

YMCA Youth Flag Football Practice Plan

Date: _____ Team: _____

Time: _____ Coach: _____

Instructions: Use the PDF documents available in the Practice Builder in the YMCA's online *Coaching Flag Football* course to identify the Games and Skill Drills you want to use and also to identify a Warm-Up, a Fitness Circle, and a Team Circle activity. You do not need to fill in all the lines. Enter the minutes for each activity and total the time.

Practice Goals:

Time	Activity Type	Activity Description
	Warm-Up	
	Fitness	
	Team Circle	
	Total Time	

Notes: