

3.

60 MINUTE FLAG FOOTBALL PRACTICE (INTERMEDIATE)

Dynamic Warmup: 5 minutes



High Knee



Buttkicker



Frankenstein



Walking Lunge & Twist



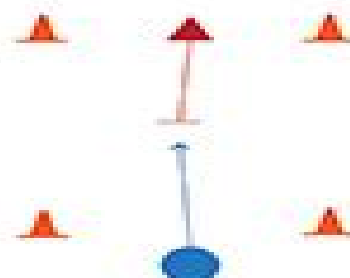
Walking Knee Hug



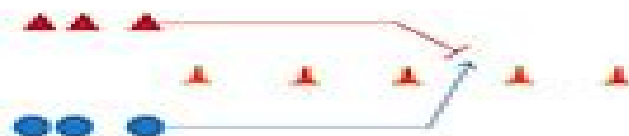
Straight Leg Run



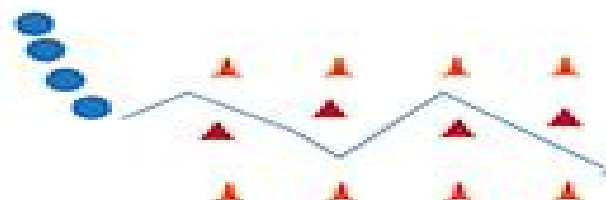
Sharks and Minnows:
10 minutes



1 v 1 Flag Pull Drill:
10 minutes



Whack a Mole Drill:
10 minutes



Surviving the Gauntlet:
10 minutes

Flag Football Practice Plans

Katrin Zwirgmaier



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