

**Flag Football Volunteering**

# **Volunteer Training: 10:00 am – 10:20 am**

* + Volunteers will assist with any final setup of the playing fields, and we’ll review the subsequent skills and drills that will be conducted throughout the morning
	+ Schools will be placed on the following fields for the skills and drills portion of the event:
		- Westgate C.V.I on Fields 1 & 2 (40)
		- St. Patrick H.S & La Vérendrye on Field 3 (24) & (6)
		- Hammarskjold H.S & St. Ignatius H.S on Field 4 (20) & (10)

# **Warm-Up: 10:30 am – 10:40 am**

* + Schools will divide themselves into four (4) lines of 5-8 athletes on each field and move to have adequate space within their lines
	+ Volunteers will enthusiastically demonstrate the following movements for athletes while stationary:
		- High knees (1 minute)
		- Forward lunges, backward lunges, and side lunges (3 minutes)
		- Trunk rotations (1 minute)
		- Wrist flexion and extension (pull fingers back & down) (2 minutes)

# **Throwing and Catching Lines: 10:40 am – 10:50 am**

* + Within the same lines of four (4) with 5-8 athletes, two lines will form two groups
	+ The two groups will face each other, starting with at least 5 yards of distance between both lines
	+ Athletes will attempt to throw and catch the footballs from the individual across or in front of them, going one way, either up or down the line and starting and finishing at both ends
	+ The distance can be widened to 10 yards of width if the group progresses quickly
	+ Coaching Cues for Throwing:
		- Throwing Coaching Cues
			* Hold the ball like a cheeseburger with one hand
			* Point your non-throwing shoulder to the target
			* Point the lead foot to the target, twist at the hips, and flick your hand out
			* Hand should finish down by the front hip
	+ Coaching Cues for Catching:
		- Medium to High Ball:
			* Form a "triangle" shape with both hands together with arms out and elbows slightly bent
			* Focus on catching the front end of the ball
		- Low Ball:
			* Bring thumbs, pink fingers and palms of hands together with arms out and elbows slightly bent
			* Focus on catching the front end of the ball

# **Route Running: 10:50 am – 11:10 am**

* + On each field, schools will divide themselves into four (4) lines
		- Two lines of receivers on the outside of the field
		- Two lines of quarterbacks in the centre of the field
	+ The direction of all throws will go one way toward the endzone
	+ One route will be performed at a time on each side of the field (left or right) with a quarterback throwing and a receiver catching a ball
	+ Athletes will go through the route tree, which is a progression from the shortest to longest routes for receivers
1. Curl: 3-5 yards (3 steps) forward and then stopping and turning back inside to the quarterback
2. Slant: 3-5 yards (3 steps) forward and planting off outside foot, forming a 45 degree angle inward and toward the middle of the field
3. Out: 5 yards (3 steps) forward and planting off the inside foot, forming a 90 degree angle outward to the sideline
4. In: 5 yards (3 steps) up field and planting off the outside foot, forming a 90 degree angle inward toward the middle of the field
5. Deep Out: 10 yards (5 steps) forward and planting off the inside foot, forming a 90 degree angle outward to the sideline
6. Deep In: 10 yards (5 steps) forward and planting off the outside foot, forming a 90 degree angle inward toward the middle of the field
7. Corner: 10 yards (5 steps) forward and planting off the inside foot, forming a 45 degree angle outward to the sideline -
8. Post: 10 yards (5 steps) forward and planting off the outside foot, forming a 45 degree angle inward toward the middle of the field
9. Go/Fly: A straight line down the field, receiver should run 5 yards and then look upward and back for the ball

# **Ball Carrying and Flag Pulling: 11:10 am – 11:30 am (Mouthguards required)**

* + On each field, schools will divide themselves into two (2) groups 5-10 athletes
	+ Two groups of cones will form two (2) rectangular boxes and will be placed on each field with enough space surrounding the boxes
		- The box should be about 15 yards in length and 10 yards in width
	+ Each of the two groups at one box will decide whether to be on offence or defence and form lines on the sides of the box
	+ One offensive and one defensive player will start facing each other at both ends of the box
	+ Once an audio/visual cue has been given, the ball carrier and defender will run forward at each other attempting to evade/take the flag
		- Ball carriers are not permitted to flag guard, jump, leap, hurdle, or **spin** while advancing the ball and **MUST** avoid defenders
		- Ball carriers should focus on moving hips and feet while moving forward
		- Defenders are not allowed to grab, hold, or pull any part of the ball carrier's body attempting to pull their flag
	+ Groups should switch from offence to defence or vice versa

# **1 v 1’s: 11:30 am – 11:50 am (Mouthguards required)**

* + On each field, schools will divide themselves into four (4) lines
		- Two lines of receivers/defenders on the outside of the field
		- Two lines of quarterbacks in the centre of the field
	+ One route will be performed at a time on each side of the field with a quarterback and a receiver
	+ The direction of all throws will go one way toward the endzone
	+ One defender will face the receiver and attempt to guard them in man-to-man coverage, trying to disrupt or intercept the ball from the receiver
		- Defenders should align with slight inside positioning and 1-5 yards off from receivers at the line of scrimmage
		- Defenders should move their feet backward and laterally to maintain their inside positioning to put themselves between the receiver and the ball
		- Defenders are not allowed to press/push, grab, hold, or pull when guarding receivers (holding, illegal contact, pass interference)
		- If the receiver catches the ball, defenders should attempt to pull the flag from the receiver
	+ Receivers will attempt to evade defenders as they try to catch a ball thrown by the quarterback
		- Receivers should line up with a foot on the line of scrimmage
		- Receivers are not allowed to push, slap, hold, grab, stiff arm, or arm-bar defenders when running routes and attempting to make a catch (holding, illegal contact, offensive pass interference)

# **Gameplay: 12:25 pm – 1:25 pm (15-minute games)**

* + There can be the following options for gameplay:
	+ Competitive Game: Utilizing the given rules with both an offence & defence on a one-way field
		- Mouthguards and flag belts must be worn
	+ Ultimate Football: A free-flowing game that allows for unstructured play on a two-way field
		- Flag belts are not required, and mouthguards are optional
		- The ball will be spotted on the 5-yard line for the initial possession and after each score
		- Both ends of the field will need 5-yard end zones
		- Players cannot advance the ball by running
		- Players can throw, toss/pitch the ball forward, backward, and laterally
		- The opposing team must be back at least 2 yards (5-6 feet) from the passer
		- Receivers can only take two steps after catching the ball
		- Interceptions cannot be advanced
		- There is no offside
		- If the ball hits the ground, it is a change of possession from the spot at which it was thrown, tossed, or pitched
		- All scores will be 6 points, and there will be no 1 or 2-point attempts
	+ Last One Standing: A fun game that utilizes 1-2 large circles of cones that can be formed on each field
		- Flag belts are required, but mouthguards are optional
		- Athletes from both teams will start within the circle of cones and attempt to pull one another's flags until there is one left
		- Athletes are not allowed to flag guard, jump, leap, or spin to avoid getting their flag pulled
		- There is no score kept for this game