



FLAG: 4 WEEK TRAINING SCHEDULE

	WEEK 1 • 03/04/21	WEEK 2 • 10/04/21
Pre Session	Arrive/Kit/Agility Ladder	Arrive/Kit/Agility Ladder
Warm ups	Welcome Message and Warm up	Giants Family and Warm Up
Athletic Foundations	Racetrack	4 way balance
Break	Water break	Water break
Passing	Throwing fundamentals	QB Centre Exchange
Running/Receiving	Partner step and throw	Handoff Relay
Break	Water and sanitise	Water and sanitise
Team Offence	5 yard Routes	Single RB run through
Break	Water and sanitise	Water and sanitise
Team Defence	Flag pulling line	Box Drill
Break	Water and sanitise	Water and sanitise
Compete	Ultimate football	Sweep Drill





FLAG: 4 WEEK TRAINING SCHEDULE

	WEEK 3 • 17/04/21	WEEK 4 • 24/04/21
Pre Session	Arrive/Kit/Agility Ladder	Arrive/Kit/Agility Ladder
Warm ups	Teamwork talk and Warm Up	#ISWF talk and Warm Up
Athletic Foundations	Army-Navy Game	Bull Dog
Break	Water break	Water break
Passing	Cross, Plant, Throw, clockwork hands	5 yard Routes
Running/Receiving	Receiver and RB stance and start	Blitz Drill
Break	Water and sanitise	Water and sanitise
Team Offence	Playbook install	Playbook install
Break	Water and sanitise	Water and sanitise
Team Defence	Man coverage	Pass defence
Break	Water and sanitise	Water and sanitise
Compete	Scrimmage	Scrimmage

