**Critical Elements & Cues for:**

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| **FLAG PULLING** |
| * Move to position yourself in front of opponent – you want to approach them head on and not from the side when possible * Square up your shoulders with them while keeping a wide stance with your feet * Focus your eyes on the flag belt, watching your opponents’ hips to help determine which way they will move * Try to grab the base of the flag or the flag belt itself * Grab the flag firmly and pull straight down in a swiping motion |

**Critical Elements & Cues for:**

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| **OVERHAND THROWING** |
| * Grip a football toward the back with your fingers spread on the laces and thumb on the opposite side * Turn sideways to the target (your non-throwing side) * Step with the opposite foot and bring the ball back by your ear * Extend your arm fully toward your target and snap your wrist as you release the ball * Follow through across your body as you release the ball |

**Critical Elements & Cues for:**

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| **CATCHING** |
| * Eyes focused on ball throughout catch * Place your body in the path of the ball * One foot slightly ahead of the other so body is balanced * Hands ready for the catch:   + Pinkies together for a low catch   + Thumbs together for a high catch * Catch with both hands and absorb the force of the ball |

**Critical Elements & Cues for:**

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| **MOVING WITH THE BALL** |
| * Secure the ball with your outside hand (away from defense) * Cover the tip of the ball * Tuck the ball to your chest |