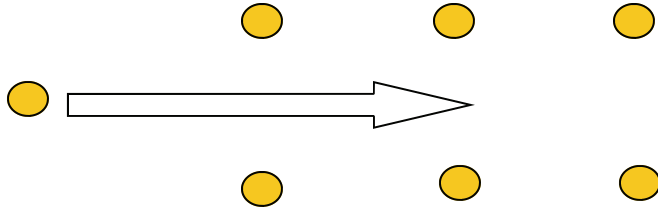


## Gauntlet Drill

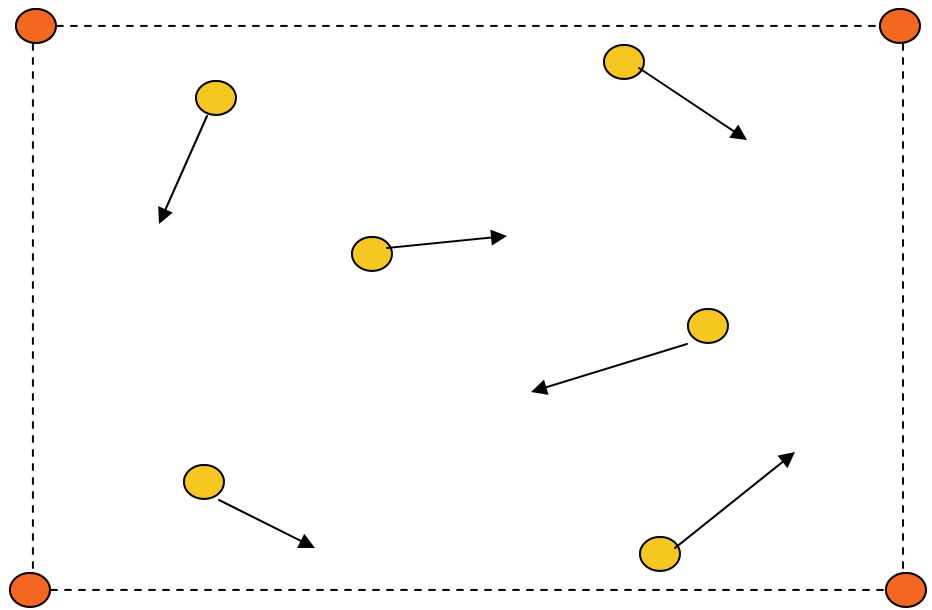


\*Player must run through the gauntlet of players attempting to pull off the flags. Try to get through with all your flags in tact.

## Survivor Drill

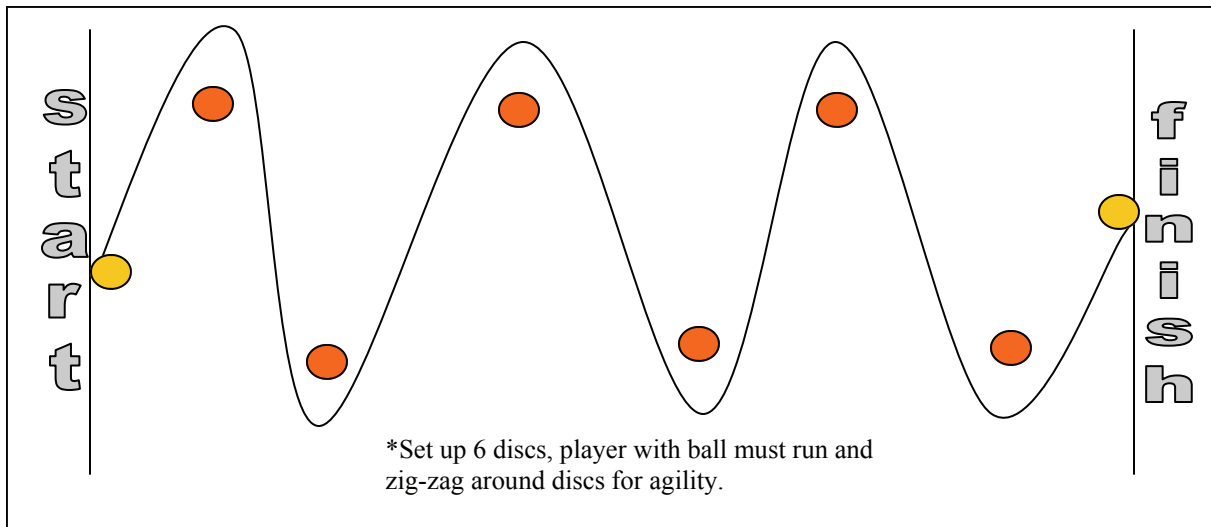


### Player Drills for Flag Football



\*Set up 4 discs, all players must attempt to pull the flags off of other players at once. Last one left wins.

## Zig-Zag Drill



\*Set up 6 discs, player with ball must run and zig-zag around discs for agility.