



MINI-HAWK FLAG FOOTBALL (AGES 4-6)

ACTIVITY REFERENCE GUIDE



Angry Birds (Mini-Hawk Football Edition)

Purpose: Passing

Equipment: Cones, Dodgeballs, Footballs Discs to mark levels

Set-up:

- Set-up a Piggy Tower for each participant:
 - 4 Cones in a square
 - 1 cone upside down in the middle
 - Dodgeball on top
- 6 cones with different colored discs on top to mark each level.
- 1 colored spot per person, matching the dodgeball. Start in line with the first cone.



Execution:

- Have all players start on their colored spot (slingshot) in line with the first cone (level 1), facing their piggy tower
- Teach proper passing form/technique (Introduce, Breakdown, Demonstrate).
- Narrate Storyline: The footballs are the Angry Birds. The Cones/Dodgeballs are the Piggy's in their tower. The large sports are their sling shots
- All players start on Level 1 (Blue Cone). On coaches whistle their have 2-minutes to knock down their piggy tower as many times as they can.
- Every time they knock down their piggy tower, they get 1-point. They must then rebuild the tower and continue.
- At the end of 2 minutes the coaches blows his/her whistle. Have all players tell you their score (doesn't really matter)
- Have all players pick up their sling shot (large spot) and move it back to level 2 (orange cone)
- Continue for 2-minutes.... then do level 3, 4, 5, 6.
- Recap players total score
- Review passing and its function in the sport

Advanced Variation (Self Level Up) - For older groups only...All players start on level 1. When they knock down the piggy tower they level up to level 2 and move their sling shot back to the second row of tape. First player to knock down the piggy tower from Level 6 wins!