

FLAG FOOTBALL PRACTICE PLAN FOR 5-6 YEAR OLDS



60 minutes · Kindergarten and 1st grade · 5v5

At this age the goals are fun, flag pulling and knowing which way to run. Players listen for about as many seconds as they are years old, so show, do not explain. One play is plenty. Every player touches the ball every practice.

TIME	BLOCK	COACHING POINTS
0-10 min 10 min	Warm-up games Two quick games that get legs moving and teach stopping, starting and holding the ball. Drills: Red light, green light, Flag relay	• Everyone has a ball in red light, green light if you have enough. • Mix the relay teams every round.
10-30 min 20 min	Skill stations Split into two groups with a coach or parent at each station. Swap after 10 minutes. Drills: Flag tag, Catch and tuck	• Flag tag: hold the flag up after every pull. • Catch and tuck: hands out, eyes on the ball, tuck it before you run.
30-40 min 10 min	Team period: one play Walk the offense through one play, then jog it, then run it. Practice the snap first. Drills: Snap and release 5v5 plays: Curl-flat (#7)	• Put cones where each player lines up. • Call it by a color or an animal, not a number.
40-55 min 15 min	Scrimmage Coaches on the field with both teams. Rotate quarterback and center every two plays so everyone gets a turn. 5v5 plays: Curl-flat (#7), Man with one rusher (#12)	• Stop play to celebrate good flag pulls, not to correct mistakes. • Short fields work better: 20 yards is plenty at this age.
55-60 min 5 min	Cooldown and huddle Easy stretching in a circle, then name one thing each player did well.	• End on time. Families plan around it. • Give out the week's one thing to practice at home: catching with a parent.

WHAT TO STAT

- Flag pulls. It is the stat 5 and 6 year olds understand and the one that makes a shy kid proud.
- Touchdowns, so every player who scores sees it on her stat card.
- Want it simpler? Key Moments records only scoring plays, sacks and interceptions. Flag pulls need Basic Play-by-Play.

TIPS FOR THIS AGE

- Have more balls than you think you need.
- Ask two parents to help run stations. They will say yes.
- Water break between every block.



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