

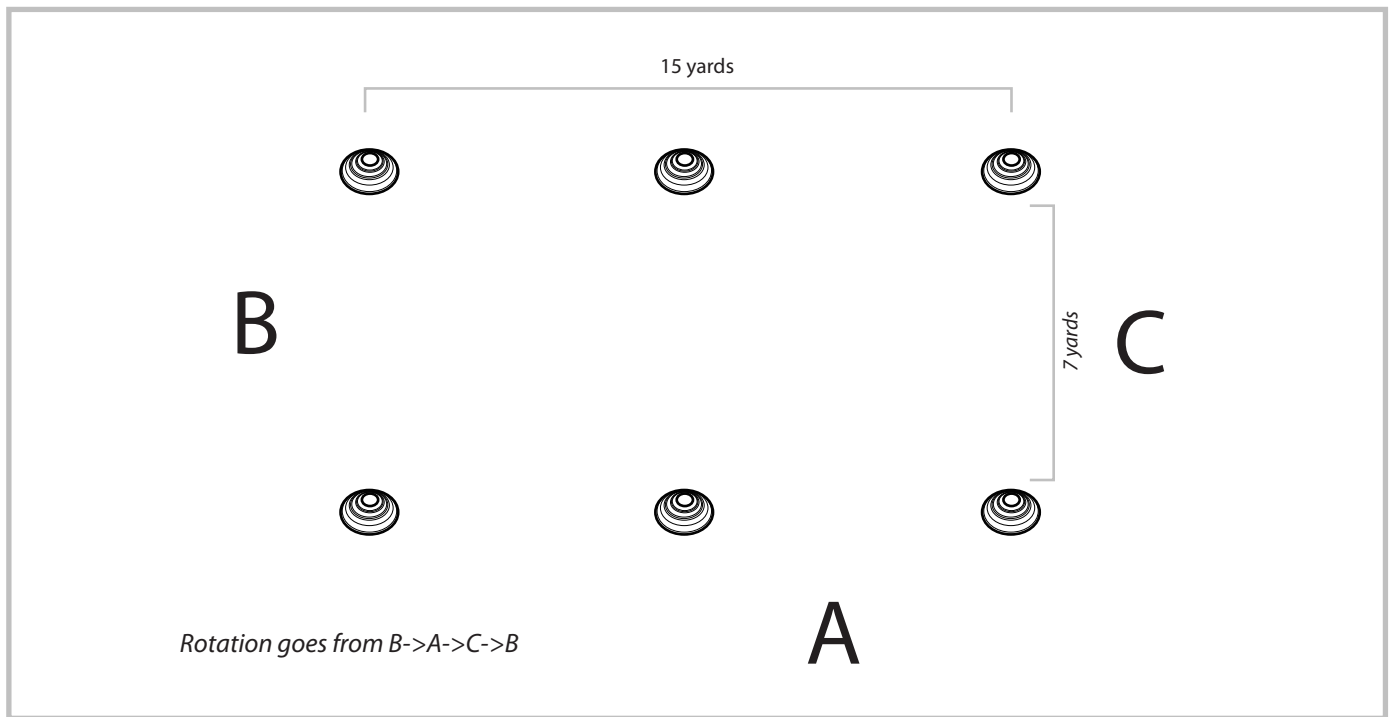


1-on-1 Basic Flag Pulling

Purpose: To teach and reinforce the fundamentals of flag pulling

Equipment: Six cones, two footballs, flags for each player

The Drill: Players should be split into three lines (A, B and C). Player A throws the football to player B, who attempts to run from one end of the rectangular grid to the other without having his/her flag pulled. As soon as the ball is caught, player C moves to intercept player B and attempts to pull player B's flags.



Coaching Points:

The emphasis of this drill is on the flag puller (player C). Player C should start off in an athletic position and attempt to square-up the ball carrier. As player C approaches the ball carrier, player C should shorten their steps and be in position to attempt to pull both of player B's flags.

Make sure player C avoids becoming flat-footed when attempting to pull the flags so that they can effectively pursue the ball carrier in case they miss on the first attempt.

