

FLAG FOOTBALL PRACTICE PLAN FOR 11-12 YEAR OLDS



60 minutes · 6th and 7th grade · 5v5

Players this age can handle 8 to 12 plays, reads for the passer, and both man and zone defense. Practice gets more specific: near the goal line, 4th down and the last 2 minutes. They start caring about their numbers, so stats help you coach.

TIME	BLOCK	COACHING POINTS
0-10 min 10 min	Dynamic warm-up Change of direction, then a sideline flag pulling rep. Drills: 5-10-5 shuttle, Sideline leverage	• Aim where the runner will be. • Inside-out leverage every rep.
10-30 min 20 min	Position work Passers work on reads. Receivers work the sideline. Defenders work man coverage and the rush. Drills: Read 1, 2, 3, Sideline catch, Hip pocket man coverage, Rush lane	• Quarterbacks say their read order out loud. • No hands in coverage. Play the ball when her hands go up.
30-45 min 15 min	Team period The offense runs this week's plays against a live defense. Switch the defense between man and zone. 5v5 plays: Mesh (#3), Flood (#6), Smash (#5), Man with one rusher (#12), Two-deep zone (#13)	• Run mesh against man, flood against zone, and show the players why. • Mesh crossers pass each other. No picks.
45-55 min 10 min	Situational scrimmage Start drives in the red zone and on fourth down. Score it like a game. 5v5 plays: Slant-flat (#1), Stick (#4), Hook and lateral (#10)	• Fourth down: call it like you will on Saturday. • Save the trick play for one rep. It works once.
55-60 min 5 min	Cooldown Stretch and review the scrimmage numbers together.	• Show the team one stat that went up this week. • Set one goal for the next game.

WHAT TO STAT

- Completions, incompletions and interceptions per quarterback.
- Receptions and receiving yards, so you can see who is getting open.
- Flag pulls, sacks and interceptions on defense. At Olympic Level, targets and pass breakups too.

TIPS FOR THIS AGE

- Wristbands start to make sense here. Number your plays.
- Film or stat the scrimmage, then show players one thing from it.
- Fair playing time still matters more than one more win.



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