EXTRA TIME <ul style="list-style-type: none"> • Conditioning • Team period overflow • Review Etc 			
INDIVIDUAL PERIOD		GROUP PERIOD		TEAM PERIOD			
Focus on skills and technique that each specific position will use during the course of play.		Introduce limited competition. Run drills that are primarily for the offense with defensive players providing a "look". For example, a DB may be used to cover a receiver but will let the receiver work on catching the ball.		Start with your huddle and basic formations, then install a few plays out of that formation.			
Around the Cone Drill <p>Coaching Points</p> <ul style="list-style-type: none"> • Establish starting side L • Shoulders & feet always face down field • Break down, use feet and hips to circle cone • Break up to other side in a figure 8 like fashion 		Route Tree <p>Coaching Points</p> <ol style="list-style-type: none"> 0. Bubble 1. Quick out / hitch 2. Slant 3. Out 4. Hitch 5. Comeback 6. Dig 7. Corner / Flag 8. Post 9. Fade 		 <p><i>Pro Left</i></p>			
Receiver Angle Drill <p>Coaching Points</p> <ul style="list-style-type: none"> • Break down • Plant on o/s foot • Drive out • Hand movement 		Bubble  <p>Coaching Points</p> <ul style="list-style-type: none"> • Initially gain depth, give QB a good target • Bubble wide, catch ball on the run • Stay outside / run towards sideline 		Slant  <p>Coaching Points</p> <ul style="list-style-type: none"> • Foot to side of the ball is up (right) • 3 steps and break • Ball will be quick 		5-Yard Hitch  <p>Coaching Points</p> <ul style="list-style-type: none"> • 5-yards • break down, pump arms, o/s foot plant, extend arms and catch ball 	
Ball Catching <p>Coaching Points</p> <ul style="list-style-type: none"> • Hands in a diamond • Look it in • Catch and secure • Work various angles • Ex: over the shoulder (rec stands facing away) • 90 route - rec stands perpendicular 		 <p><i>Pro Tight - Split Backs</i></p>					

FLEX FOOTBALL PRACTICE 3



BIGS			OFFENSE		
0:00 - 0:10	0:10 - 0:25	0:30 - 0:50	0:55 - 1:15	1:15 - 1:30	
DYNAMIC WARM-UP	INDIVIDUAL PERIOD	GROUP PERIOD	TEAM PERIOD	EXTRA TIME	
<ul style="list-style-type: none"> • High knees • Butt kickers • Shuffle L/R • Cross overs • Straight leg kicks • Walking quad pull • Walking toe touch • Lunge and reach • Run forward • Backwards run • Static stretch 	<ul style="list-style-type: none"> • Reference drill database* • Stance - quick review • Pass set - multi direction • Stance at LOS • Center QB exchange 	<p style="text-align: center;">WATER</p> <ul style="list-style-type: none"> • Involve tight ends • Group work as a unit with stand in defenders • Feet 1st - progress from stance and pass set coached in the individual period • Hand Strike - work on hand placement • Head out - eyes up • React - simple mirror with hand placement, not a true competition drill • Re-focus in on hand placement and footwork 	<ul style="list-style-type: none"> • Offensive 9 man alignment • 1 to 2 formation install <p style="text-align: center;">Huddle Quick View:</p> <pre> G C G Rec Rec Rec QB RB Rec </pre>	<ul style="list-style-type: none"> • Conditioning • Team period overflow • Review, etc 	
INDIVIDUAL PERIOD		GROUP PERIOD		TEAM PERIOD	
Focus on skills and technique that each specific position will use during the course of play.		Coach how to engage in Flex contact appropriately. Feet first, hand strike and head out. Progress from approach, to hand engagement then competition.		Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.	
<p>DE Stance & Get-Off Drill</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • 2 point stance • Slightly staggered • Athletic stance Well balanced • Big chest • Elbows tight, hands ready 		<p>Hands 1st Drill</p> <ul style="list-style-type: none"> • Stand in D player → X X X X • Offensive player → O O O O <p style="text-align: center;"><i>This side works hand placement</i></p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Athletic stance • Hands ready • Aim for the chest piece • Big chest throughout contact <p style="text-align: right;"><i>* Bring TE positions into this drill</i></p>		 <p style="text-align: center;"><i>Pro Left</i></p>	
<p>Pass Protect I</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Work L and R guard • Slightly staggered • Push off of front foot, kick and slide the back foot • Back foot moves slightly outwards • Eventually progress to multi direction • No contact, footwork and body movement only • Pass set outside, then work back to post (front foot)simulating an inside move 		<p>Pass Protect Part 2</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Build off of part 1 drill • Hands 1st, head out • Strike with the hands and continue to move feet • Balanced to absorb force and to redirect with DE moves  <p style="text-align: center;"><i>One side goes per rep. D player 1/4 speed.</i></p>		 <p style="text-align: center;"><i>Pro Tight - Split Backs</i></p>	

