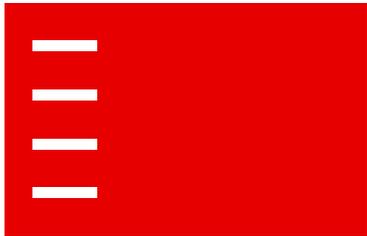


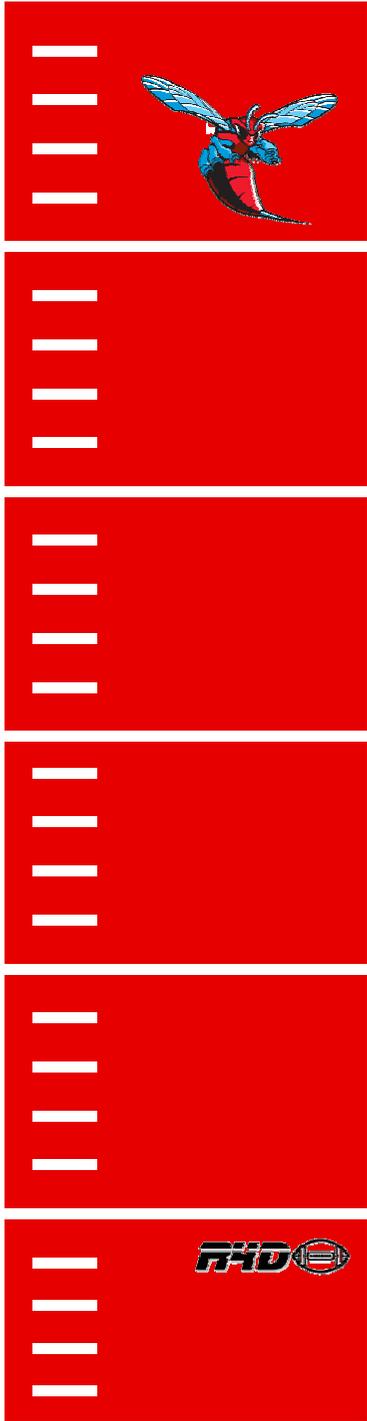
NFL Flag Football Clinic



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DELAWARE STATE SPECIAL OLYMPICS NFL FLAG FOOTBALL CLINIC





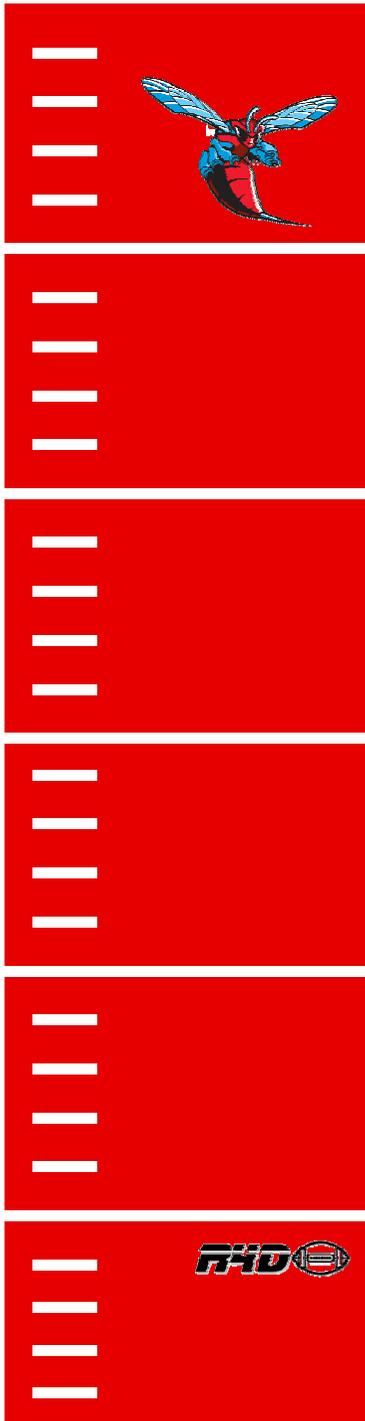
NFL Flag Football Clinic



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**THE ONLY WAY
TO LEARN
HOW TO PLAY
IS TO PLAY!**



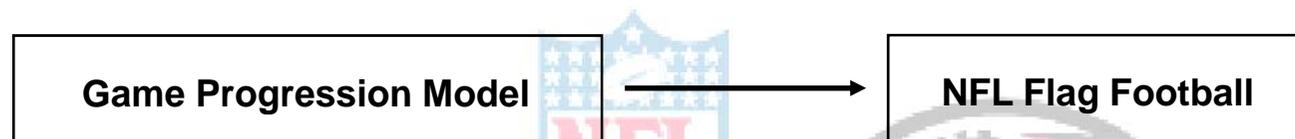


Concepts For Learning Games

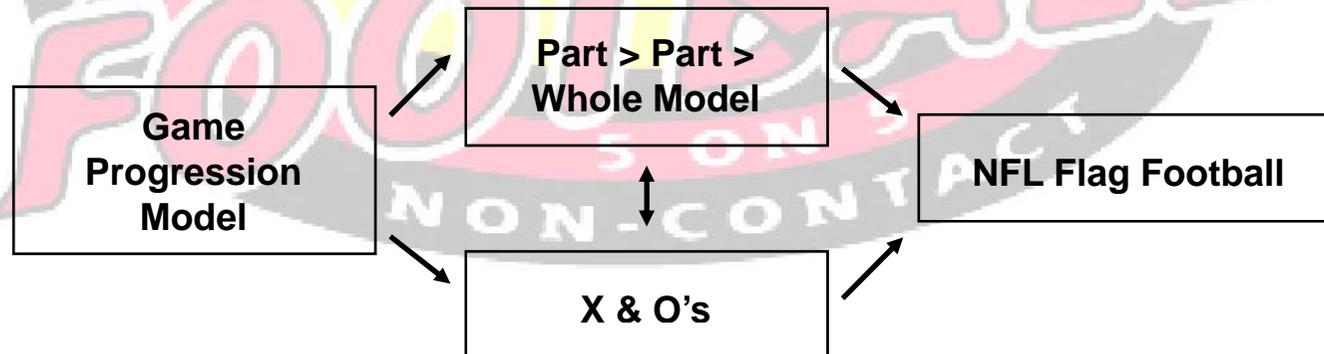


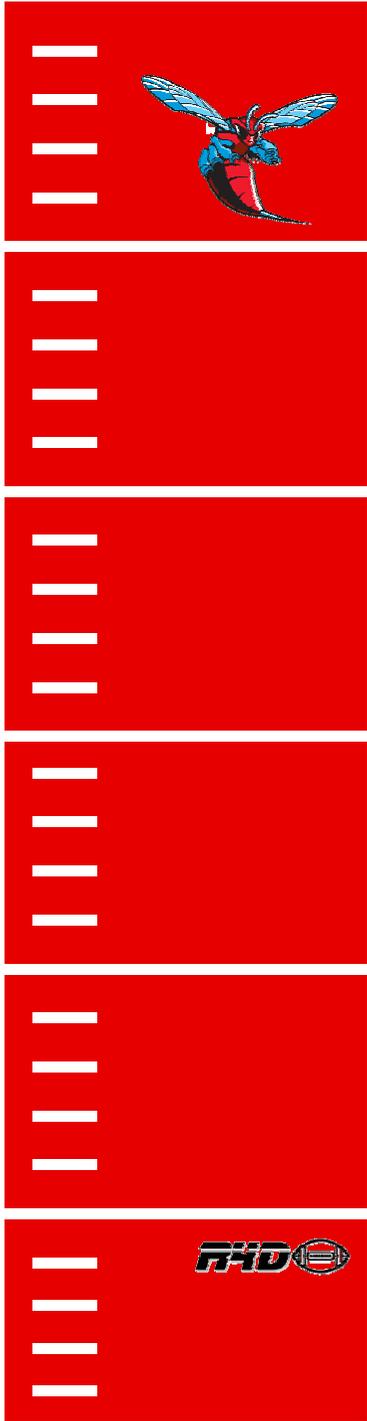
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Game Concept



Transformation Concept





Game Progression Model



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Easy Fun Games

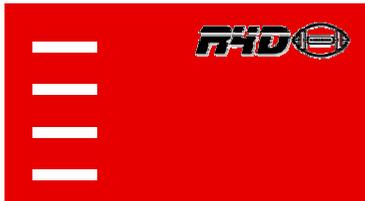
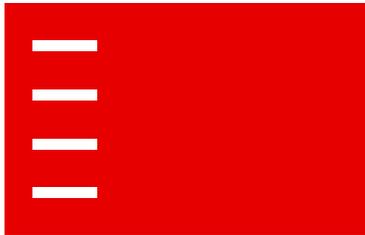
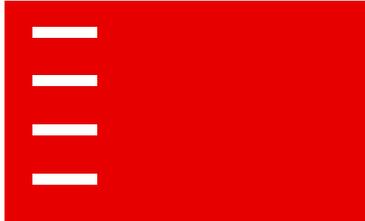
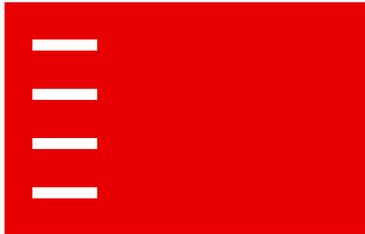
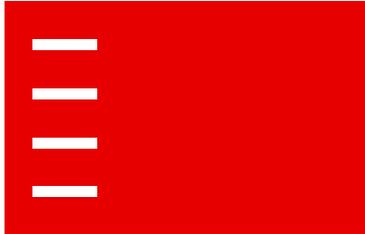
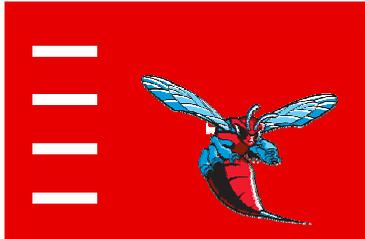


Detail Games



NFL Flag Football





Game Progression Model > Games



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Air Ball & Variations
(Complete & Inc. Pass, Deflection, Interception, Man-Cov.)

Basket Football
(Point Areas, Fastbreaks)

Ultimate Football
(Endzone, Touchdown)

Forward Ultimate Football
(Gain, Line Of Scrimmage, Zone Coverage)

Quarterback Ball & Variations
(Count, Downs, Breaks, Plays, Position: Safety)

Quarterback NFL Flag Football
(Flags, Open Field Running)

Hunter Ball
(Flags, Under Pressure Plays)

Sharks & Minnows
(Touchdown Running, Flag Pulling with the Sideline)

NFL Flag Football 

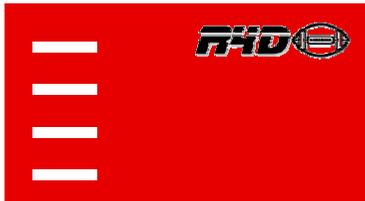
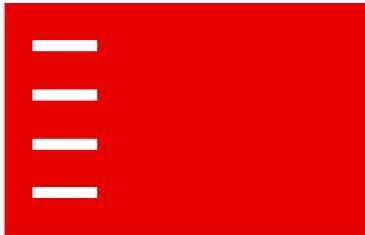
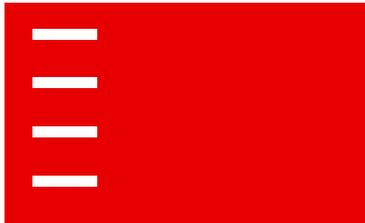
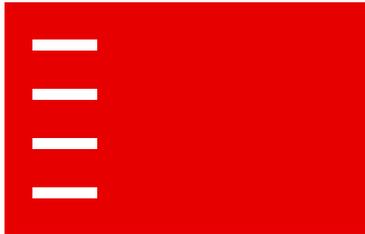
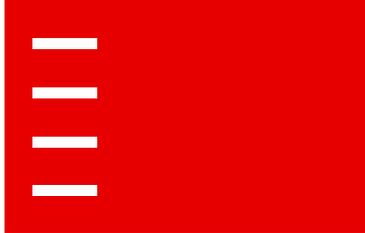
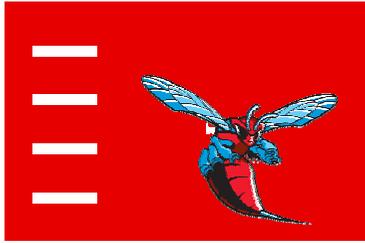
Easy Fun Games



Detail Games



Final Game



What is NFL Flag Football?



