

SOTN - Return to Activities
Sport Training Considerations – Flag Football



Flag Football				
Components	Phase 0	Phase 1	Phase 2	Phase 3
Description of Phases	Stay at home order in place & public facilities are closed	Stay at home order is lifted, restriction on size of mass gatherings (<10 people)	Size restrictions on mass gatherings are increased (<50 people), public facilities are open	No restrictions on size of mass gatherings and public facilities are open.
Level of Engagement	<ul style="list-style-type: none"> • Virtual Coaching & Activities • No in person meetings or activities • Conditioning • Train/exercise at home alone or with household members 	<ul style="list-style-type: none"> • High Risk individuals should continue to remain at home • Train/exercise at home alone or with household members • Engage in training with very small groups focused on skill development • No Contact Skills or Drills • Virtual Coaching & Activities 	<ul style="list-style-type: none"> • High Risk individuals should continue to remain at home • Small group practices • Virtual coaching & coaches on site with small groups • Limited sharing of equipment • Limited Contact Skills & Drills • Virtual Coaching & Activities 	<ul style="list-style-type: none"> • Traditional Practices • Scrimmages • Practice Games
Recommended Activities, Skills & Drills	<ul style="list-style-type: none"> • Stretching • Conditioning • Catching • Throwing • Sprints and running • Footwork • Eye-Hand coordination • Fit 5 	<ul style="list-style-type: none"> • Phase Activities • Passing with gloves • Practicing Pass Routes • Running with ball between cones • Defensive backfield drills w/o ball 	<ul style="list-style-type: none"> • Phase 0 & 1 Activities • Practicing plays with no contact • Defensive backfield drills w/o ball 	<ul style="list-style-type: none"> • Phase 0, 1 & 2 Activities • Blocking • Pulling Flags • Scrimmages • Practice Games