

### Skills Game - Flag Monster

Set up the practice area as shown. Three players enter the arena and must stay within the box during the game.

On the coaches whistle, the defensive player or “Flag Monster” enters the arena and attempts to pull at least one flag of each player as quickly as possible. Once a player's flag is pulled, they must exit the arena. The offense is able to freely move and run about the arena to avoid the flag monster.

The coach will use a timer to measure the time it takes for the flag monster to pull flags on all three players, fostering the competitive spirit amongst the players.

At the conclusion of the drill, players rotate for another round of play, with a new flag monster.

**Focus on fundamentals:** Cut off runs, breakdown position, attacking the flag high on the hip.

