

HIGH SCHOOL FLAG FOOTBALL PRACTICE PLAN

60 minutes · 9th to 12th grade · 7v7



High school flag football is fast and tactical. Players can carry a full playbook and adjust at the line. The coaching job is execution: route depth, quarterback timing, disguised coverages and situational football. Many high school programs also play under their state's own rules, so practice exactly the way your games are officiated.

TIME	BLOCK	COACHING POINTS
0-10 min 10 min	Dynamic warm-up Movement prep, then sideline leverage at full speed. Drills: 5-10-5 shuttle, Sideline leverage	• Game speed from the first rep. • Inside-out, every time.
10-30 min 20 min	Individual position work Passers work through their reads. Receivers work on sideline catches. Defenders work on man coverage and the rush. Drills: Read 1, 2, 3, Sideline catch, Hip pocket man coverage, Rush lane	• Every rep has a coaching point. Fewer reps, better reps. • No contact in coverage. It is a penalty and it is how injuries happen.
30-45 min 15 min	Team period Teach new plays against a practice defense. The passer reads the defense and picks a side. 7v7 plays: Mesh (#2), Levels (#8), Smash (#5), Four verticals (#7), Three-deep zone (#13), Two-deep zone (#15)	• Scout team shows the opponent's coverages. • Quarterback calls the coverage out loud before the throw.
45-55 min 10 min	Situational scrimmage Red zone, fourth down and two-minute, scored and officiated like a game. 7v7 plays: Flood (#6), Drive (#3), Reverse (#10), Double pass (#11), Man with a free safety (#14)	• Officiate to your state's rules, including the rush and no-run zones. • Track which concepts score in the red zone.
55-60 min 5 min	Cooldown Recovery stretching and a short film or stats review.	• Show one clip or one number per position group. • Set the focus for the next practice.

WHAT TO STAT

- Every snap at Olympic Level, which adds targets and pass breakups to the box score.
- Season and career totals per athlete, the numbers a college coach asks for.
- Red zone results by play, so the call sheet is built on what actually scores.

TIPS FOR THIS AGE

- Stat every scrimmage, not just games. Practice numbers show who is ready.
- Keep practice under 75 minutes in-season. Fresh legs win late.
- Players looking at college should keep their stat page current.



Skip the clipboard:

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