



THROWING

FLAG FOOTBALL DRILLS & SKILLS



Throwing to a Moving Target: Make 2 lines, 10 feet apart. Have each child stand on one line across from his/her parent and encourage the child to throw the football to the parent as the parent runs to the right. The child should throw 8 out of 10 times so that the parent has a good chance of catching the ball. Repeat with the catcher running to the left and back away from the thrower. Complete 8 out of 10 successful throws for each situation and then repeat while increasing the distance by 5 feet.

Game: Passing Game Accuracy

Set up cones or objects around your backyard at varying distances. Once the targets are all set up, have your child practice throwing the ball at them with the aim of hitting them.

If your child is struggling to hit the targets and the ball is wobbling in the air, check to see they're lining their fingers up with the laces on the football.

