



Critical Elements & Cues for:

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
- Grab the flag firmly and pull straight down in a swiping motion



Critical Elements & Cues for:

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:

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:

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