



## RUNNING/AGILITY

# FLAG FOOTBALL DRILLS & SKILLS



**Square Sprint Drill:** Places cones at the corners of a 15-yard square. Line the children up at one corner of the square and have the children run one by one to the first cone, shuffle to the second cone, run backwards to the third cones, and shuffle to the fourth cone.

### **Game: Sharks and Minnows (have the whole family play)**

One player is selected to be the shark. He/She is the sole defender and stands in the middle of the field. The other players are the minnows. They all line up in the end zone, this is the safe area. The whistle is blown to start the play. The minnows all attempt to sprint across the field into the opposite end zone. The shark attempts to pull the flag from the running minnows. On successful flag pull, the minnow then becomes a shark for the next round, joining forces with any other players who are sharks. Play continues in this manner until there is only 1 minnow remaining. That player is declared the winner and is the shark for the start of the next game.