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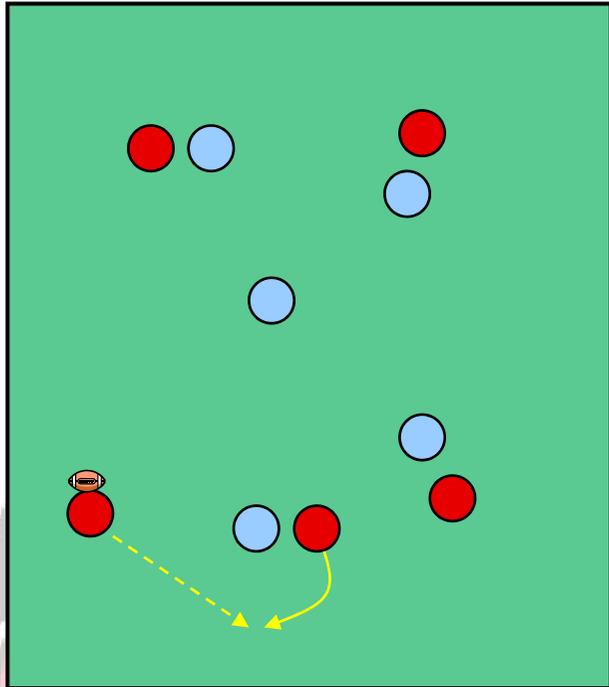
5 On 5
Non-Contact
No Blocking
No Tackling
Every Player Can Score
Every Player Is Eligible





1. Air Ball

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Idea:

Team A ● tries to hold on the football with throwing, pitching & catching.

This is a 360° action flow.

Team B ○ tries to intercept or to deflect the football.

Rules:

The “Quarterback” can’t get rushed.

The “Quarterback” can’t run with the football.

Only a “complete” pass allows you to hold on the football.

A incomplete or deflected pass means that the other team gets the football.

Introduction:

Complete & incomplete pass, deflection, interception, man coverage.

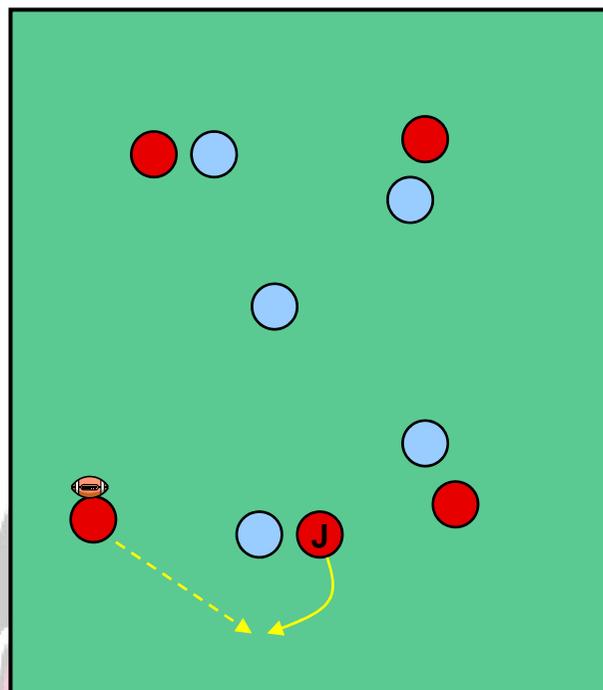




2. Air Ball + Joker



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Idea:

Integrate hyperactive or unengaged players “Joker”

Rules:

Every second pass has to go to the “Joker”.

The “Joker” can run with the football.

The “Joker” is always part of the possession team.

Coaching Point:

Change the “Joker”

Play with 2 “Jokers”

Throw The Ball from number to number (1>2>3>4>5>1)

Note:

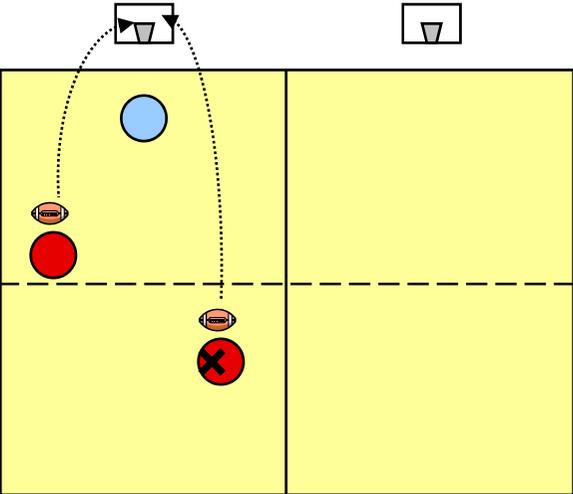
Designating a “Joker” allows for the involvement of the active and unengaged player. It also encouraged his confidence with the football.





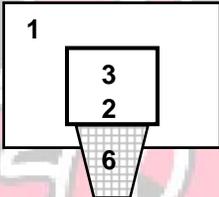
3. Basket Football

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Idea:
Basketball is well known.
It is a 5on5 Game.
This is a 180° action flow.

Rules:
After every throw to the basket the football goes to the defensive team.
There is no rebound.
The football has to pass the midline before you can score.



- 1 Point – Backboard
- 2 Points – Rim
- 3 Points – Target Zone
- 6 Points – Basket

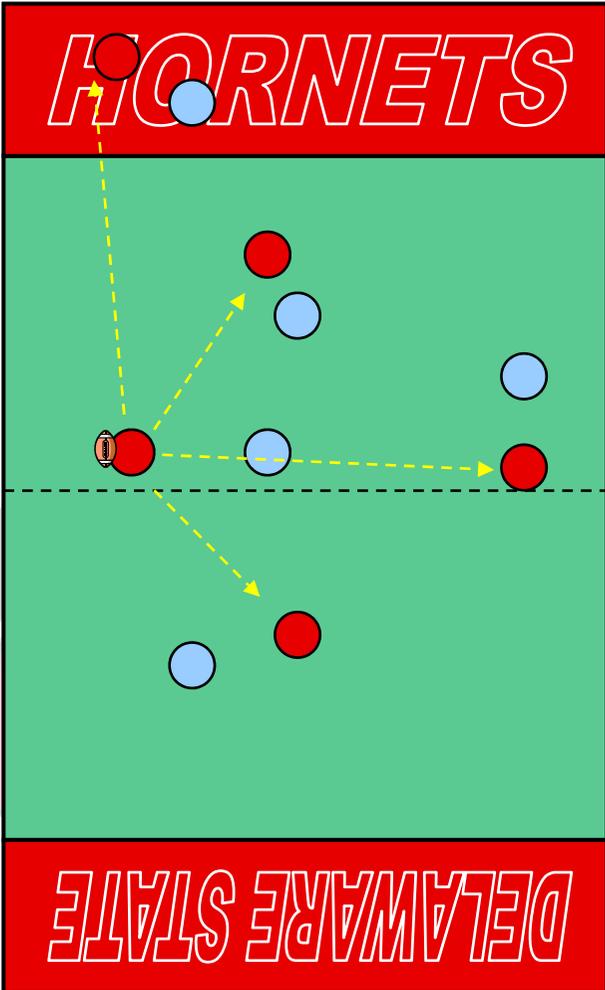
Note:
Point Area on the end of the field (like endzones).
Action from point area to point area.
Change from a 360° to an 180° flow.
Installation of the short passing game (midline rule).
Easy to score.





4. Ultimate Football

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Idea:
Like Air Ball.
Now you can score a “Touchdown” by catching the football in the end zone.

Rules:
The football has to pass the midline before you can score.
You can throw the football in all directions.
If the offensive team is loosing the football, the football has to go back behind the midline.

Note:
Introduction of end zone, midline, touchdown.

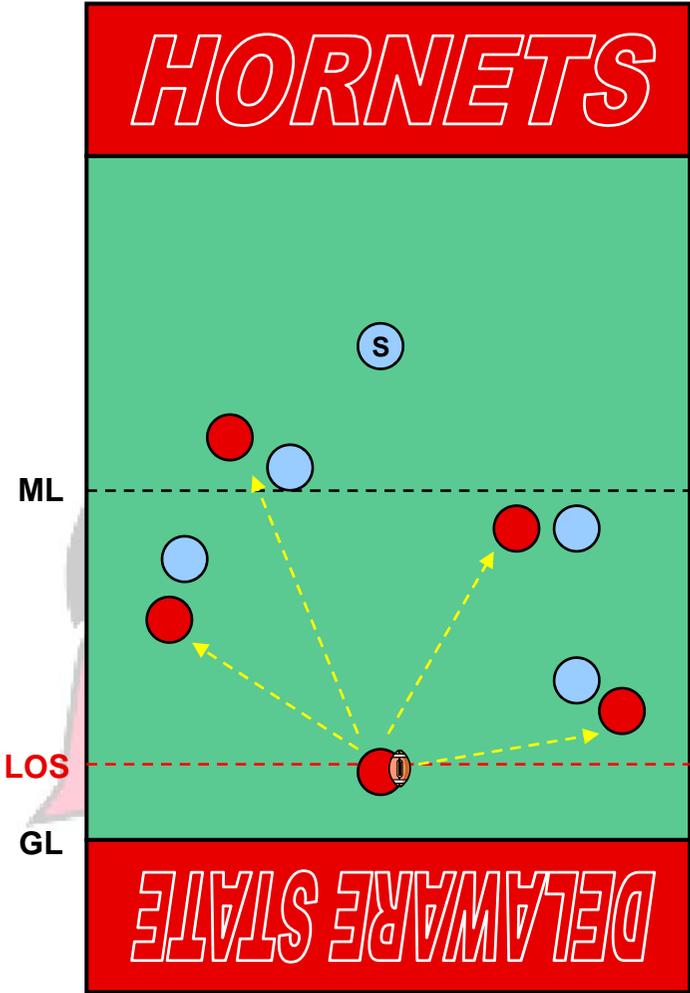
Coaching Point:
You get more points in the beginning if you widen the end zones in relationship to the field.

A vertical red sidebar on the left side of the page. It features a hornet logo at the top, followed by several sets of white horizontal lines, and a logo at the bottom that appears to be 'FHD' with a circular emblem.



