

FLAG FOOTBALL PRACTICE PLAN FOR 13-14 YEAR OLDS



60 minutes · Middle school, 7th and 8th grade · 7v7

Thirteen and fourteen year olds can learn a system. Teach concepts instead of single plays, so stick or flood works from any formation. Defenses can mix man and zone, and quarterbacks can read a coverage before the snap. Keep the tempo high; players this age get bored faster than they get tired.

TIME	BLOCK	COACHING POINTS
0-10 min 10 min	Dynamic warm-up Agility and a breakdown-and-pull rep at full speed. Drills: 5-10-5 shuttle, Breakdown and pull	• Full speed, short reps. • Near hand pulls.
10-30 min 20 min	Position groups Quarterbacks on the move, receivers on route depth, defenders on zone drops and contain. Drills: Rollout throws, Route tree walk-through, Zone drops, Contain rush	• Quarterbacks: shoulders to the target on the run. • Defenders: deep players stay deeper than the deepest receiver.
30-45 min 15 min	Team period Run the week's concepts against the defense's coverages. Quarterbacks call the coverage before each snap. 7v7 plays: Levels (#8), Drive (#3), Four verticals (#7), Three-deep zone (#13), Man with a free safety (#14)	• Ask the quarterback what she saw after every rep. • Defense disguises: show one coverage, play another.
45-55 min 10 min	Scrimmage Two-minute drill from midfield, then red zone. 7v7 plays: Flood (#6), Smash (#5), Jet sweep (#9), Flea flicker (#12)	• Use your real timeouts and clock rules. • Check your ruleset's no-run zones before calling the sweep.
55-60 min 5 min	Cooldown Stretch and a short stats review.	• Let players read their own numbers. • Recognize the defender with the most flag pulls this week.

WHAT TO STAT

- Every play, in Basic Play-by-Play or Olympic Level. Then yards and field position are in the record.
- How often each passer completes a throw, and her picks. At Olympic Level, also throws to each receiver.
- Flag pulls, sacks, interceptions and pass breakups on defense.

TIPS FOR THIS AGE

- Give players a one-page playbook to keep.
- Let a captain call one series of plays.
- Keep a season record; middle schoolers looking at high school teams will want it.



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