

FLAG FOOTBALL PRACTICE PLAN FOR 9-10 YEAR OLDS

60 minutes · 4th and 5th grade · 5v5



Nine and ten year olds are ready for real football ideas. Teach them to read 1 defender, play a zone and run routes to the right depth. Keep everyone moving and keep rotating spots. Start teaching why a play works, not just where to run.

TIME	BLOCK	COACHING POINTS
0-10 min 10 min	Dynamic warm-up Agility and flag pulling at game speed. Drills: 5-10-5 shuttle, Breakdown and pull	- Stay low through the shuttle turns. - Sprint, then sit, then pull.
10-30 min 20 min	Position stations 3 stations. Swap every 6 or 7 minutes. One for passers and centers, one for receivers, one for defense. Drills: Drop and throw, Cone cuts, Backpedal and break	- Quarterbacks: feet set the timing. - Receivers: five yards means five yards. - Defenders: low pedal, break on the arm.
30-40 min 10 min	Team period Offense installs one play while the defense learns its zone drops, then swap. Drills: Zone drops 5v5 plays: Stick (#4), Two-deep zone (#13)	- Teach the read on stick: watch the underneath defender. - In zone, eyes on the quarterback.
40-55 min 15 min	Scrimmage Full 5v5 with game rules. Call plays from your sideline the way you will on game day. 5v5 plays: Slant-flat (#1), Stick (#4), Smash (#5), Jet sweep (#9), Two-deep zone (#13)	- Play man for one series and zone for the next. - Run the rush exactly as your ruleset does on game day.
55-60 min 5 min	Cooldown Stretch, then two minutes on what the scrimmage stats showed.	- Name one thing the defense did well and one the offense did. - Keep it positive and short.

WHAT TO STAT

- Catches and misses for each quarterback. Then you pick your passer from real numbers.
- Flag pulls by defender, and interceptions.
- Rushes and rushing yards if your ruleset allows run plays.

TIPS FOR THIS AGE

- Start keeping a simple depth chart, but keep rotating.
- Install no more than one new play a week.
- Teach the rules: down, distance, no-run zones in your ruleset.



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