

# Flag Football Practice Plan

Youth flag · 60-minute no-contact session

**My-Team Sports**  
my-teamsports.com

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

Focus of the day: \_\_\_\_\_

Time	Block	Coaching focus (add your own notes)
0:00–0:08	Dynamic warm-up	Tag games double as warm-up — chasing IS the sport _____
0:08–0:18	Flag-pulling circuit	Partner pulls, mirror drill, open-field pulls — the #1 flag skill _____
0:18–0:30	Throwing & catching	Partner catch, routes on air: slant, out, go — soft hands, thumbs together _____
0:30–0:40	Route running & handoffs	Run 3-4 routes vs air, then add a defender shadow; clean QB-center snap _____
0:40–0:55	Scrimmage with play calls	Call plays from the wristband — live reps, everyone rotates positions _____
0:55–1:00	Team talk	One takeaway + next-game reminder; end with a team cheer _____

**Keep it moving:** flag football practices thrive on pace — small groups, short lines, and a ball in every kid's hands.