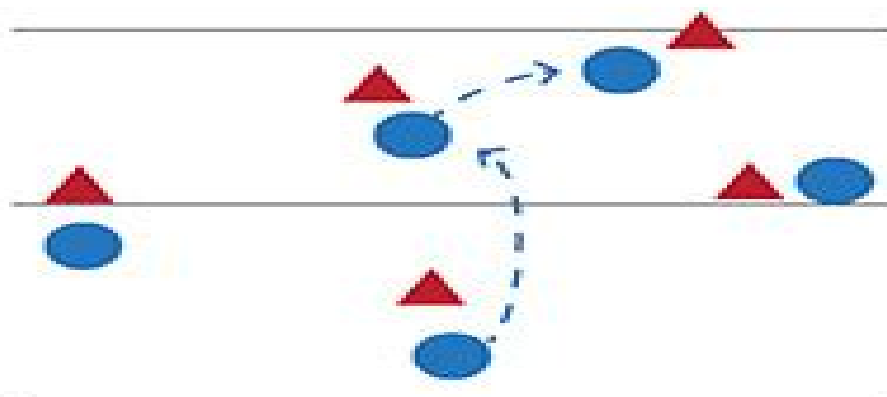


**PURPOSE:**

Develops an awareness and feel for defensive and offensive flag football concepts.

SETUP:

Split your players into two teams. Players match up man to man, with one team is on offense, the other on defense. The offense starts on their own 5 yard line.

**HOW IT WORKS:**

1. This game is similar to Ultimate Frisbee, with the offensive team trying to move the ball into the end zone by passing it player to player.
2. The ball carrier has 10 seconds to pass or pitch the ball to a teammate. The ball can be passed or pitched forward, sideways, or backwards.
3. The ball carrier can only take 2 steps after catching the ball.
4. The offensive players without the ball can move anywhere on the field.
5. Six points are awarded for a touchdown.
6. After a touchdown, the team that was on defense switches to offense and takes possession of the ball on their own 5 yard line.
7. If the ball is dropped or intercepted, play continues with the other team taking possession from the point of the turnover.
8. Each defensive player must stay at arms length from the player with the ball.

COACHING TIPS:

- Defenders should be working hard to stay in between their man and the end zone.
- Make sure players are working to get open and not bunching up.

Flag Football Written Test

K Morrison

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

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