

Created by Kathleen Newman- Ohio State University P.E. student
Based on the Play Practice book by Alan Launder, Human Kinetics
20 tasks and progressions to teach beginning- Flag Football

Flag Football Middle /High School

Blocking for protection and creating open lanes

Task 1

- Progression 1: 4 vs. 3 with walking defense

The offensive line will read the defense and move into position to block and protect their QB. As the QB moves, the offensive line will move to protect and give the QB time to either throw the ball or pass off to the running back. Both the offense and defense will move and block at a walk.

Task 2

- Progression 2: 4 vs. 3 with running defense

The offensive line will read and move into position to block and protect their QB. As the QB moves, the offensive line will move to protect and give the QB 10 seconds to either throw the ball or pass off to the running back. Both the offense and defense will move and block at a run.

Task 3

- Progression 3: 4 vs. 3 with walking defense

The offensive line will move into position to block for and create running lanes for the RB. The line will follow a pre-designed play which forces defensive lineman in a specified direction to create open running space for the RB. Ex. Center and right tackle will force the defensive line to the left to open up a running lane for the RB on the right side of the field. All players move at a walk.

Task 4

- Progression 4: 4 vs. 3 with running defense

The offensive line will move into position to block for and create running lanes for the RB. The line will follow a pre-designed play which forces defensive lineman in a specified direction to create open running space for the RB. Ex. Center, right guard, and right tackle will force the defensive line to the left to open up a running lane for the RB on the right side of the field. All players move at a running speed.

Forcing the offense to change direction

Task 5

- Progression 1: 1 vs. 1 with soft running defense

Starting on twenty yard line, the RB can move anywhere toward the near goal line. The defense starts 3 yards away and then remains two arm lengths away from the RB and tries to block the RB once they start moving towards the endzone. The RB must change direction to progress down the field—the defender moves to block again. This move and block repeats until the offense reaches the endzone. Defense has to force RB to change direction at least 5 times. Then roles switch.

Task 6

- Progression 2: 1 vs. 1 with tight running defense

Starting on twenty yard line, the RB can move anywhere toward the near goal line. The defense starts 3 yards away and then remains one arm length away from the RB and tries to block the RB once they start moving towards the endzone. The RB must change direction to progress down the field—the defender moves to block again. This move and block repeats until the offense reaches the endzone. Defense has to force RB to change direction at least 5 times. Then roles switch.

Creating space to receive a pass: Post Route

Task 7

- Progression 1: 2 vs. 1 with walking defense:

The QB starts with the football on the twenty-yard line while the WR moves ten yards downfield with a walking defender who remains two arms lengths away. After moving ten yards, the WR will make a quick cut towards the middle of the field at a 45° angle to create space between him/herself and the defender and then receive the pass from the QB.

Task 8

- Progression 2: 2 vs. 1 with running defense:

The QB starts with the football on the twenty-yard line while the WR moves ten yards downfield with a running defender who remains two arms lengths away. After moving ten yards, the WR will make a quick cut towards the middle of the field at a 45° angle to create space between him/herself and the defender and then receive the pass from the QB.

Creating space to receive a pass: Curl Route

Task 9

- Progression 1: 2 vs. 1 with walking defense

The QB starts with the football on the twenty-yard line while the WR moves downfield with a walking defender who remains two arms lengths away. After moving ten yards, the WR will curl or hook inside to create space between him/herself and the defender and then receive the pass from the QB.

Task 10

- Progression 1: 2 vs. 1 with running defense

The QB starts with the football on the twenty-yard line while the WR moves downfield with a running defender who remains two arms lengths away. After moving ten yards, the WR will curl or hook inside to create space between him/herself and the defender and then receive the pass from the QB.

Task 11

- Progression 1: 2 vs. 1 with walking defense

The QB starts with the football on the twenty-yard line while the WR moves downfield with a walking defender who remains two arms lengths away. After moving ten yards, the WR will curl or hook outside to create space between him/herself and the defender and then receive the pass from the QB.

