



2023 Flag Football Clinics – Beginner Level Fundamentals

The mission of this Desoto Diamondback Sports Clinic is to: teach the basics of flag football, create a fun environment to learn, and build upon each learned skill weekly.

Skills that will be taught include, but are not limited to:

- Passing
- Throwing
- Positions
- Offense/Defense
- Team strategizing
- Scrimmaging with traditional flag football rules

The teaching point will be beginner level. Gauging the athletes ability, certain drills will be leveled up for a more challenging experience to keep everyone engaged. All attempts will be made to group athletes together by age and experience level with the understanding that this is a beginner/intro to flag football vs an advanced level.

All participating athletes will be required to have:

- Football
- Mouth Guard
- Tennis Shoes/Sneakers
- Water Bottle
- Appropriate active-wear clothing