5. Forward Ultimate Football

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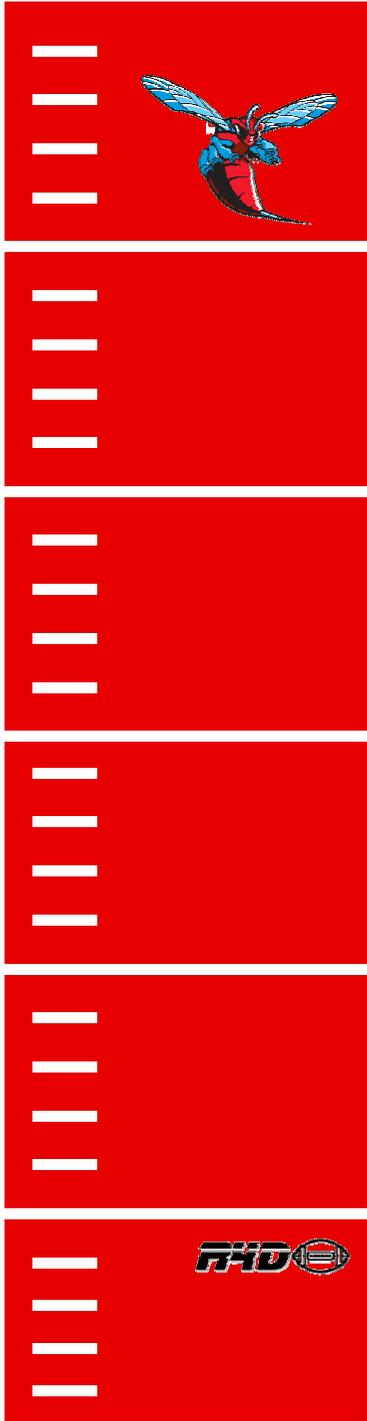


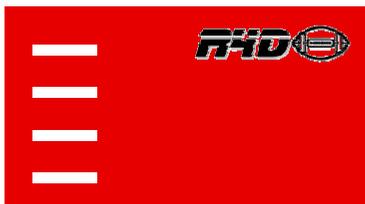
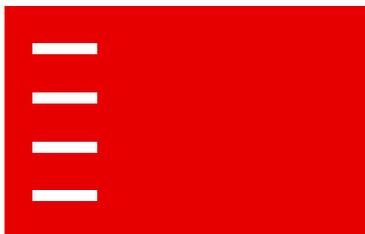
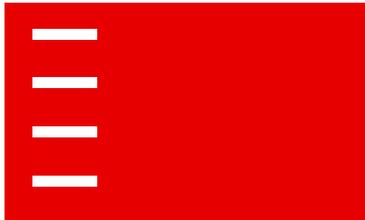
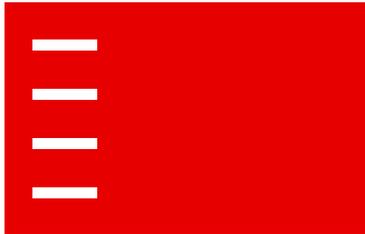
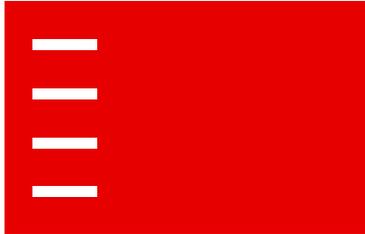
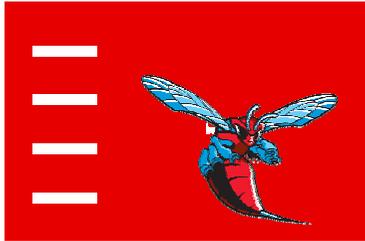
Idea:
Like Ultimate Football.
All offensive players has to be over the line of scrimmage.
After the catch the LOS moves (gain).

Rules:
Only the forward pass is allowed.
The game starts on the own goal line.

Note:
Introduction of gain, line of scrimmage, safety position, zone coverage

Coaching Point:
The Quarterback has to wait that all offensive players are over the LOS.
After the catch the new Quarterback has to wait again that all offensive players will be over the LOS.
The defense can install a zone coverage.

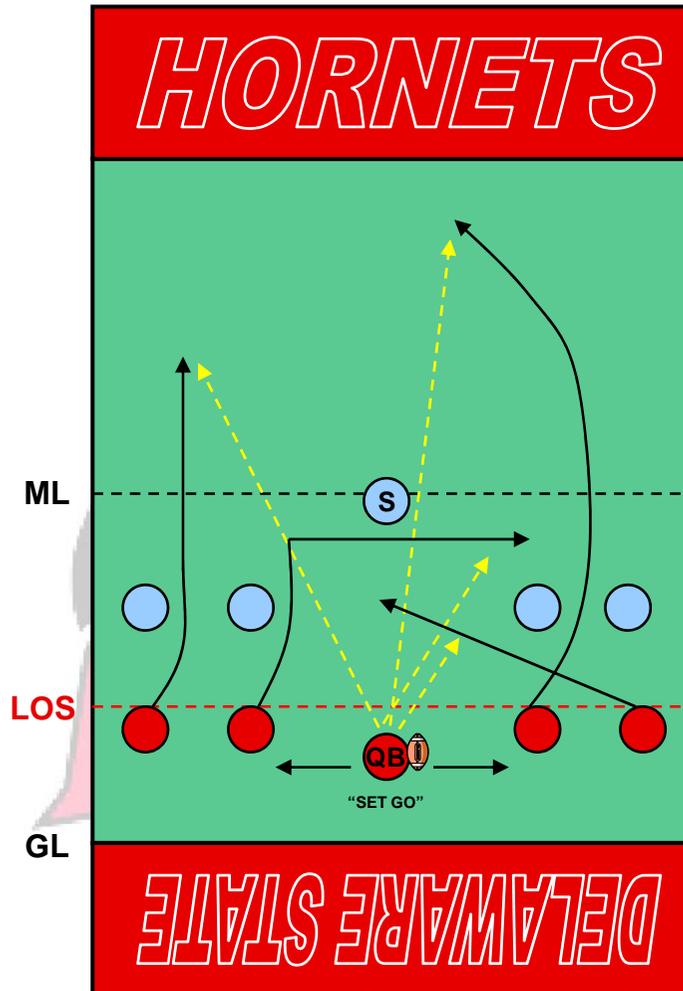




6. Quarterback Ball



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Idea:

All offensive players are lining up on the LOS. The Quarterback starts the play with a count ("set go"). The receiver tries to get open. The receiver who is catching the football will be the next Quarterback.

Rules:

Every QB has 4 downs to throw the football to an prospective receiver. He can throw incomplete passes now. The QB can't get rushed but he also can't run over the LOS. If he throws an interception the defensive team get the football at the point of the interception.

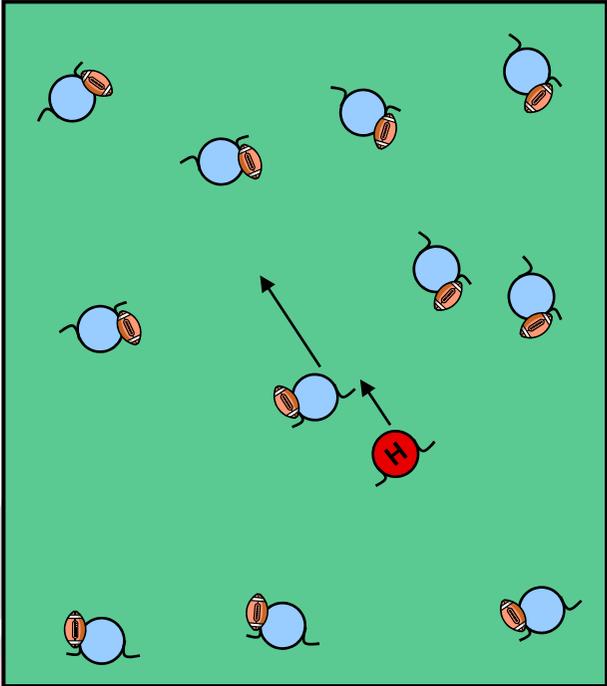
Note:

Introduction of count, formations, downs, breaks, plays.



8. Hunter Ball

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Idea:
A player from the group is the hunter. ●
The hunter tries to pull a flag from another player. ○
This is a 360° action flow.
If he pulls a flag from a player than theses player will also be a hunter.

Rules:
The game is over when all players are hunters.

Coaching Point:
Every player can have a football. Now he can practice his open field skills.

If they are not enough football available you can use the football to throw him to the hunted player. If he catches the football the hunter can't pull his flag anymore.

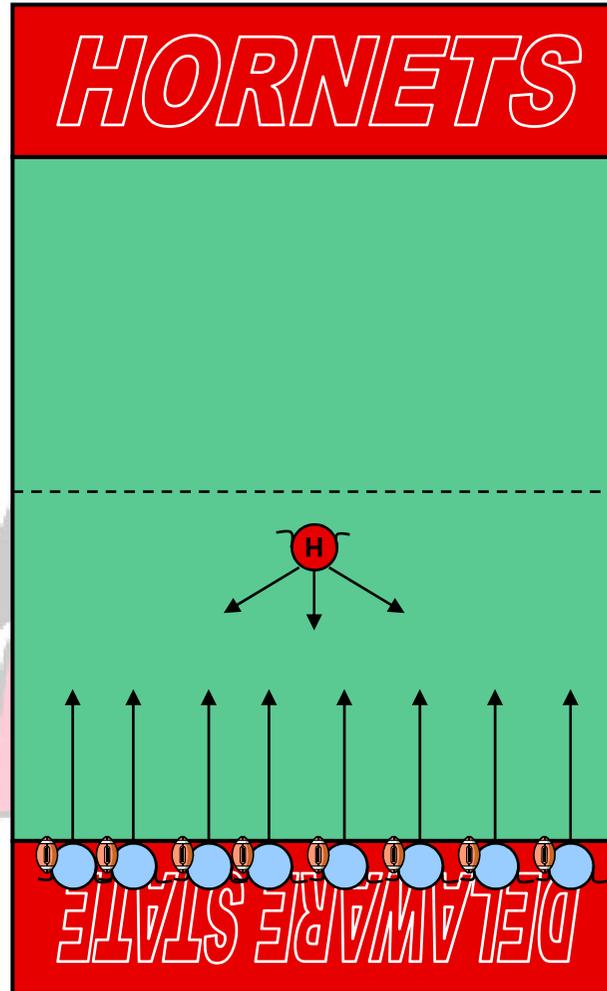
Introduction:
Flag pulling, open field running skills, defensive pursuit, team tackling.





9. Sharks & Minnows

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Idea:

All ball carrier ● will line up on the goal line. On command they will try to reach the other end zone without getting the flag pulled. This is a 180° action flow. If someone get the flag pulled he also will be a hunter. ●

Rules:

The game is over when all players are hunters.

Coaching Point:

Every player can have a football. Now he can practice his open field skills in a real football field.

Introduction:

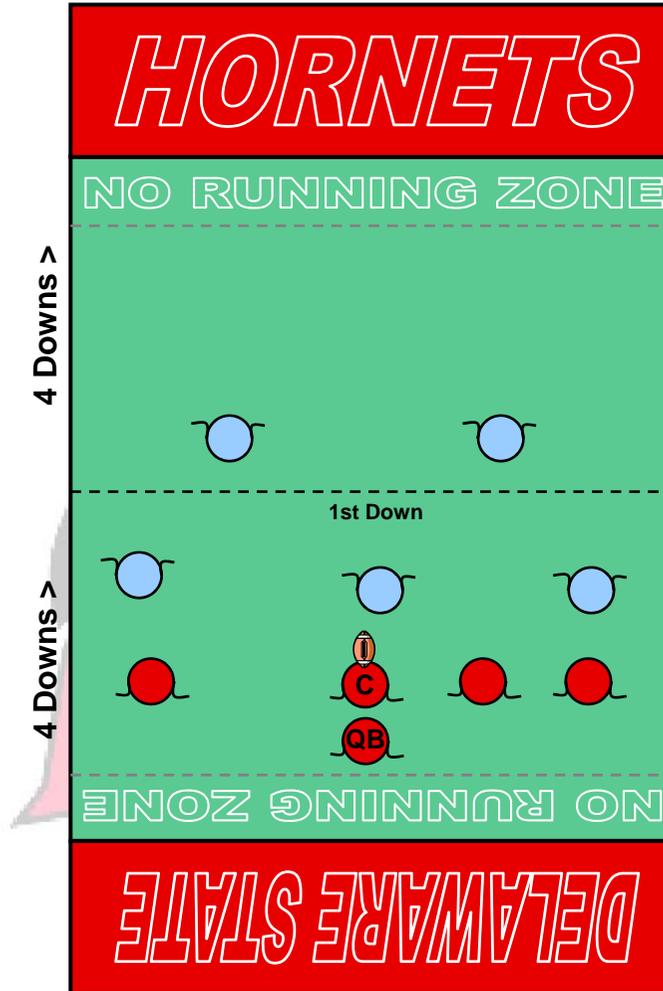
Touchdown running, open field running, flag pulling with the sideline.





