

DRILL OPEN FLAG PULLING



SKILL

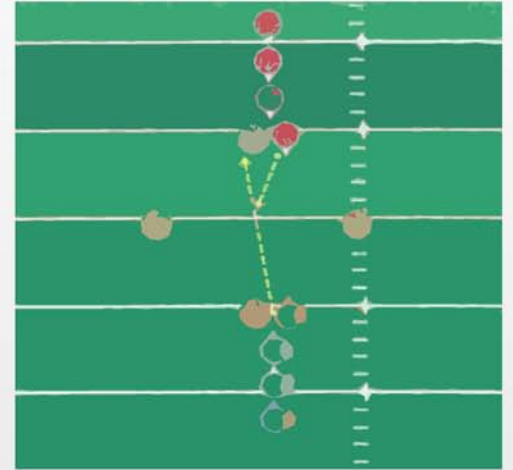
DEFENSE

EQUIPMENT

CONES, FOOTBALLS, FLAGBELTS

OBJECTIVE OF THE DRILL

TO TEACH PROPER TECHNIQUE OF FLAG PULLING



SETUP AND EXECUTION

1. SET UP TO CONES 10 YARDS APART, FIVE YARDS OF THE LINE OF SCRIMMAGE
2. PLACE TWO CONES 8-10 YARDS APART ON THE LINE OF SCRIMMAGE
3. FORM ONE LINE BEHIND ONE CONE THAT WILL BE BALL-CARRIERS
4. HAVE ONE PERSON STAND AT THE OPPOSITE CONE AS THE DEFENDER
5. THE BALL-CARRIER RUNS FORWARD WITH THE BALL
6. THE DEFENDER ATTACKS THE BALL-CARRIER, GRABS THE FLAG
7. BALL-CARRIER BECOMES DEFENDER, DEFENDER TO THE END OF THE LINE
8. TIME PERMITTING, THE SAME DRILL CAN BE RUN WITH THE BALL-CARRIER CUTTING TOWARD A CONE ON THE LINE OF SCRIMMAGE FOR "ANGLED OPEN FLAG PULLING"

COACHING POINTS

1. KEEP YOUR EYE ON THE BALL-CARRIER'S WAIST/HIP AREA, NOT FEET OR HEAD
2. SQUARE BODY UP TO THE BALL-CARRIER
3. KEEP CENTER OF GRAVITY LOW WITH KNEES BENT AND CHEST UPRIGHT
5. BREAK DOWN, LOWER HIPS AND KEEP YOUR EYES ON THE FLAG
6. IF THE FLAG IS MISSED, BE CAREFUL NOT TO GRAB OR HOLD THE BALL-CARRIER'S CLOTHES TO LIMB