You can also use this drill to reinforce proper receiving technique with player B. Make sure player B's hands are positioned correctly (diamond for balls above waist, pinkies together for balls above waist). Encourage player B to move up the field as quickly as possible, make one move, and continue.

Make sure player A uses the proper technique to throw the football.

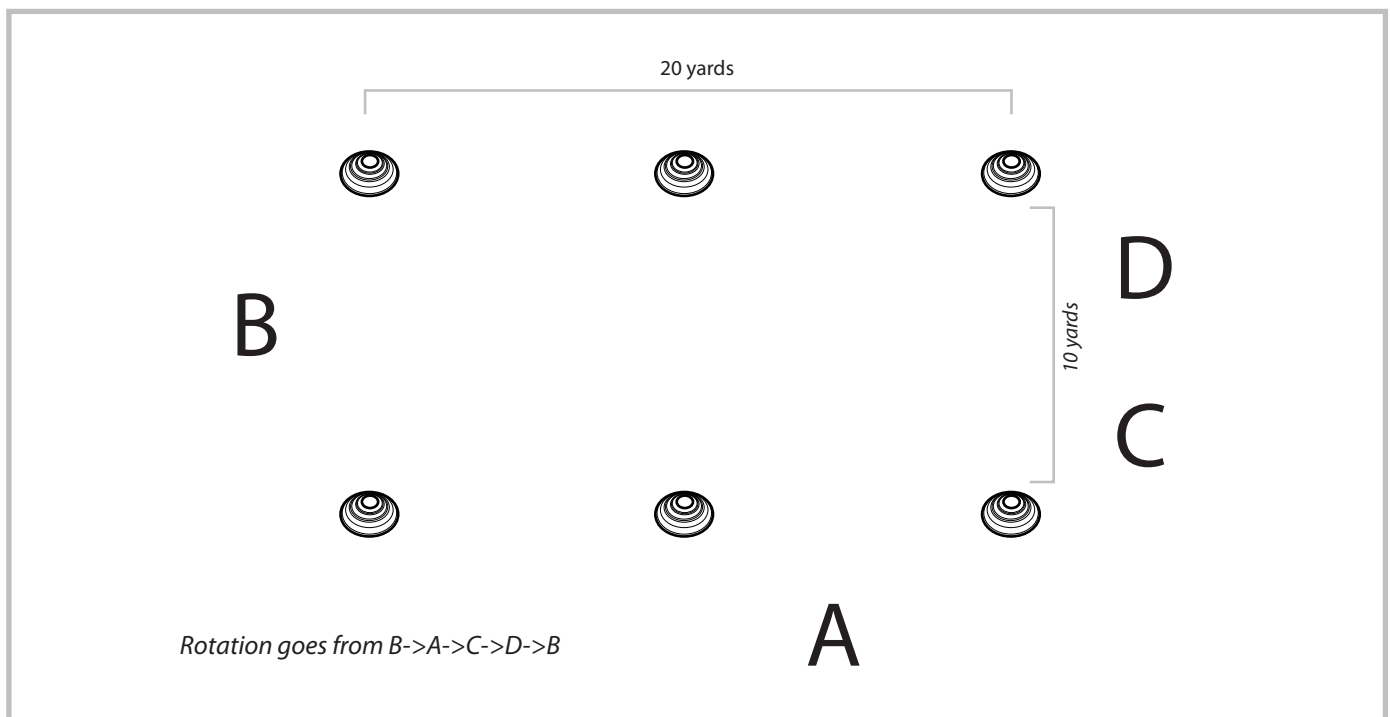


2-on-1 Flag Pulling

Purpose: To teach defensive players to work together and reinforce flag pulling technique

Equipment: Six cones, two footballs, flags for each player

The Drill: Players should be split into four lines (A, B, C and D). Player A throws the football to player B, who attempts to run from one end of the rectangular grid to the other without having his/her flag pulled. As soon as the ball is caught, players C and D move to intercept player B and attempt to pull player B's flags.



