SACTOWN SPORTS / COACHES' CORNER

60-minute Flag Football practice

Play–Practice–Play for a new coach

Team Grades 4–6 • 12 players

Space Two 15 × 20-yard grids

Goal Spread out and give the QB a target

Word of the day Communication

Gear Footballs, flags, cones, pinnies, water

Water Between blocks and as needed

What communication looks like Call your route before the snap. Show hands when open.

TIME	PRACTICE BLOCK	ACTIVITY / COACHING CUE
0:00–0:05	**Huddle**	Introduce communication. Show two receivers picking different routes and telling the QB where they're headed. **"Say your route. Show your hands."**
0:05–0:13	**Warm-up**	In pairs, mirror an easy shuffle in separate lanes. Progress to jogging and controlled cuts. Finish with short partner throws. **"Eyes up. Slow down before you cut."**
0:13–0:23	**Play first**	Run 3-on-3 in each grid with one QB and two receivers. Play with no rush or contact. Rotate QBs and switch offense every three plays. Watch for receivers bunching. **"Where did the QB have room to throw?"**
0:23–0:37	**Practice**	In groups of three, have one receiver run a short out and the other run a short in from opposite sides. Start without defenders. Rotate the QB every two throws. **"Call your route before the snap."**
0:37–0:54	**Play again + contest**	Go back to 3-on-3 with the same rules. In the last five minutes, give one bonus point for a completion after both receivers call their routes and finish in different lanes. **"Give the QB two places to look."**
0:54–1:00	**Closing huddle**	Name one time you saw clear communication. Ask players to show or say what helped the QB find them and where else they could use that habit. **"What did you say or do that helped a teammate?"**

Notes for next time