



FLAG PULLING

FLAG FOOTBALL DRILLS & SKILLS



Flag Pulling While Moving Around: Mark 2 lines, 10 yards apart. Have the children put a flag belt on. Have the children run around while the parent tries to grab a flag and run back to the starting line. Repeat the activity for the other flag. Then, have the parents put the flag belt on, run around, have the children run up and grab the flag. Repeat for the other flag.

Game: Keep Away

As students enter the gym, have them get flag belts and get into groups of three with one football. One person is on defense and the other two are on offense. The object of the defender is to pull the flag of the offensive player that is holding the football. Offensive players can only hand off the football to each other.