10. NFL Flag Football

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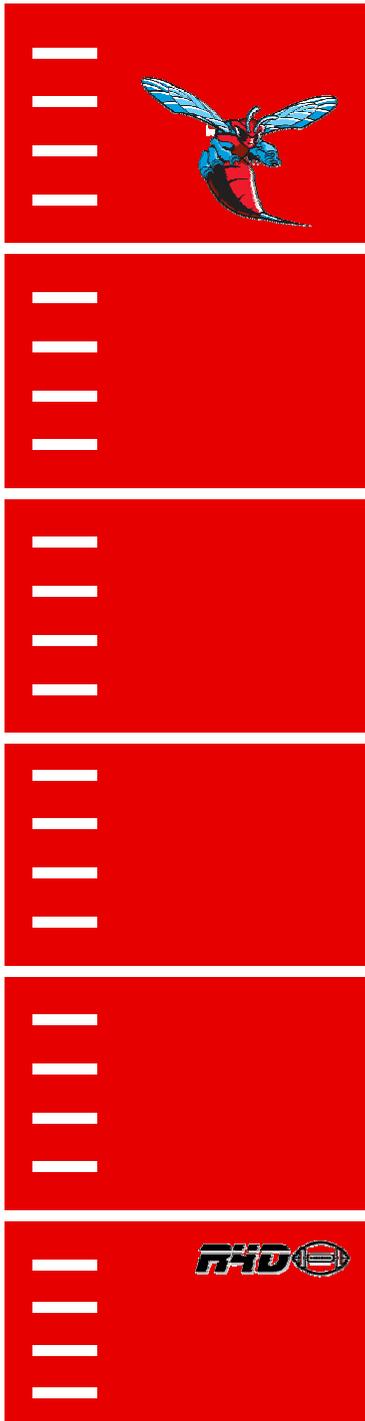


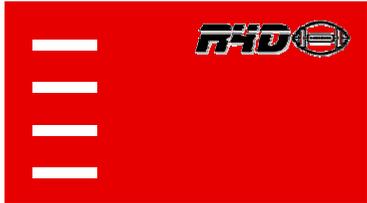
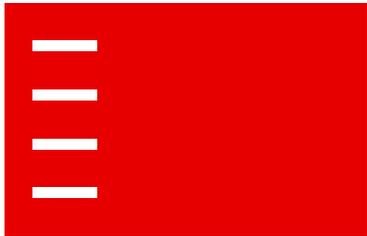
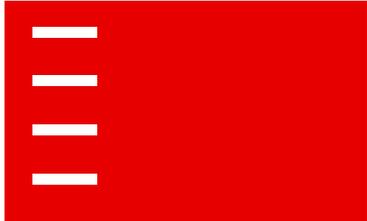
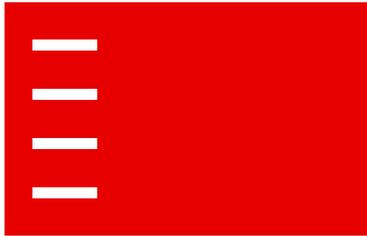
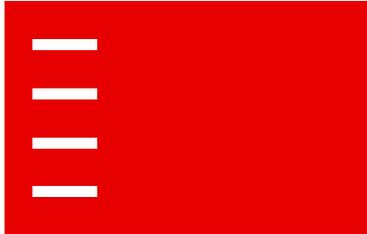
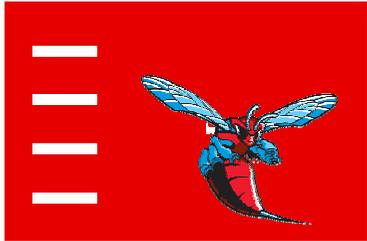
Idea:

The offense can use pass and run plays to reach the end zone. Only 5 yards in front of each end zone is a “no running zone”. In this zone run plays are forbidden in order to avoid physical contact on the goal line. All plays will start with the center snapping the ball to the QB (direct or shotgun).

Rules:

The offensive team starts from the own goal line. The offense get 4 downs to reach the midline. If the offense pass the midline they will get another 4 downs to reach the end zone. If the offense is not reaching the midline or the end zone in 4 downs the defense will get the ball on there on goal line.

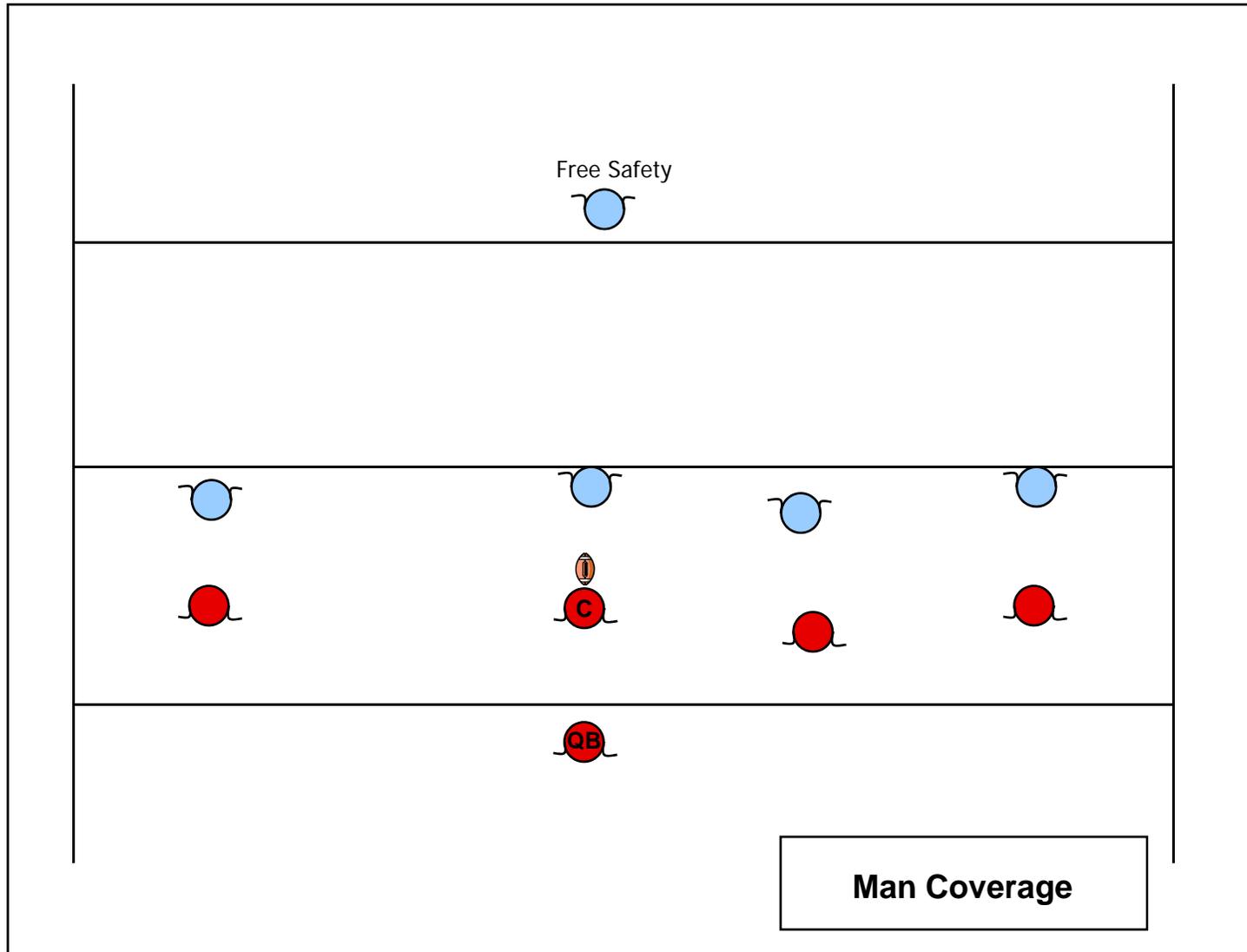


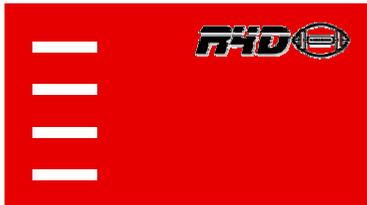
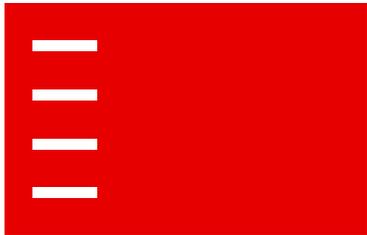
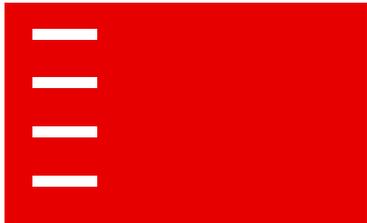
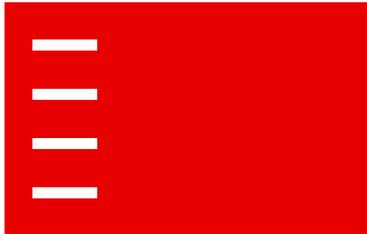
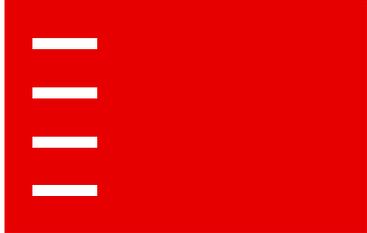
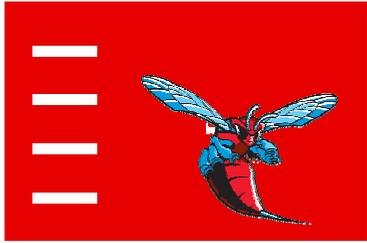


