



# FOOTBALL DEVELOPMENT MODEL

[usafootball.com/fdm](http://usafootball.com/fdm)

# NON-CONTACT FLAG FOOTBALL

## FIVE PLAYER ENGAGEMENT & DEVELOPMENT TIPS

## FUN / FAST / FUNDAMENTALS

Experience the excitement of the game without the contact. Flag is the heart of Non-Contact, and it's a fun and fast-paced Game Type that can be played at any age on various field sizes. Flag is the first entry point for many organizations. It's an inclusive way to get new athletes from your community involved with the game.

In the **Football Development Model**, Non-Contact Flag is the first step in the Game Type progression, introducing football skills that are experienced in contact versions of the game and other sports. Some athletes decide to stay in flag forever, while others progress to contact versions of the game.



- 1 Make the game about fun and skill development
- 2 Promote an enjoyable and fast-paced game
- 3 Encourage an "all players, all positions, all skills" philosophy
- 4 Limit roster sizes to two times the players per side (5v5 versions have 10 players per team)
- 5 Use USA Football's skill progressions to optimize skill development

## 4 QUICK FLAG STATS

↑ 25%

increase in flag participation in the last five years, an increase of 300,000 players

Source: USA Football 2019 Participation Report

↓ 62%

less money spent by parents on flag football compared to sports like baseball, basketball and soccer

Source: 2019 Aspen Institute via ESPN



5x

more girls play flag than tackle – showing excitement for America's favorite sport

Source: USA Football 2019 Participation Report

46%

of players in flag are minorities – making this a great way to connect with everyone in your community

Source: USA Football 2019 Participation Report

# STEP-BY-STEP SKILL DEVELOPMENT WITH NON-CONTACT

The basics of every skill can be heavily developed in the Non-Contact game.



**PASSING** // Pre-Pass Position > Posture > Throwing Mechanics > Finish



**RUNNING & RECEIVING** // Footwork > Hands > Vision > Finish



**KICKING & PUNTING** // Prepare > Contact Mechanics > Power > Finish



**FOOTBALL MOVEMENT** // General Athleticism > Football Performance



**PREP FOR CONTACT** // Falling > Tumbling > Grappling > Crawling



**FLAG PULLING & TACKLING** // Track > Prepare

Coaches can find detailed breakdowns, drills and Key Performance Indicators (KPIs) for all these skills in USA Football's Certification Resources like the Coach Planner App. Learn more at [usafootball.com/certification](https://usafootball.com/certification)

## INTEGRATING WITH CONTACT FOOTBALL

By following the principles of the Football Development Model, it's never been easier to bridge the gap between Non-Contact and Contact football.

### WITHIN FLAG FOOTBALL

The Prep for Contact and Flag Pulling & Tackling Skill Progressions give coaches a script for building proper fundamentals that will be used in Game Types involving contact.

### BEYOND NON-CONTACT

Between Non-Contact and Contact, the model introduces Limited Contact. It features traditional equipment, player-to-player contact and expands the amount and depth of the Skill Progressions. Athletes wear flags or a TackleBar® harness and stay on two feet, avoiding the ground.

### THREE KEYS TO SUCCESSFUL FIELD LAYOUTS



1

We recommend 30 yard by 70-yard fields with two 10-yard endzones and midfield line-to-gain

2

Set up "No Run Zones" to precede each line-to-gain by five yards

3

Use full-sized football fields to create at least 2-3 non-contact fields

# BE PART OF THE RISE – ADD NON-CONTACT FLAG TO YOUR ORGANIZATION



There are many ways to add Non-Contact to your organization. For a fast start, you need rule books, implementation guides, playbooks, coach resources and equipment.

USA Football has you covered with all that through the Football Development Model. Just pick and choose what you need to get up and running. To access operational resources, just enroll with USA Football. We also have flag belts and equipment.

Learn more at [usafootball.com/non-contact](https://usafootball.com/non-contact)

## RESOURCES AVAILABLE

THROUGH 2021 ENROLLMENT	THROUGH COACH CERTIFICATION	THROUGH THE STORE
Flag Operations Guide	Non-Contact Certification	Reversible Flag Jerseys
Non-Contact Implementation Guide	Practice Plans	Two Belt Options
5v5, 6v6 and 7v7 Flag Playbooks	Player Progression Guide	Footballs
5v5, 6v6 and 7v7 Flag Rulebooks	Contact Manual (Prep for Contact Resources)	Flag Football Kit
Registration Templates	Age-Based Videos	
Budget Templates	5v5, 6v6 and 7v7 Flag Playbooks	
VISIT <a href="https://usafootball.com/enroll">USAFOOTBALL.COM/ENROLL</a>	VISIT <a href="https://usafootball.com/certification">USAFOOBALL.COM/CERTIFICATION</a>	VISIT <a href="https://usafootball.com/non-contact">USAFOOTBALL.COM/ NON-CONTACT</a>



**FOOTBALL  
DEVELOPMENT  
MODEL**

[usafootball.com/fdm](https://usafootball.com/fdm)

## DON'T FORGET

Your organization can earn recognition and rewards through the League Excellence Program. Featuring two or three Game Types are key components to earning the Silver or Gold seals.

Learn more about implementing the model at [usafootball.com/fdm](https://usafootball.com/fdm)