Coaching Points:

The emphasis of this drill is on the flag pullers (players C and D). They should start off in an athletic position and attempt to square-up the ball carrier. As they approach the ball carrier, they should shorten their steps and be in position to attempt to pull both of player B's flags. Players should work together to try to corral the ball carrier.

Make sure players C and D avoid becoming flat-footed when attempting to pull the flags so that they can effectively pursue the ball carrier in case they miss on the first attempt.

Make sure player B runs with proper form and technique, and avoids flag-guarding.

Make sure player A uses the proper technique to throw the football.

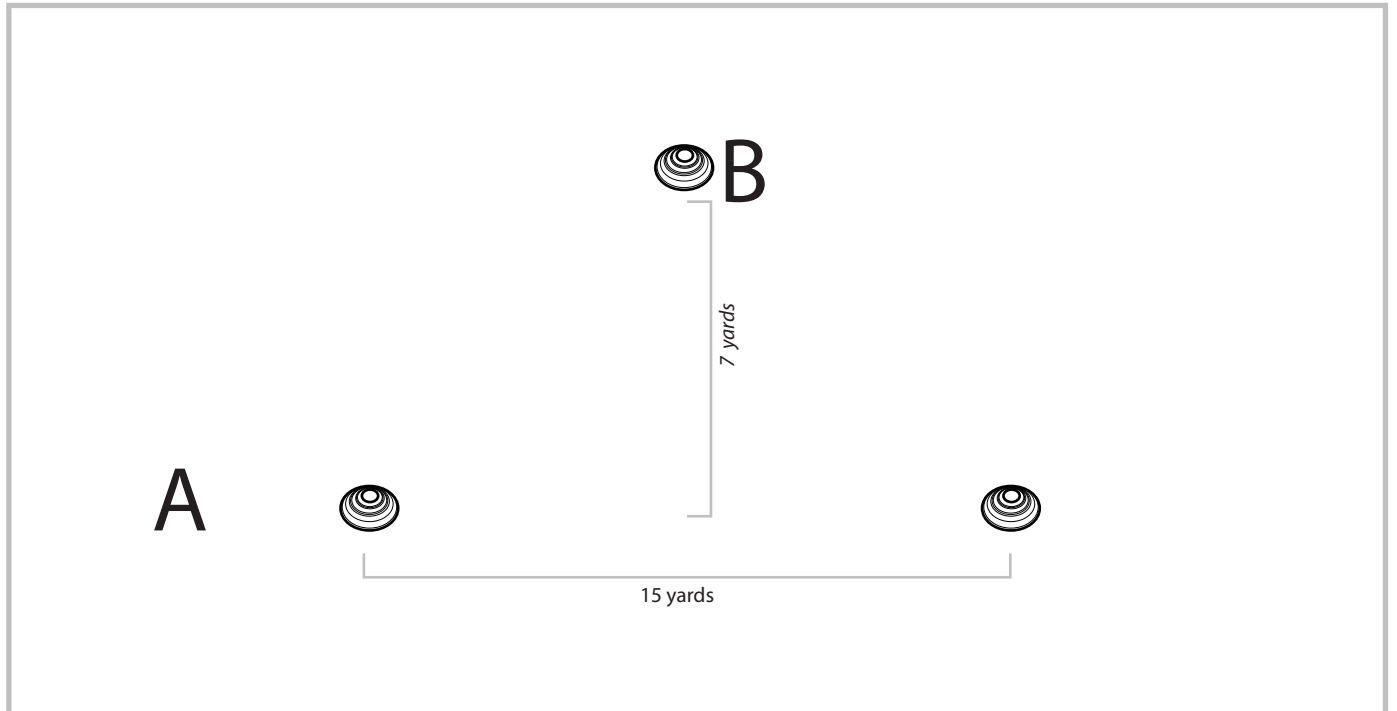


Angle Pursuit

Purpose: To teach defensive players break on a receiver and pull their flags

Equipment: Three cones, football, flags for each player

The Drill: Players should be split into two lines (A and B). Player A runs straight from cone 1 to cone 2. Player B attempts to pursue player A and pull his flag.



