



Flag Football Clinic Agenda



Where: Spence Eccles Field House 650 S. Guardsman Way

When: March 22, 29, and April 5

1st/2nd: 6:15 - 7:00pm

3rd - 5th: 7:15 - 8:00pm

What: This clinic is designed to prepare players for the Spring Flag Football season. Below is a break down of each day and what we plan on teaching and practicing.

Day 1

Games/Warm-up:

- Flag Pulling Game
- Stretching
- Box Warm-Up

We Will Be Covering:

- Basic rules
- Different Player Stances
- Correct Blocking
- Correct Flag Pulling

Positions we will be covering:

- Lineman
- Running Back
- Center

End With:

- Group Cheer

Day 2

Games/Warm-up:

- Flag Pulling Game
- Stretching
- Box Warm-Up

We Will Be Covering:

- Basic Throwing
- Basic Catching
- Basic Routes

Positions we will be covering:

- Quarterback
- Receiver
- Kicker

End With:

- Kick-Off Drills
- Group Cheer

Day 3

Games/Warm-up:

- Flag Pulling Game
- Stretching
- Throwing/Catching Drills

We Will Be Covering:

- Basic Running Plays
- Basic Receiving Plays

End With:

- Flag Football Scrimmage
- Group Cheer

Flag Football Coed League

Join us for our Flag Football League this Spring. Registration includes a jersey, flags, 6 games, orientation day, and participation award.

WHEN: Wednesday Evenings

April 19th - May 31st

1st - 2nd Grade: 6:15 - 7:15pm

3rd - 4th Grade: 7:15 - 8:15pm

PRICE \$36

REGISTRATION DEADLINE April 5th

REGISTER ONLINE AT: slco.org/sports-complex



**SALT LAKE
COUNTY**

PARKS & RECREATION