NFL Flag Football Defense



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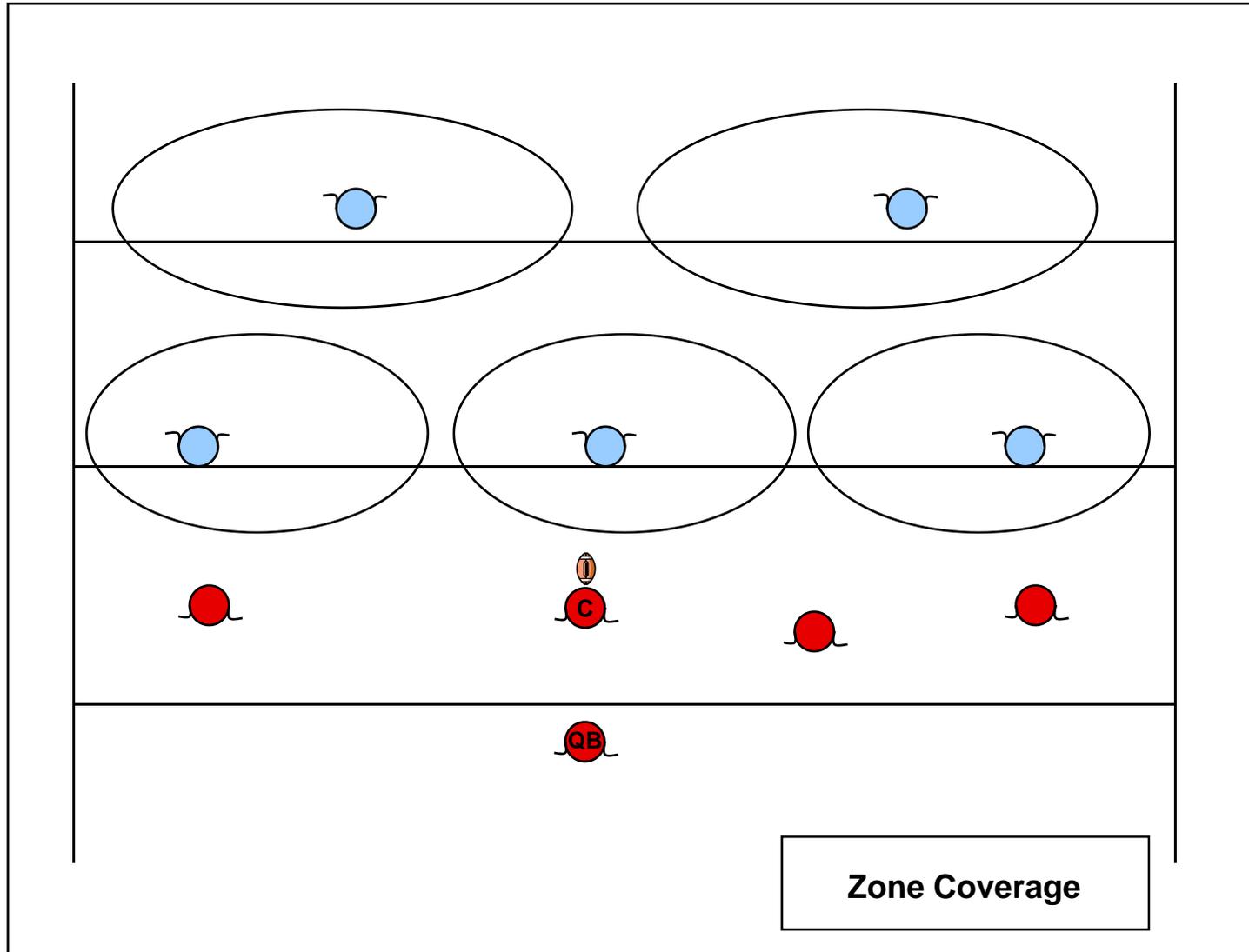


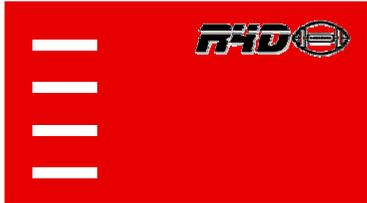
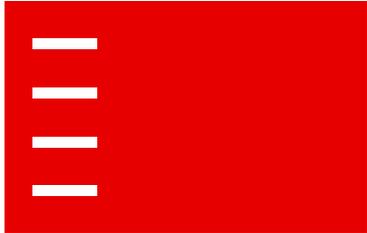
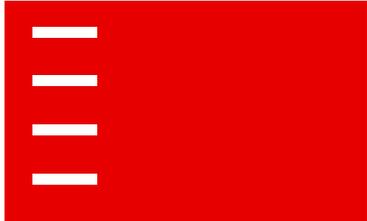
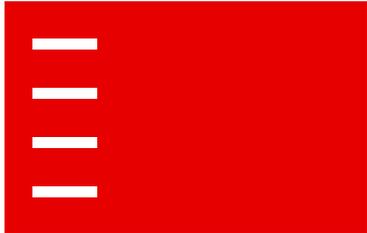
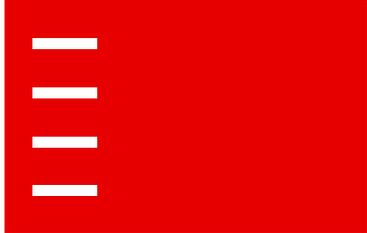
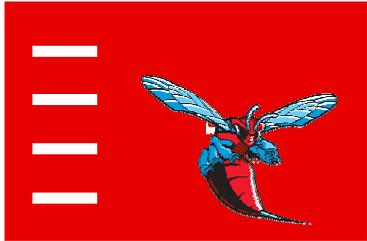


NFL Flag Football Defense



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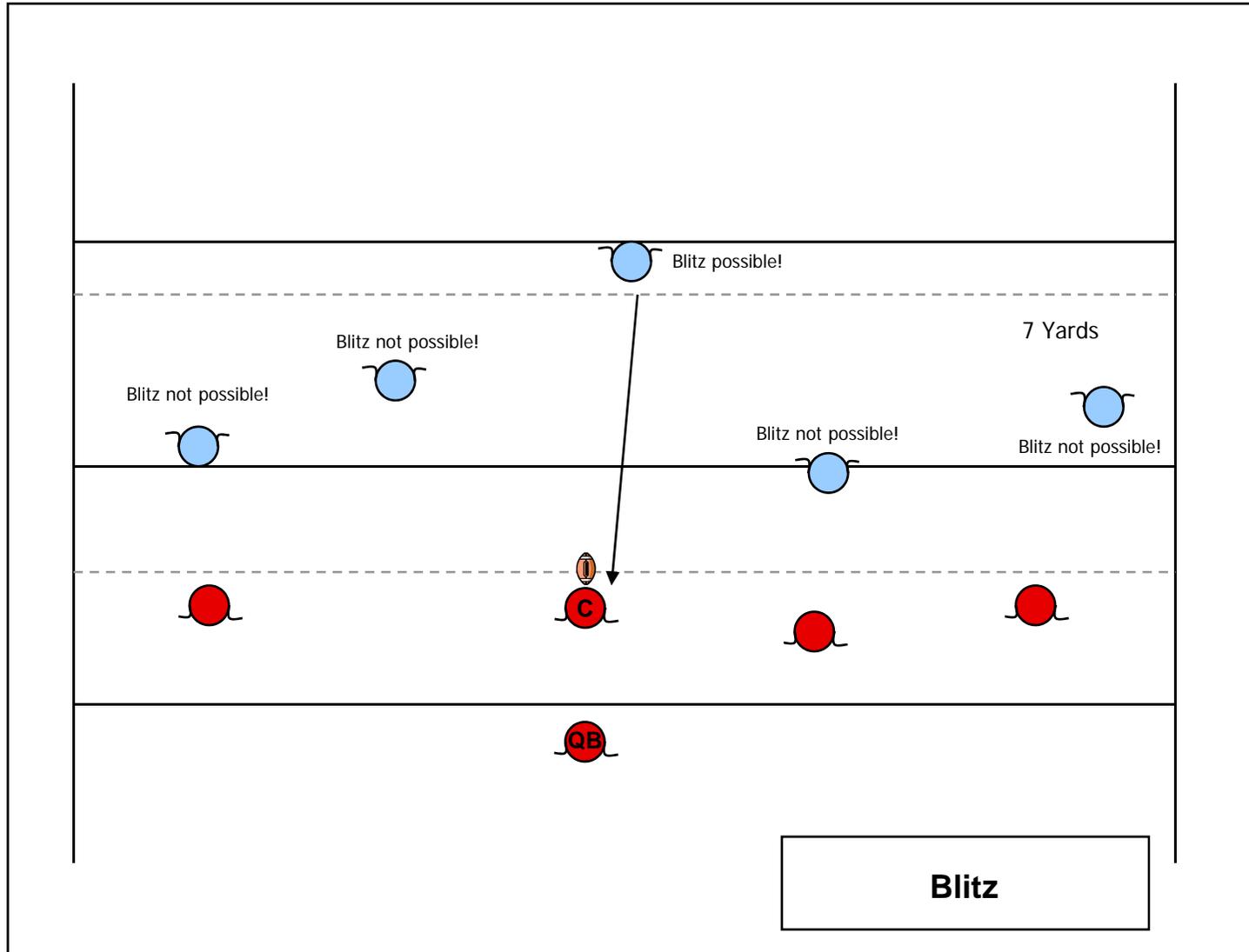




NFL Flag Football Defense



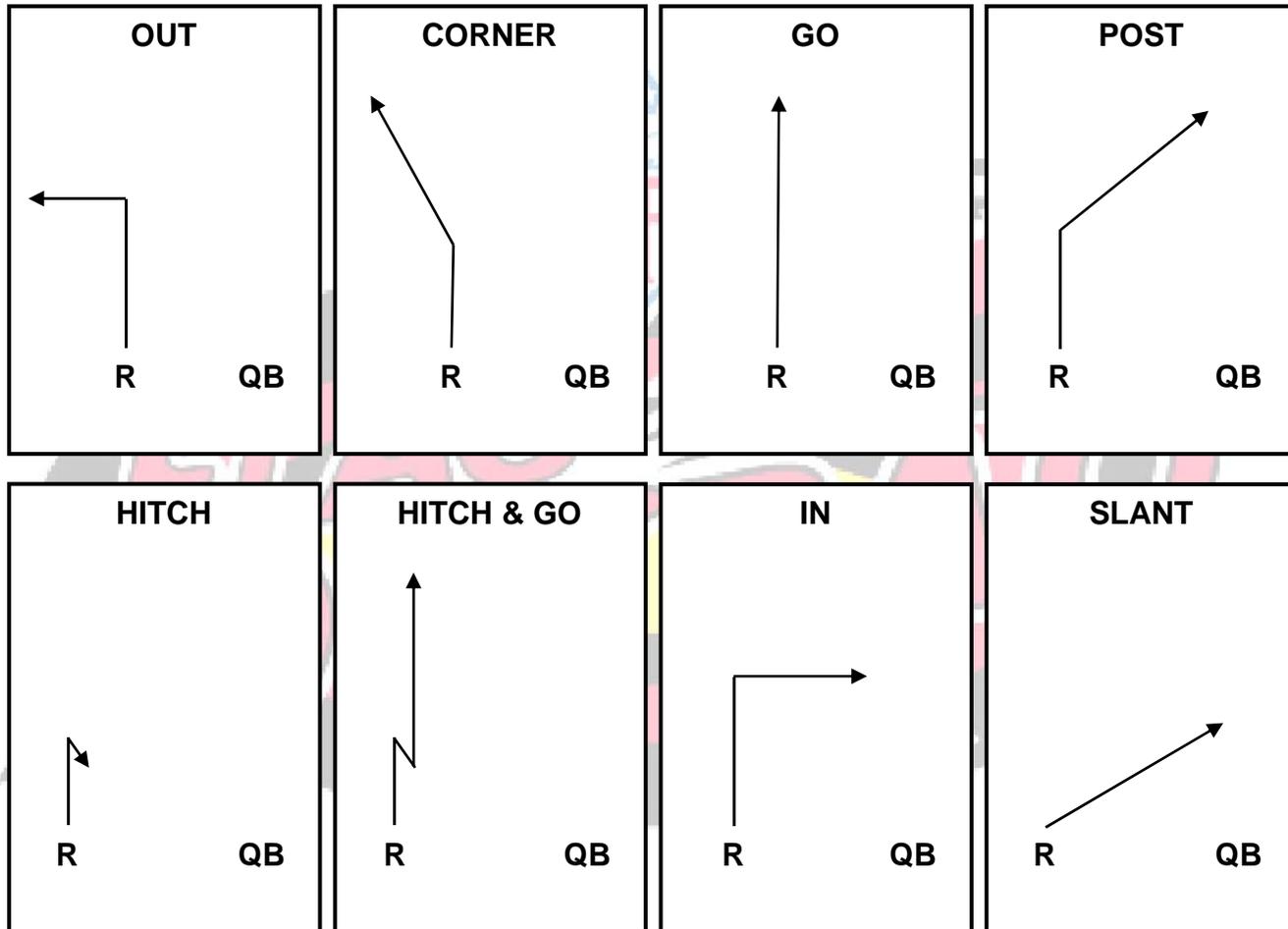
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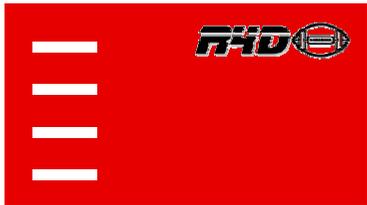
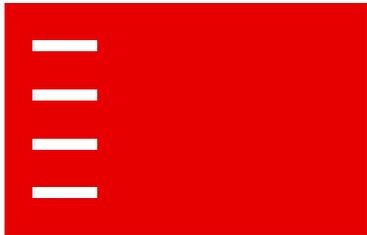
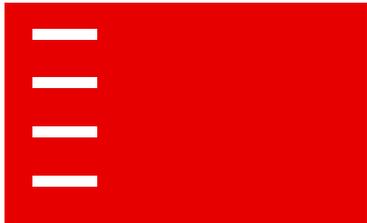
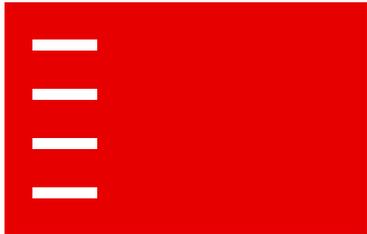
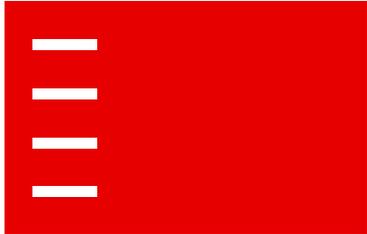
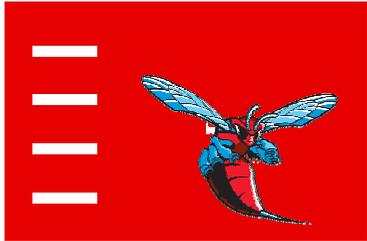