Coaching Points:

Both players should start off in an athletic position. Player B should take the appropriate angle to player A so that he has an opportunity to pull his flags. Make sure player B continues to run with player A when attempting to pull his flags.

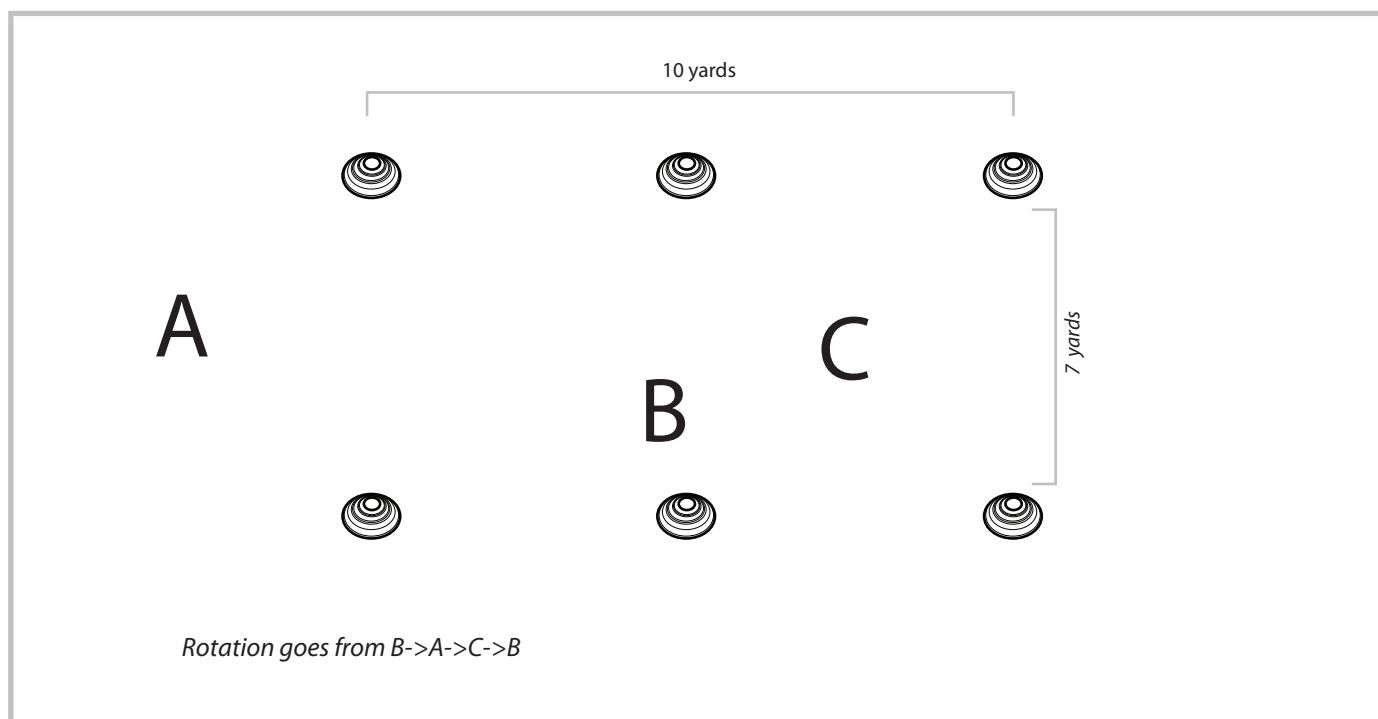


Catch and Go

Purpose: To teach defensive players break on a receiver and pull their flags

Equipment: Six cones, two footballs, flags for each player

The Drill: Players should be split into three lines (A, B, and C). Player B faces player A, and player A throws the ball to B. As soon as the ball is in the air, player C breaks and makes a play on the ball carrier.



Coaching Points:

Make sure player C starts in an athletic stance. Make sure he is far enough away so that he will not be able to make a play on the ball. Player C should move at speed towards player B and break down to effectively pull his flags. Make sure that player C does not become flag footed while attempting to pull player B's flags.

