

## Mighty Blitzers Week 1

**Goals:** Direction and Running  
Pulling Flags

**Opening Circle:** Who is your favorite football player?

**Opening game:**

**Eagle in the Middle** – Like sharks and minnows. If you pull a flag that person joins you in the middle until everyone is caught.

**Catching the Ball:**

- **keep eye on the ball**
- **Form a triangle with your hands**
- **keep ball away from your body**
- soft hands to cushion the ball
- tuck the ball away

**Relay Race:** Set up 5 cones about 5 yards apart from each other. Have a coach throw the ball to the player. After the player catches the ball have them run zig zag through the cones. When they get to the end have them back pedal across to the coach and hand him the ball. Next person in line does the same. It is a race. Have the kids sit down after they've gone through the cones. Then have the teams go again, but this time have them jump over the cones coming back.

**Gate Runs-** Set up three gates about a yard apart for the kids to run thru after taking the hand off. This teaches the kids to run zig zag up field toward the end zone. At each gate place a player to try and pull the flag from the side.

**Route patterns-** Introduce route patterns with each player standing in a line. (Need Cones)

Patterns: Candy Cane- (hook)  
Left turn  
Right turn  
Diagonal- (slant)  
Alligator Mouth- (slant in and out)

**Scrimmage:** Four on Four