

# Youth Flag Football Practice Plan

Date: \_\_\_\_\_

Time	Focus	Emphasis	Notes
Pre-practice	Set-up field	Have your notes/schedule ready. Know what you want to cover.	
0:00	Open warm-up – short toss for kids	Get players loose, ready for practice. Let them burn off initial energy.	
0:05	Organized warm-up Stretching drills, sprints, footwork drills	Work as a team. Staying organized and structured. Highlight practice emphasis for the day.	
0:10	Individual drills – Passing, catching, field positioning, technique	Work on proper and efficient mechanics. Focus on doing skill correctly.	
0:15			
<b>Water break</b>			
0:20	Small group – Defensive games	Work on staying down, quick feet. Stay focused on flag	
0:25			
0:30	Small group – Offensive/defensive formations	Good ball movement, make sure everyone understands position	
0:35			
<b>Water break</b>			
0:40	Fun game	Winner gets reward	
0:45	Scrimmage	Equal reps, rotate positions, communicate with teammates	
0:50			
0:55	Cool Down	Final run, player of day, notes for next game.	
Post-Practice	Parent and player reminders	Cover additional details, questions. Work with players needing help Gather equipment and wait until all kids have been picked-up.	

**For next practice/game:**