Offense Pass Routes

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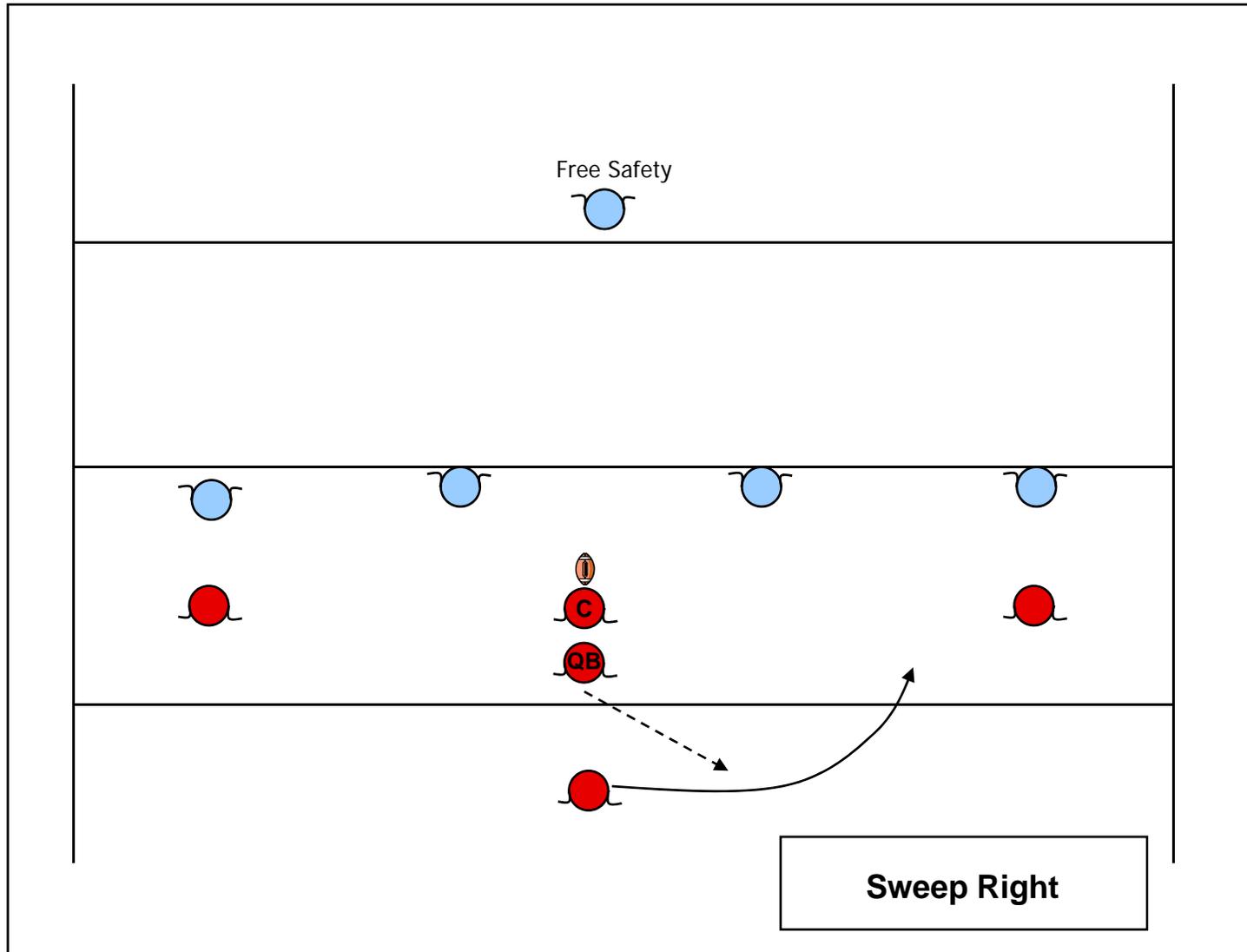


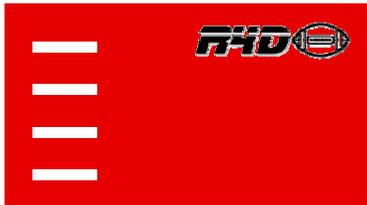
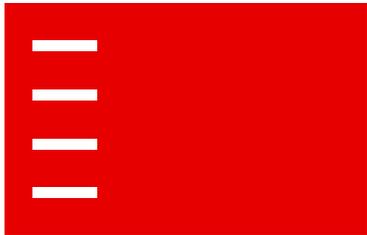
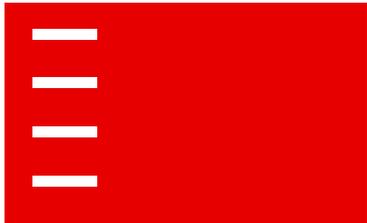
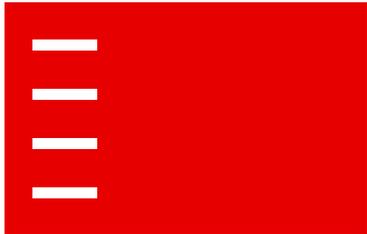
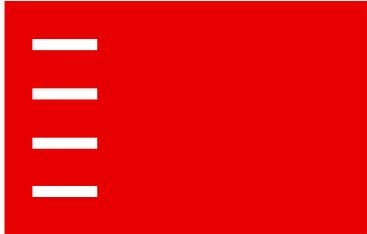
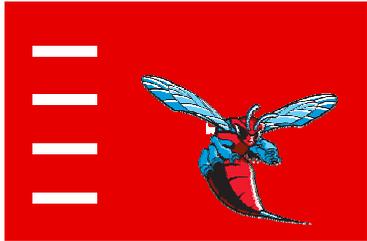


NFL Flag Football Offense



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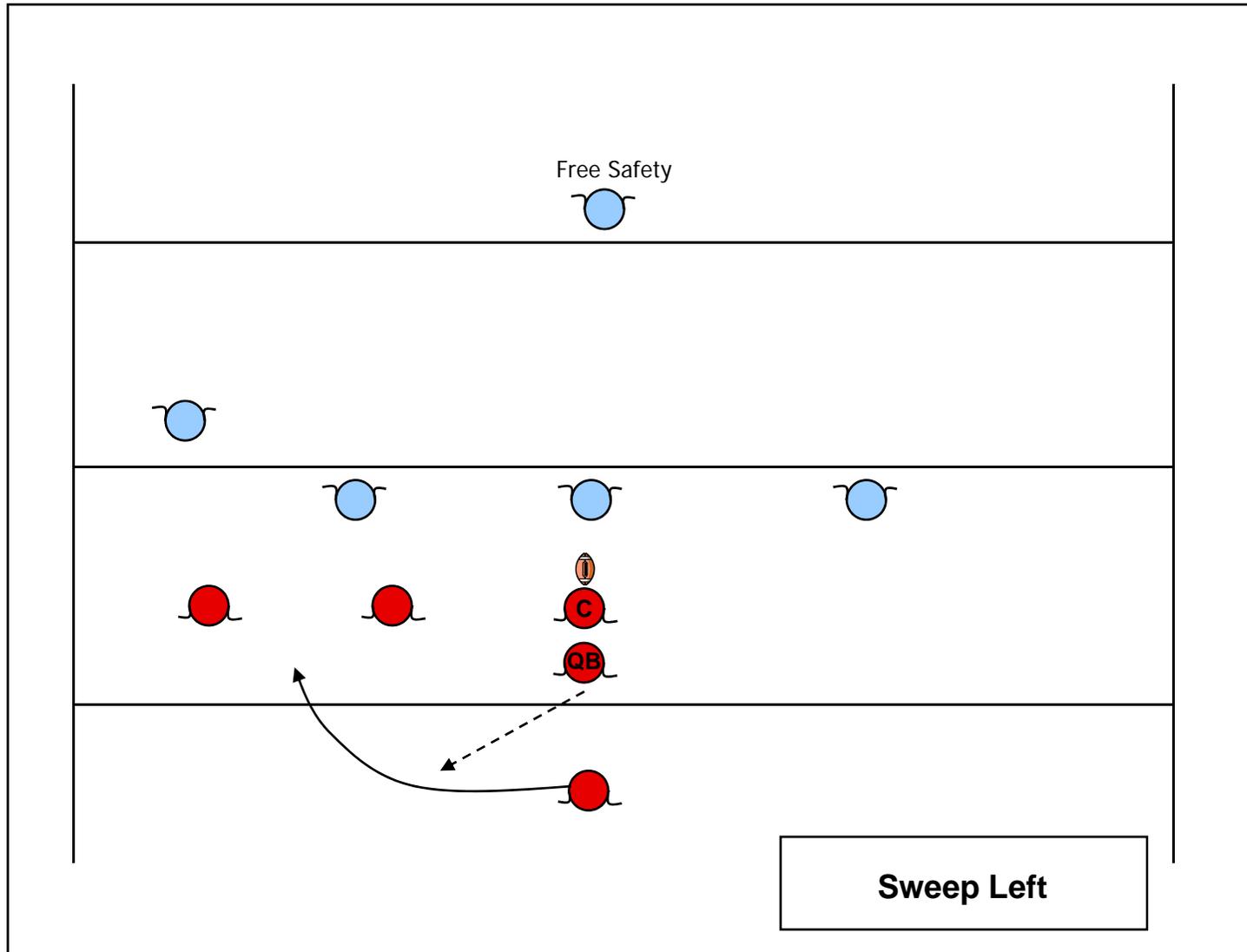