Task 12

- Progression 1: 2 vs. 1 with running defense

The QB starts with the football on the twenty-yard line while the WR moves downfield with a running defender who remains two arms lengths away. After moving ten yards, the WR will curl or hook outside to create space between him/herself and the defender and then receive the pass from the QB.

Person-to-person defensive coverage

Task 13

- Progression 1: 7 vs. 7 with walking offense and set play

The offense will perform a predetermined play that has been announced to the defense. The offense will start at the twenty-yard line and move downfield at a walk as the defense provides person-to-person coverage. The defense reacts to the offensive players and attempts to: force offensive players to change direction, break up passes, to intercept the ball, and "tackle" (grab the flag) the RB/player with the ball.

Task 14

- Progression 2: 7 vs. 7 with running offense and set play

The offense will perform a predetermined play that has been announced to the defense. The offense will start at the twenty-yard line and move downfield at a run as the defense provides person-to-person coverage. The defense reacts to the offensive players and attempts to: force offensive players to change direction, break up passes, to intercept the ball, and "tackle" (grab the flag) the RB/player with the ball.

Task 15

- Progression 3: 7 vs. 7 with running offense and random play

The offense will perform a random play that is unknown to the defense. The offense will start at the twenty-yard line and move downfield at a run as the defense provides person-to-person coverage. The defense reacts to the offensive players and attempts to: force offensive players to change direction, break up passes, to intercept the ball, and "tackle" (grab the flag) the RB/player with the ball.

Zone defense coverage

Task 16

- Progression 1: 7 vs. 7 with walking offense and set play

The offense will perform a predetermined play that has been announced to the defense. The offense will start at the twenty-yard line and move downfield at a walk as the defense provides zone coverage. The defense reacts to the offensive players and communicates to teammates while attempting to: force offensive players to change direction, break up passes, to intercept the ball, and "tackle" (grab the flag) the RB/player with the ball.

Task 17

- Progression 2: 7 vs. 7 with running offense and set play

The offense will perform a predetermined play that has been announced to the defense. The offense will start at the twenty-yard line and move downfield at a run as the defense provides zone coverage. The defense reacts to the offensive players and communicates to teammates while attempting to: force offensive players to change direction, break up passes, to intercept the ball, and "tackle" (grab the flag) the RB/player with the ball.

Task 18

- Progression 3: 7 vs. 7 with running offense and random play

The offense will perform a random play that is unknown to the defense. The offense will start at the twenty-yard line and move downfield at a run as the defense provides zone coverage. The defense reacts to the offensive players and communicates to teammates while attempting to: force offensive players to change direction, break up passes, to intercept the ball, and "tackle" (grab the flag) the RB/player with the ball.

Combining offensive and defensive strategies

Task 19

- Progression 1: 7 vs. 7 at a walk

The offense will choose a play (running play, post route, curl route, etc.) that will remain unknown to the defense, and the defense will choose to run either zone or person-to-person defense (the defensive coverage is unknown to the offense). The offense reacts to the defensive coverage and changes direction, blocks, and moves to open space to advance the ball downfield, while the defense reacts to the offense and attempts to: force offensive players to change direction, break up passes, to intercept the ball, and "tackle" (grab the flag) the RB/player with the ball. Play proceeds at a walking pace.

Task 20

- Progression 2: 7 vs. 7 at a run

The offense will choose a play (running play, post route, curl route, etc.) that will remain unknown to the defense, and the defense will choose to run either zone or person-to-person defense (the defensive coverage is unknown to the offense). The offense reacts to the defensive coverage and changes direction, blocks, and moves to open space to advance the ball downfield, while the defense reacts to the offense and attempts to: force offensive players to change direction, break up passes, to intercept the ball, and "tackle" (grab the flag) the RB/player with the ball. Play proceeds at a running pace.