

FLAG FOOTBALL PRACTICE PLAN FOR 7-8 YEAR OLDS

60 minutes · 2nd and 3rd grade · 5v5



Seven and eight year olds can learn positions and simple routes. Keep explanations under a minute, rotate everyone through quarterback and center, and add one new thing per practice. Flag pulling is still the skill that decides most games.

TIME	BLOCK	COACHING POINTS
0-10 min 10 min	Warm-up A relay and a mirror drill, so the warm-up is already flag pulling practice. Drills: Flag relay, Mirror drill	• Mirror: shuffle, do not cross your feet. • Keep the relay races short so nobody stands around.
10-30 min 20 min	Skill stations Two stations, 10 minutes each. Station one is routes, station two is the snap and the throw. Drills: Route tree walk-through, One-knee throws, Shotgun snap target	• Routes: walk, jog, then run. • Everyone throws and everyone snaps. You do not know your quarterback yet.
30-40 min 10 min	Team period Install one play and review one. Offense against air, then against a walking defense. 5v5 plays: Slant-flat (#1), Jet sweep (#9)	• Show the play on a whiteboard or the diagram, then run it. • Check your ruleset before running the jet sweep in a no-run zone.
40-55 min 15 min	Scrimmage Controlled scrimmage, offense against defense, rotating positions every series. 5v5 plays: Slant-flat (#1), Curl-flat (#7), Man with one rusher (#12)	• Coach the defense on breaking down before the pull. • Count reps so every player gets the same number of snaps.
55-60 min 5 min	Cooldown Stretch, water, and one sentence on what to work on at home.	• Praise effort by name. • Remind families about the next game.

WHAT TO STAT

- Flag pulls for every defender. Over a few weeks it shows who is learning to break down.
- Completions and incompletions, so you see which kids can catch in traffic.
- Touchdowns and who scored them. Spread them around.

TIPS FOR THIS AGE

- Use the same five-block shape every week so practice runs itself.
- Wristbands are too much at this age. Call plays by name.
- If a drill is not working after three minutes, move on.



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