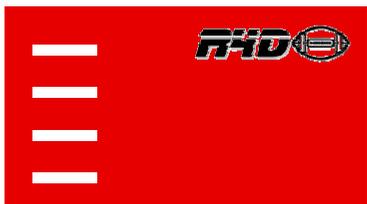
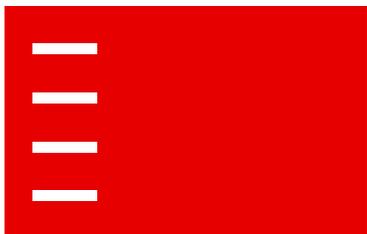
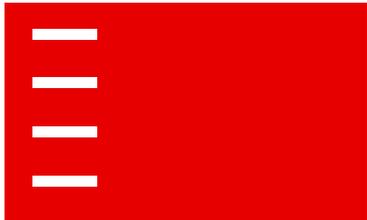
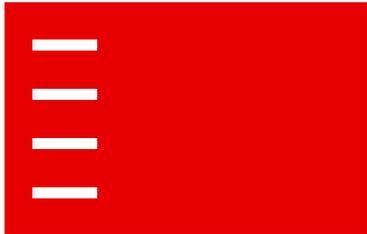
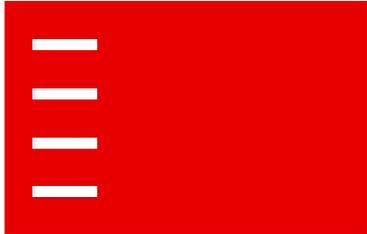
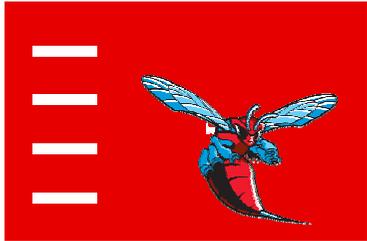


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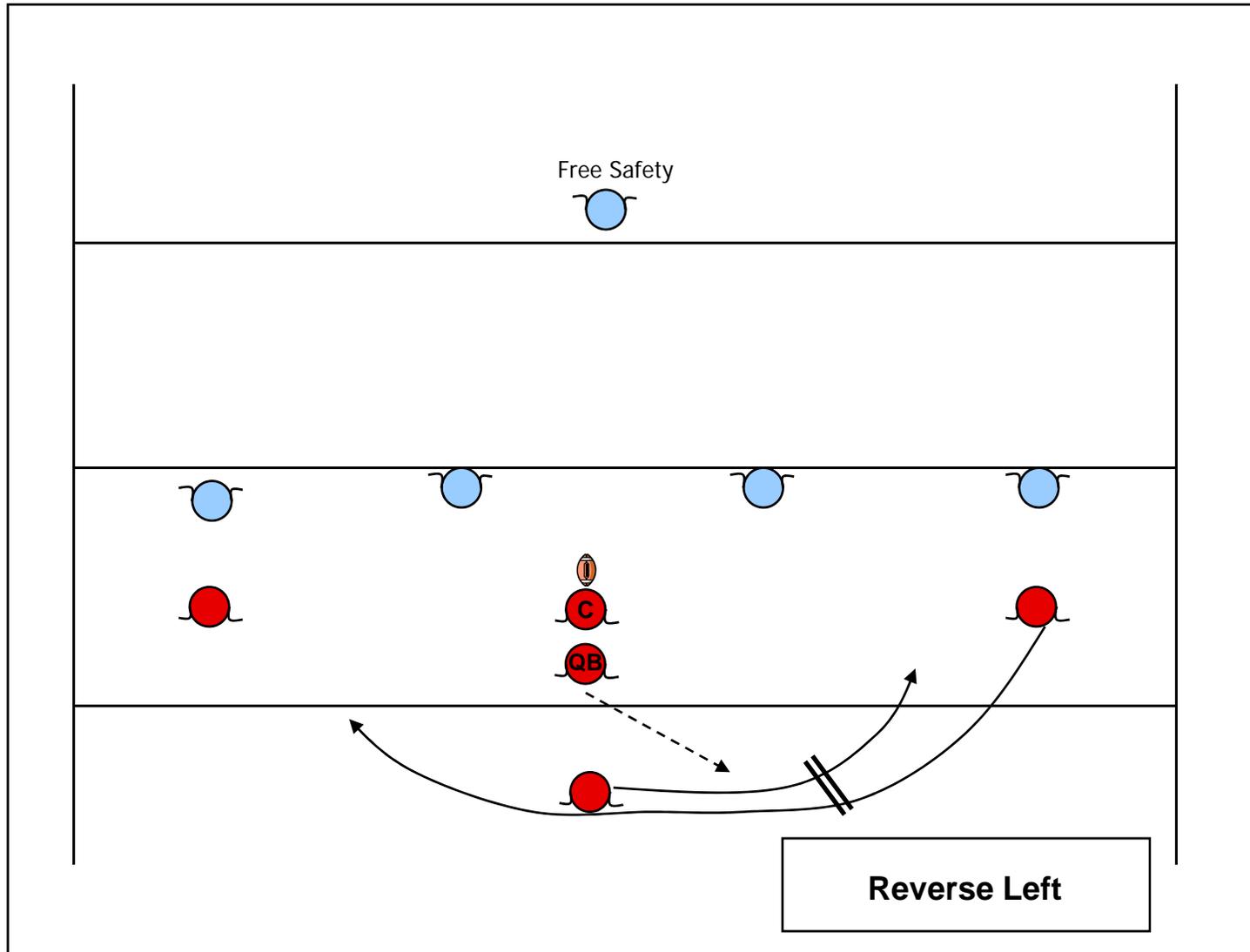


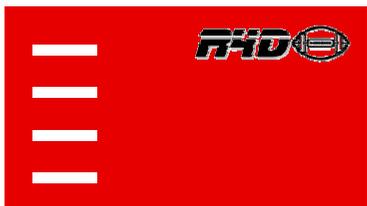
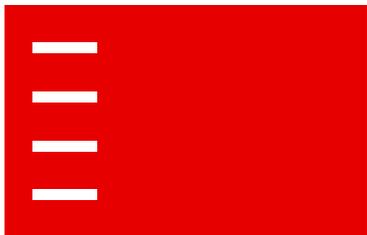
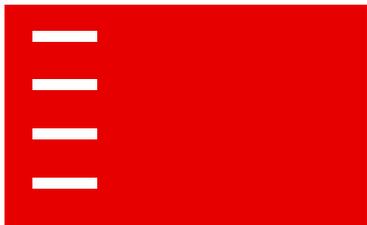
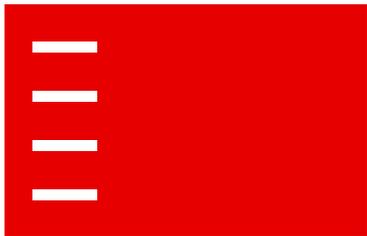
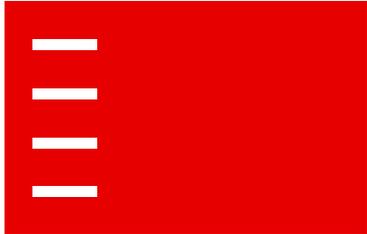
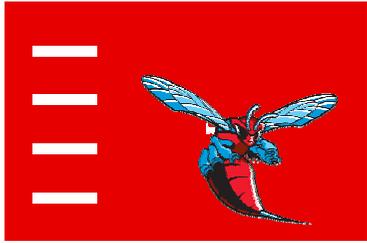


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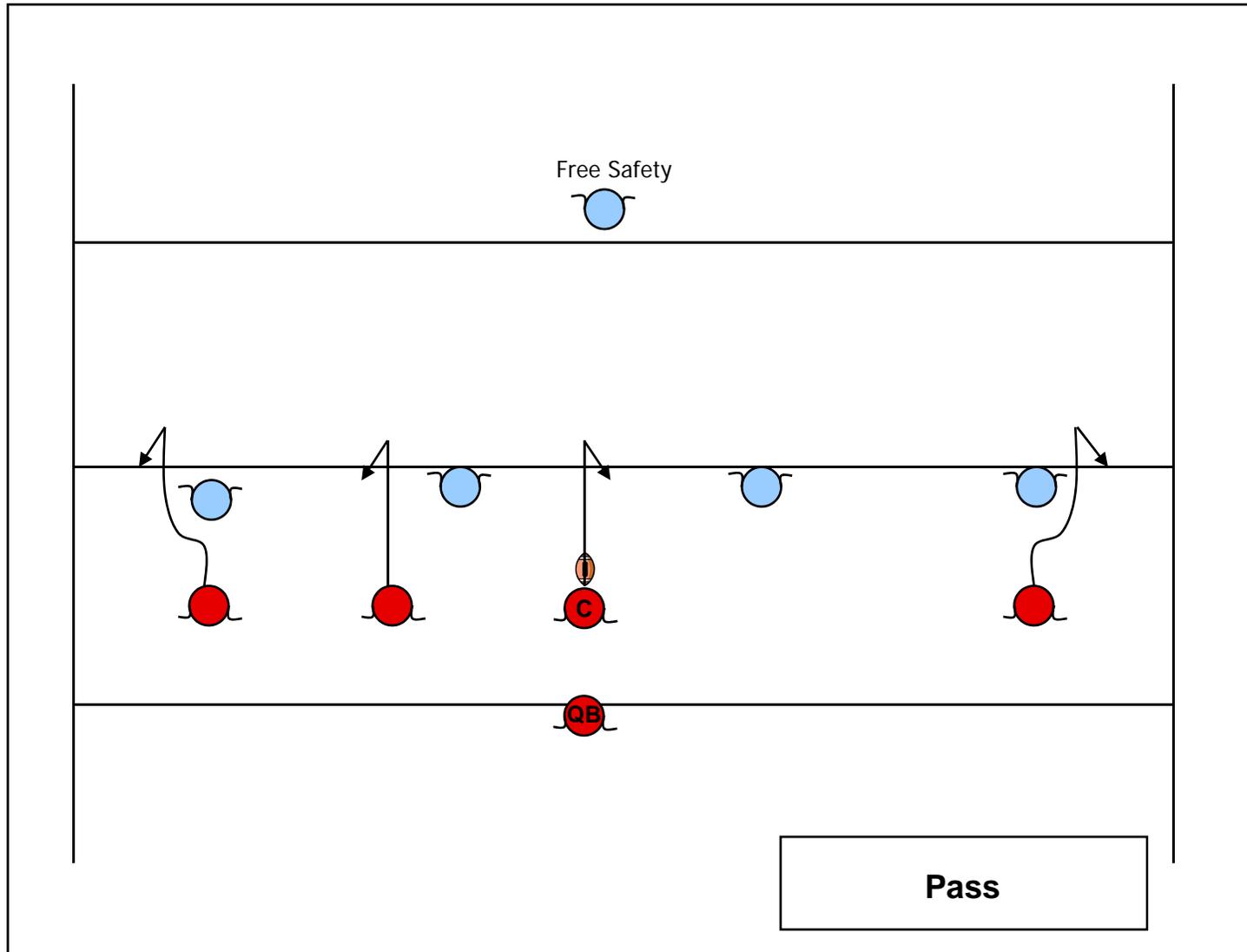


