

## Blocking

- ➔ **Equipment:** Hand shields, Butter bags, Cylinder Bags, Flags, Footballs
- ➔ **Duration:** 60 minutes

## Warm up

- Refer to Warm Up plan

### Activity 1

Drill name	Equipment	Duration	Description	Visual
<b>Throwing the football</b>	<ul style="list-style-type: none"> <li>• Football</li> </ul>	10 minutes	<ul style="list-style-type: none"> <li>• Players are lining up on the sideline in a pre-contact position but holding a football with a hand on each end of the football.</li> <li>• On the "hit" command, the players will perform a strike and throw the football as far as possible.</li> </ul>	

### Activity 2

Drill name	Equipment	Duration	Description	Visual
<b>Pro-agility strike race</b>	<ul style="list-style-type: none"> <li>• Hand shields</li> <li>• Cones</li> </ul>	10 minutes	<ul style="list-style-type: none"> <li>• Players are in group of 3 with two holding a hand shield 10 yards apart and the other facing them in the middle.</li> <li>• Another group is set up in the same fashion but facing the opposite direction so that the players in the middle face each other.</li> <li>• On the "go" signal, the players in the middle will start to shuffle towards the direction determined by the coach until they reach the bag, then they will perform a strike.</li> <li>• They will then shuffle to the other bag and perform another strike.</li> <li>• Finally, they will shuffle back to the middle. The first one back wins the race.</li> <li>• Rotate the players holding the bags and the players racing.</li> </ul>	

### Activity 3

Drill name	Equipment	Duration	Description	Visual
<b>Obstacle course strike on bags</b>	<ul style="list-style-type: none"> <li>• Cylinder bags</li> <li>• Butter bags</li> </ul>	10 minutes	<ul style="list-style-type: none"> <li>• Place cylinder bags upright and butter bags on the ground to form an obstacle course.</li> <li>• When a player gets to an upright cylinder bag, he must perform a strike on it.</li> <li>• When he gets to a butter bag that is parallel to his direction, he must shimmy his feet across the bag.</li> <li>• When he gets to a butter bag that is perpendicular to his direction, he must jump over the bag.</li> <li>• You can set two exact courses so the players can do it as a race against each other.</li> </ul>	

**Activity 4**

Drill name	Equipment	Duration	Description	Visual
<b>Pin the sticky on the hand shield</b>	<ul style="list-style-type: none"> <li>• Hand shields</li> <li>• Sticky notes</li> </ul>	10 minutes	<ul style="list-style-type: none"> <li>• Players pair up with one holding a hand shield, the other one in front in a pre-contact position with a sticky note in his right hand (sticky side facing out)</li> <li>• On the "hit" command, the player with the sticky strikes the bag with his hand holding the sticky note trying to hit the center of the bag</li> <li>• Alternate hand every strike</li> </ul>	

**Game**

Drill name	Equipment	Duration	Description	Visual
<b>Ultimate flag football</b>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Flags</li> </ul>	15 minutes	<ul style="list-style-type: none"> <li>• A coin toss determines first possession</li> <li>• The offense must avoid defenders and work the ball around the field while attempting to find an open teammate in the end zone</li> <li>• An Offensive player is allowed to take only two steps after receiving the ball</li> <li>• The offense has 5 seconds to pass the ball</li> <li>• The Offensive team must pass, shovel pass, or toss the ball into the end zone                             <ul style="list-style-type: none"> <li>■ Teams cannot run ball in to score</li> </ul> </li> <li>• Once a touchdown is scored, the ball changes possession immediately and play begins at the midfield line</li> <li>• All possession changes start immediately from the spot where the ball was dropped or from the midfield line after a touchdown</li> <li>• Passing                             <ul style="list-style-type: none"> <li>■ All passes can be forward, lateral, or behind the passer</li> </ul> </li> </ul>	