



Flag Football Coaching Tips

1. Offensive positions in Flag Football
 - a. [Offensive Positions in Flag Football - YouTube](#)
2. Flag Football penalties
 - a. [Penalties in Flag Football - YouTube](#)
3. How to properly pull a flag
 - a. [Youth Flag Football Tutorial | Proper Flag Pulling Techniques for Beginners | Pull More Flags - YouTube](#)
 - b. [Flag Pulling Drills | NFL FLAG Football - YouTube](#)
4. How to properly snap a football
 - a. [How to Snap a Football | NFL FLAG Drills - YouTube](#)
5. How to properly throw and catch a football
 - a. [How to Throw a Football | NFL FLAG Drills - YouTube](#)
 - b. [How to Catch a Football | NFL FLAG Drills - YouTube](#)
6. Executing a QB to RB handoff
 - a. [ProTips: Football: Quarterback Tips: Executing the Handoff - YouTube](#)
7. Football security
 - a. [Football Ball Security with Arian Foster - YouTube](#)
8. Fundamental defensive techniques
 - a. [Youth Flag Football Tutorial | Defense techniques That Work | Fundamentals Strategy Formations Coach - YouTube](#)
9. Intro to route running
 - a. [Intro To Wide Receiver Routes In American Football - YouTube](#)
10. New coach fundamentals
 - a. [Youth Flag Football Tutorial for First Time Coaches | Teach NEW Players Flag Football Fundamentals - YouTube](#)