

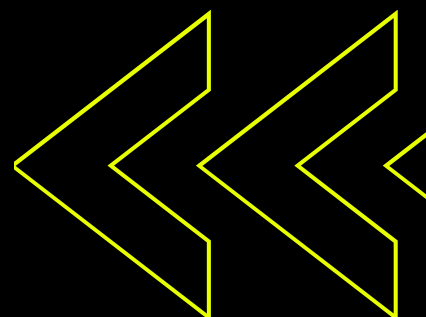


CATCHING

FLAG FOOTBALL DRILLS & SKILLS



Catching a Football Above The Waist While Moving: Have each child stand across from his/her parent. Encourage the child to move to the right or left while the parent softly throws the football in a slight arc to the child, so that the child can catch the football above their waist. After the child can catch the ball 8 out of 10 times, repeat this activity while increasing the distance, speed and arc of the football in gradual increments as the child achieves success.



Game: Don't Drop It

This flag football game is very simple. To play, two people pass the ball back and forth until someone drops it. Whoever drops it loses. It can get intense as each person catches the ball and you try to get them out.