FLEX FOOTBALL PRACTICE 4



BIGS			DEFENSE			
0:00 - 0:10	0:10 - 0:25	0:30 - 0:50	0:55 - 1:15	1:15 - 1:30		
<p>DYNAMIC WARM-UP</p> <ul style="list-style-type: none"> • High knees • Butt kickers • Shuffle L/R • Cross overs • Straight leg kicks • Walking quad pull • Walking toe touch • Lunge and reach • Run forward • Backwards run • Static stretch 	<p>INDIVIDUAL PERIOD</p> <ol style="list-style-type: none"> 1. Back peddle 2. Turn and go 3. Back peddle with various breaks for DB 4. Weave drill 5. W drill 6. Ball drills <p>Reference drill database*</p>	<p>WATER</p>	<p>GROUP PERIOD</p> <ul style="list-style-type: none"> • Skill positions getting off stalk blocks, engaged blocks 	<p>WATER</p>	<p>TEAM PERIOD</p> <ul style="list-style-type: none"> • Offensive 9 man alignment • 1 to 2 formation install <p>Huddle Quick View:</p> <pre> CB S S CB DE OLB OLB DE QB RB </pre>	<p>EXTRA TIME</p> <ul style="list-style-type: none"> • Conditioning • Team period overflow • Review, etc
INDIVIDUAL PERIOD		GROUP PERIOD		TEAM PERIOD		
Focus on skills and technique that each specific position will use during the course of play.		Coach how to engage in Flex contact appropriately. Feet first, hand strike and head out. Progress from approach, to hand engagement then competition.		Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.		
<p>DB & LB Individual</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • BP = Back Peddle • Stay low • Smooth arm movement • During turn, throw turn side elbow back • Knee up and over • Every angle is a rep • 90° L / R • Deep 45° L / R • Can work in coach throwing the ball <p>Coaching Points</p> <ul style="list-style-type: none"> • Stay low • Smooth arm movement • T-step outside plant foot <ol style="list-style-type: none"> 1. Quickly turn 180° 2. Coach throw (<i>high, low, left, right</i>) 3. Catch 4. Run back to coach 		<p>Hands 1st Drill</p> <p><i>This side works hand placement</i></p> <pre> Defensive Player → X X X X Stand-in O player → O O O O </pre> <p>Coaching Points</p> <ul style="list-style-type: none"> • Press and extend against blockers chest • Throw by • Knock hands down • Swim move <p>Coaching Points</p> <ul style="list-style-type: none"> • Players start engaged • O player wants to protect the cone right behind him • D player wants to use skills to get rid of blocker • 1/4 - 1/2 speed • O player gives slight advantage to D • Throw by • Knock hands down • Swim move • Evade • Progress to letting D player come from depth 				

FLEX FOOTBALL PRACTICE 4



BIGS			DEFENSE		
0:00 - 0:10	0:10 - 0:25	0:30 - 0:50	0:55 - 1:15	1:15 - 1:30	
DYNAMIC WARM-UP	INDIVIDUAL PERIOD	GROUP PERIOD	TEAM PERIOD	EXTRA TIME	
<ul style="list-style-type: none"> • High knees • Butt kickers • Shuffle L/R • Cross overs • Straight leg kicks • Walking quad pull • Walking toe touch • Lunge and reach • Run forward • Backwards run • Static stretch 	<ul style="list-style-type: none"> • Stance drill • Get off 	<ul style="list-style-type: none"> • Engagement drill • Light competition - defeating blocks 	<ul style="list-style-type: none"> • Defensive 9 man alignment • 1 to 2 formation installs • Single high safety man to man 	<ul style="list-style-type: none"> • Conditioning • Team period overflow • Review, etc 	
INDIVIDUAL PERIOD		GROUP PERIOD		TEAM PERIOD	
Focus on skills and technique that each specific position will use during the course of play.		Coach how to engage in Flex contact appropriately. Feet first, hand strike and head out. Progress from approach, to hand engagement then competition.		Coach the huddle and alignment for 9v9 Flex Football. Use cones to show where players should align in a few standard formations. Huddle, break then align.	
<h3>DE Stance & Get-Off Drill</h3> <p>Coaching Points</p> <ul style="list-style-type: none"> • 2 point stance • Slightly staggered • Athletic stance Well balanced • Big chest • Elbows tight, hands ready 		<h3>Hands 1st Drill</h3> <p><i>This side works hand placement</i></p> <p>Defensive Player → X X X X</p> <p>Stand-in O player → O O O O</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Press and extend against blockers chest • Knock hands down • Swim move • Rip move 			
<h3>DE Stance & Get-Off Drill</h3> <p>Coaching Points</p> <ul style="list-style-type: none"> • One side goes per rep • Fast get off • Work move on air at cone Hands, spin, inside move • Progress to working more on bag or stand in defender • Work on fast get off to ball movement L / R • Hard count cadence 		<h3>Defeating Blocks</h3> <p>Coaching Points</p> <ul style="list-style-type: none"> • One side goes per rep • 1/2 speed. Advantage given to D • Goal is to work skills and get to cone/pylon representing the QB • Build off of part 1 drill • Hands 1st, head out • Work moves at point of block • Knock hands down and rip, swim, spin move 			



FLEX FOOTBALL PRACTICE



0:00 - 0:10		0:10 - 0:25		0:30 - 0:50		0:55 - 1:15		1:15 - 1:30	
DYNAMIC WARM-UP		INDIVIDUAL PERIOD		GROUP PERIOD		TEAM PERIOD		EXTRA TIME	
				WATER		WATER			
INDIVIDUAL PERIOD			GROUP PERIOD			TEAM PERIOD			





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