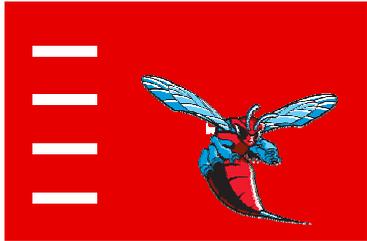


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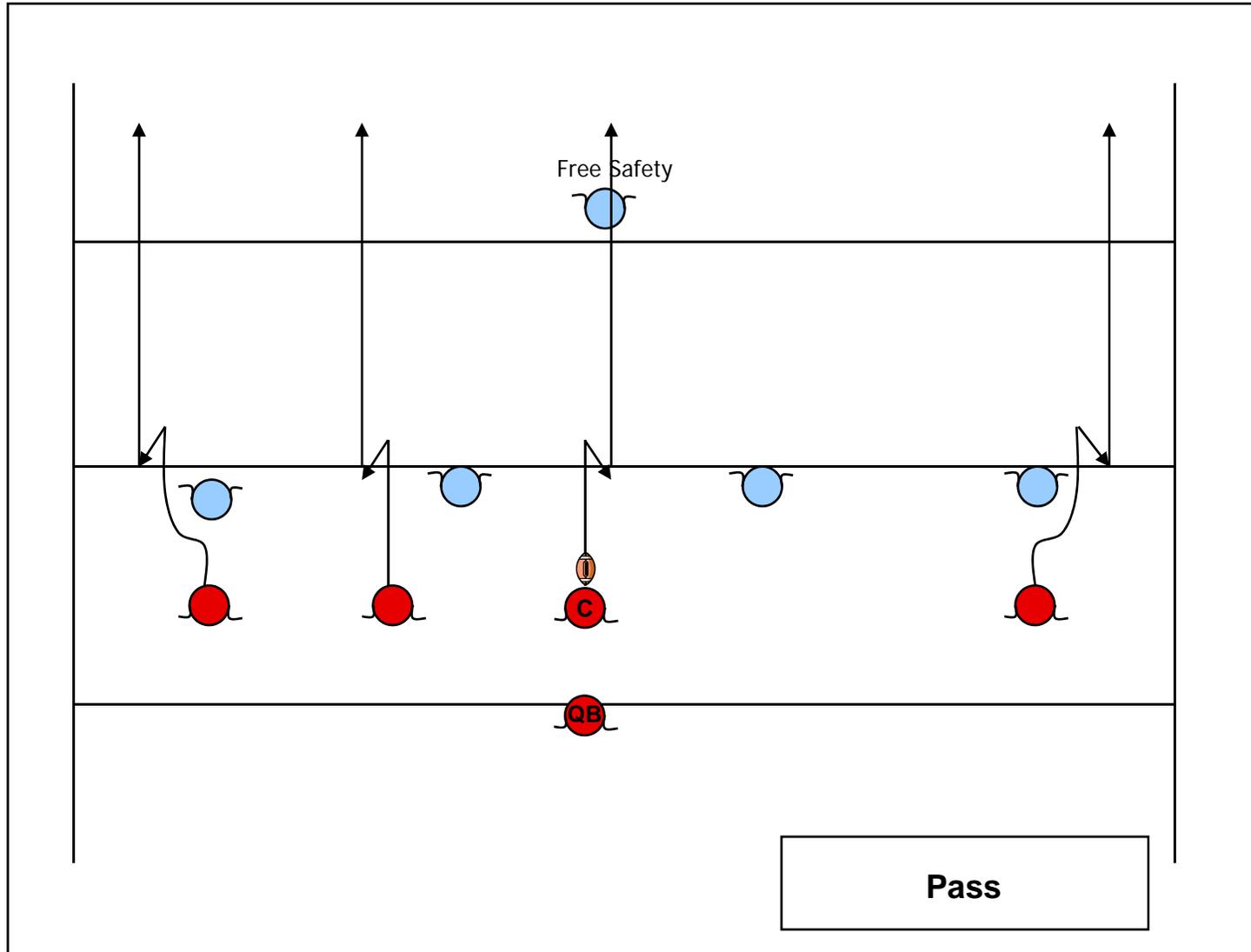
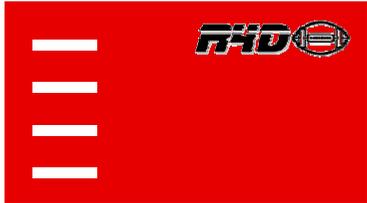
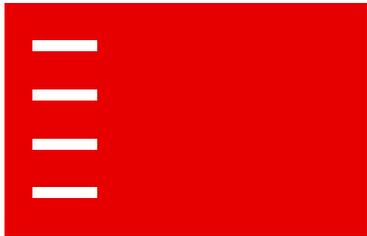
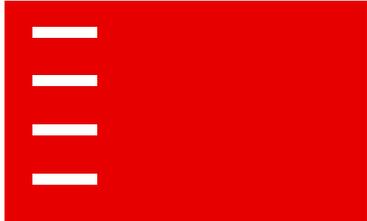
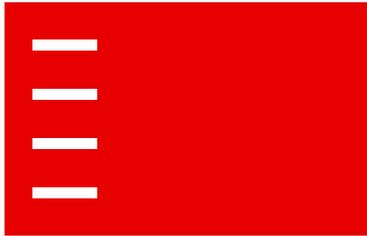
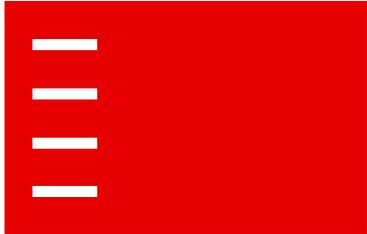


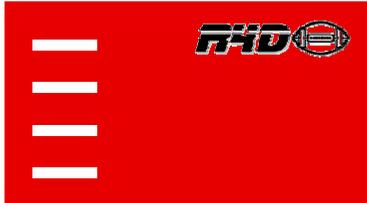
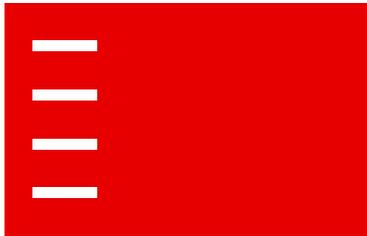
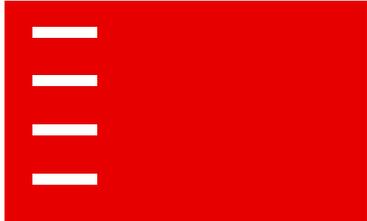
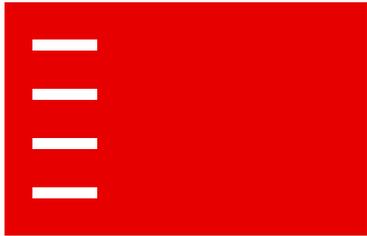
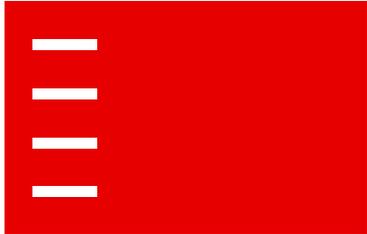
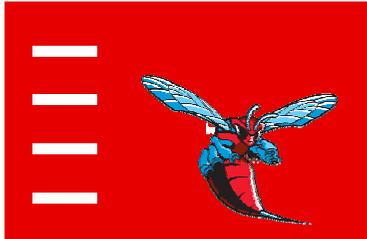


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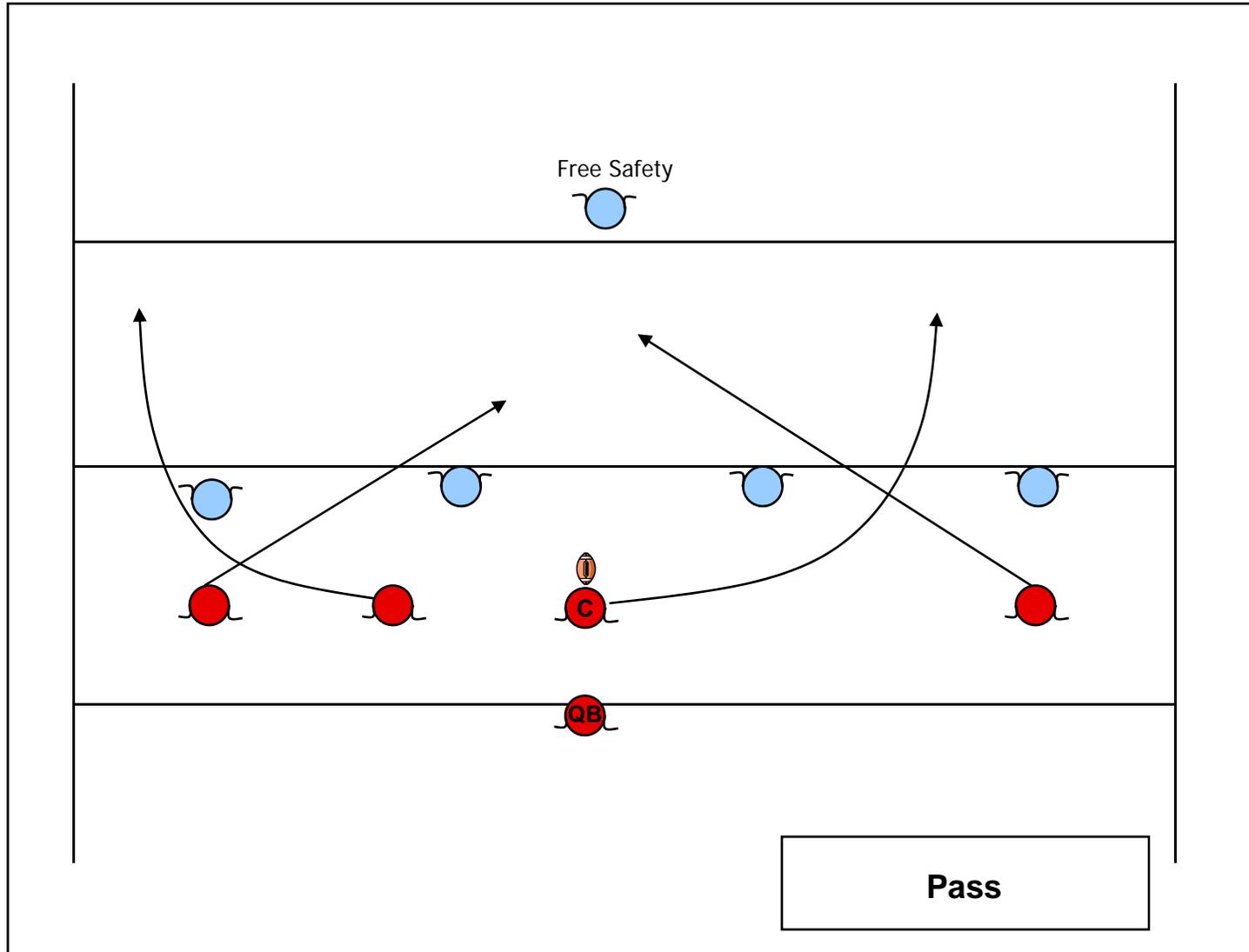


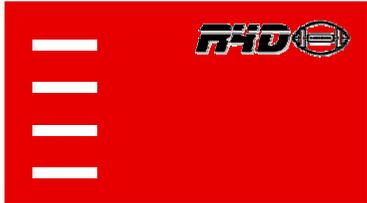
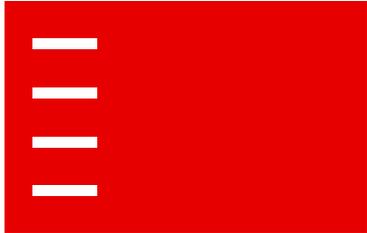
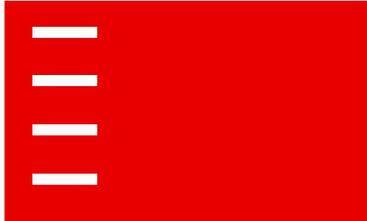
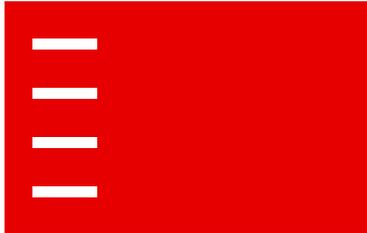
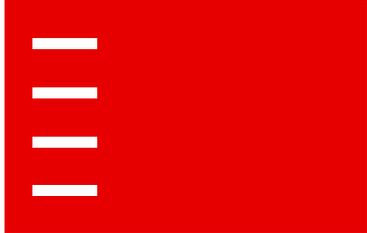
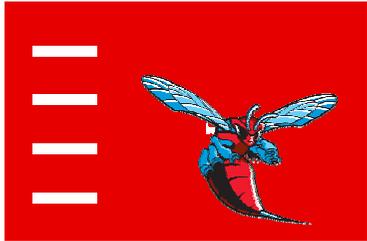


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