Reinforce proper throwing and receiving techniques with A and B, and make sure that player B does not attempt to flag guard.

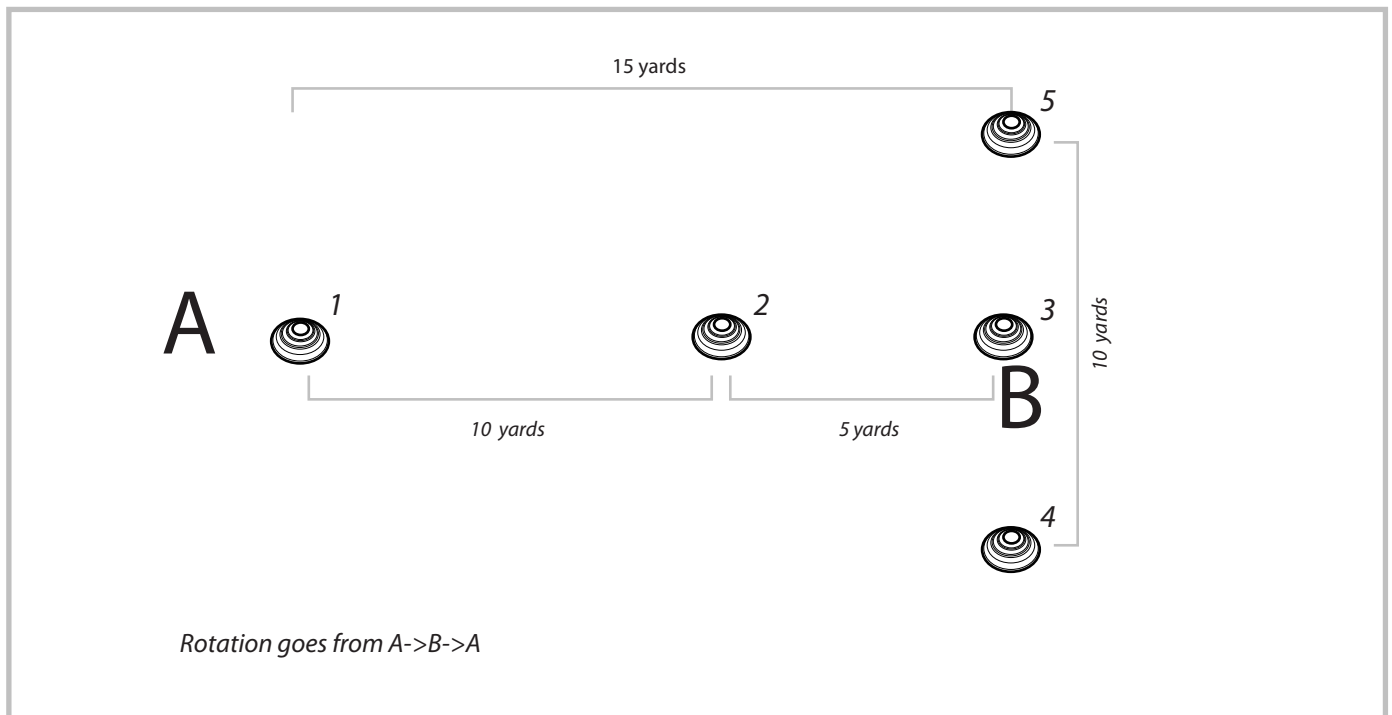


Rushing the Quarterback

Purpose: To teach and reinforce the fundamentals of rushing the quarterback

Equipment: Ten cones, two footballs, flags for each player

The Drill: Two stations should be set up for this drill. In each station, one player lines up at cone 3, while the rest of the players line up at 1. Player A rushes straight ahead and attempts to pull player B's flags. When player A reaches the cone 2, player B runs straight to either cone 4 or cone 5. Player A attempts to pull player B's flags.



Coaching Points:

The rusher should start off in an athletic position, and should run at full speed from cone 1 to cone 2. When the rusher reaches cone two, he should start to break down his strides and regain an athletic stance so that he can adjust to the quarterback's movement and break to pull his flags.