



WEEKLY COACHING STRATEGY & TUTORIALS

WELCOME TO FLAG FOOTBALL FANATICS! WHETHER YOU ARE NEW TO COACHING, OR HAVE YEARS OF EXPERIENCE UNDER YOUR BELT, PROVIDED BELOW ARE WEEKLY STRATEGIES THAT WILL KEEP YOU AND YOUR TEAM ORGANIZED, MOTIVATED AND PROGRESSING ON A WEEKLY BASIS.

WEEK #1

GET TO KNOW YOUR PLAYERS

WEEK #2

MAKING ADJUSTMENTS

WEEK #3

BUILD ON WHAT YOU KNOW

WEEK #4

PRACTICE MAKES PERFECT

WEEK #5

PUT IN FINISHING TOUCHES

WEEK #6

FINISH THE RACE

WEEK #7

ENJOY AND PREP FOR TOURNAMENT PLAY (IF PARTICIPATING)



WEEK #1

GET TO KNOW YOUR PLAYERS

OBJECTIVE:

GET TO KNOW YOUR PLAYERS ABILITY AND ASSIGN POSITIONS

PreK - Week 1 Video Drills

<https://youtu.be/OnPXuhoYuls>

<https://youtu.be/AR380iMdvK4>

K-8th Week 1 Video Drills

<https://youtu.be/sNjL0-2iTh4>

K-8th Week 1 Strategies

OFFENSIVE STRATEGY:

- 1) Identify and assign positions to every player.
- 2) Use a **stand still technique** at your line of scrimmage to exercise listening skills.
- 3) Use **two-handed center snap** technique.
- 4) Practice **running back dives** to gain “positive yardage.”
- 5) Introduce your playbook and begin with simple pass routes (**Ex: quick pop, curl route, slant route & streak route**).

DEFENSIVE STRATEGY:

- 1) Make players comfortable using **“zone defense.”**
- 2) Identify and assign positions (Ex: 2 cornerbacks, 2 linebackers, 1 safety).
- 3) Practice pass cover, with emphasis on not letting the receivers get behind them.
- 4) Instruct players to play to the whistle.



WEEK #2

MAKING ADJUSTMENTS

OBJECTIVE:

Recognize players' strengths and weaknesses. Reassigning players to positions where they will be most comfortable and ultimately achieve the most growth throughout the next 5 weeks.

PreK - Week 2 Video Drills

<https://youtu.be/AR380iMdvK4>

<https://youtu.be/4b00hY-ZCoI>

K-8th Week 2 Video Drills

<https://youtu.be/0nPXuhoYuls>

<https://youtu.be/OOSYbc-9TYk>

K-8th Week 2 Strategies

OFFENSIVE STRATEGY:

- 1) Make position changes, where needed.
- 2) Because of possible position changes, continue getting players comfortable with your playbook, **running back dives** and simple pass routes (**quick pop, curl route, slant route & streak route**)

DEFENSIVE STRATEGY:

- 1) Make position changes where needed.
- 2) Within the "zone defense," assign the least experienced players to the outside cornerback position. This is the least active area and will allow players to get comfortable while observing the game.



WEEK #3

BUILD ON WHAT YOU KNOW

OBJECTIVE:

Build on what you know from weeks #1 & #2. By now you should have assigned positions.

PreK - Week 3 Video Drills

<https://youtu.be/iTwwPh9y-t8>

<https://youtu.be/4b00hY-ZCoI>

K-8th - Week 3 Video Drills

<https://youtu.be/OOSYbc-9TYk>

<https://youtu.be/J8Dz3BMKWsM>

K-8th Week 3 Strategies

OFFENSIVE STRATEGY:

- 1) Introduce offensive **motion**.
- 2) Introduce deeper pass routes (**Ex: drag route, post route**)
- 3) Stress the importance of quarterback using their feet if the receiver is not open

DEFENSIVE STRATEGY:

- 1) Continue to perfect your zone defense
- 2) Introduce man-to-man defense



WEEK #4

PRACTICE MAKES PERFECT

OBJECTIVE:

Practice makes perfect and there is no need to introduce anything new this week. In the past 3 weeks, your team has learned enough to be competitive. So, keep working on it and know that growth takes time and patience!

PreK - Week 4 Video Drills

<https://youtu.be/AR380iMdvK4>

<https://youtu.be/OOSYbc-9TYk>

K-8th - Week 4 Video Drills

<https://youtu.be/0nPXuhoYuls>

<https://youtu.be/iTwwPh9y-t8>

K-8th Week 4 Strategies

OFFENSIVE STRATEGY:

1) Perfect what your team knows!

DEFENSIVE STRATEGY:

1) Perfect what your team knows!

DRILLS: Perfect what your team knows!



WEEK #5

PUT IN FINISHING TOUCHES

OBJECTIVE:

With the end of season nearing, introduce the “last” of any new plays, schemes or pass routes that you feel will give you a competitive edge. This will give you 2 more weeks to perfect them.

PreK - Week 5 Video Drills

<https://youtu.be/OOSYbc-9TYk>

<https://youtu.be/OOSYbc-9TYk>

K-8th - Week 5 Video Drills

<https://youtu.be/sNjL0-2iTh4>

<https://youtu.be/J8Dz3BMKWsM>

K-8th Week 5 Strategies

OFFENSIVE STRATEGY:

- 1) Introduce any special plays (**Ex: hook and ladders**). Feel free to use your creativity!
- 2) Introduce the “last” of any new pass routes (**Ex: Stop and go route**).

DEFENSIVE STRATEGY:

- 1) Introduce the last of any defensive stunts. Feel free to use your creativity.
- 2) Players should not experiment with any defensive positions they have not already had previous exposure to.



WEEK #6

FINISH THE RACE

OBJECTIVE:

Apply everything your team has worked on this season with special focus on any new plays or schemes you introduced in week # 5.

PreK - Week 6 Video Drills

<https://youtu.be/AR380iMdvK4>

<https://youtu.be/0nPXuhoYuls>

K-8th - Week 6 Video Drills

<https://youtu.be/AR380iMdvK4>

<https://youtu.be/OOSYbc-9TYk>

K-8th Week 6 Strategies

OFFENSIVE STRATEGY:

- 1) Perfect all plays, especially those new plays you introduced in week #5.
- 2) Perfect all routes, especially those new routes you introduced in week #5.

DEFENSIVE STRATEGY:

- 1) Test your team's ability to switch between zone defense, man-to-man defense and any new defensive schemes you introduced in week #5.



WEEK #7

ENJOY AND PREP FOR TOURNAMENT PLAY (IF PARTICIPATING)

OBJECTIVE:

Celebrate the hard work your team has put in this season! Apply everything they have learned over the past 6 weeks and formulate your off-season or post-season strategies

PreK - Week 7 Video Drills

Pick any of 2 of the previous weeks

K-8th - Week 7 Video Drills

Pick any of 2 of the previous weeks

K-8th Week 7 Strategies

OFFENSIVE STRATEGY:

- 1) Call plays that your team has had success with this season.
- 2) Identify those plays your team will use in the **Champs for Charity** or **Turkey Bowl** tournament.

DEFENSIVE STRATEGY:

- 1) Identify those defensive schemes your team will use in tournament play.
- 2) Finish hard!

DRILLS: PLAYERS, "THANK PARENTS FOR THEIR SUPPORT!!"



THANK YOU TO ALL COACHES
FOR the SACRIFICSs YOU'VE
MADE
!!!!!! ALL SEASON LONG !!!!!!